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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-Fri 8 AM-5 PM

Walk in 8-9 AM

Same Day Appt. 1-2 PM

Office Closures

Tribal Board Nomination Results



Nominations for the Tribal Board of Directors were taken at the May 19, 2013 General Council Meeting held at the Tribal Office in Roseburg. Five tribal members were nominated for two positions in this year's election.

All nominations were accepted for the 2013 Tribal Election; their names will appear on the ballot as follows:

- ◆ Jessica Bochart
- ◆ Shirley Roane
- ◆ Robert Van Norman
- ◆ Patti Conner
- ◆ Gerald Rainville

At the Tribal Board of Directors request, the accounting firm of Wicks Emmett, LLP will have oversight of the Tribal Election Process. Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from Wicks Emmett, LLP no later than Thursday, July 11, 2013. If you are an eligible

voter and did not receive a ballot, you must contact the Tribal Office at 1-800-929-8229 or 1-541-672-9405. Ballots are to be returned directly to the Cow Creek Elections Committee c/o Wicks Emmett, LLP at PMB # 6B, Roseburg, OR 97470 and must be received by the accounting firm no later than 4:00 p.m. Friday, August 9, 2013.

The Annual Election Meeting will be held at 10:00 a.m. on Sunday, August 11, 2013, at the Cow Creek Tribal Government Offices, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.



Canyonville Health and Wellness Center is Open



The Cow Creek Health and Wellness Center - South Campus, located on Wartahoo directly behind Seven Feathers Casino Resort, opened to provide healthcare service on Monday, May 20.



The facility will be open Monday - Friday, 8:00 a.m. to 5 p.m. The Cow Creek Health and Wellness Center in Roseburg, the North Campus, will continue to operate but the Health Annex in Canyonville will close.

Beautiful is one of many words that describes our new healthcare facility. Beyond the building's appearance, however, are the expanded capabilities housed in the facility. We've made the check-in process much easier. There is no extra paperwork and that means your wait to be seen is as short as possible. We are staffed with full medical capabilities and a dietitian. Our new facility has an X-ray department and expanded lab services. Lifestyle Education & Exercise classes - both individual and group classes are also available to those that want that service. Additionally, the behavioral health department has a counselor and case manager on site every day.

The Cow Creek Health and Wellness - South Campus was built to provide healthcare to all Tribal members. If you aren't currently using the clinic, please call and get a New Patient Packet sent to your home or stop in and get one. Completing the packet before you need services will save you time.

Later this summer, we'll celebrate the expansion of the Tribe's healthcare services at a Grand Opening!

Contract Health News



Summer is upon us again. With that being said it's a good time to check your eligibility. If it isn't current please contact CHS to update your information. The weather has been nicer causing the need for urgent care visits. If members have not complied with the eligibility requirements the claim cannot be processed as it normally would. CHS is here to help the members, but we need your help with updating eligibility and insurance.

If you start a new insurance contact CHS with this information or if you term from an insurance plan contact CHS with the term date. This will allow us to process your claims faster and more accurately.

Call 2-3 days in advance for purchase orders. This will keep you from being frantic if CHS is in training or a staff meeting.

Enjoy the sun and have fun this summer with friends and family. If you have questions call CHS at 541-672-8533 option 1 or 800-935-2649.

Nesika Health Group New Plan Year

The Nesika Health Group announces changes to the health plan that will become effective in the coming year.

The Nesika Health Group currently operates on a "Plan Year" which is the same as the "Calendar Year" of January 1 - Dec 31. However, the "Plan Year" will be changing and will now be July 1, 2013 to June 30, 2014.

In order to make this transition as smooth as possible, the following will occur:

- **Deductible:** The deductible of \$500 that began on January 1, 2013 will continue until June 30, 2014. Then beginning on July 1, 2014, the deductible will start over.
- **Out of Pocket:** The total "Out-of-Pocket" of \$2,500 that began on January 1, 2013 will continue until June 30, 2014. The new "Out-of-Pocket" will then begin on July 1, 2014.
- **Dental:** You will have \$1,500 in benefits available for dental coverage from January 1, 2013 until June 30, 2014.
- **All other benefits** that are based on the "Plan Year" will accumulate from January 1, 2013 to June 30, 2014.
- **Open Enrollment:** Open enrollment will now be during the month of June, each year, instead of in December.

Should any of the plan modifications to the Nesika Health Group necessitate the need to make changes to your coverage, please do so during the upcoming Annual Enrollment which will be scheduled from June 1, 2013 to June 20, 2013.

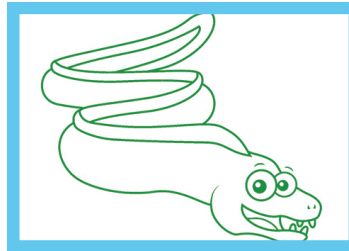
We would like to thank all of the participants for wisely utilizing the Nesika benefits available to you and to continue your efforts in making healthy lifestyle choices that protect your health!

As always, should you have any questions regarding your Nesika Health Group benefits, please do not hesitate to contact us at (800) 284-9917 or (541) 677-5508 and a Nesika representative will be happy to assist you.

Eel Education Day

On Tuesday June 11, from 10:00 am to 4 pm, We are providing lunch and a fun day of education in the water. There will be a morning walk at the Winchester Dam, located in Winchester, Oregon, there is an opportunity to get into the water to discover lamprey and other water animals or creatures. We ask that you bring along a change of clothing, water shoes, and a life jacket. Parents will also be asked to attend with their child. We plan to meet at the Government Office in Roseburg at 9:30 am.

For more information and
to
RSVP call
Tabbitha Johnson at
541-677-5575



Family Camp for Strengthening Families



For Youth Ages 10-14 and Their Families

Tuesdays, 5:30PM- 7:30PM

July 16- August 20

Government Offices Boardroom

Cow Creek Health and Wellness' Behavioral Health department is offering this great summer opportunity for youth and their families to strengthen positive, family connections. Starting July 16, 2013, and every Tuesday evening from 5:30PM- 7:30PM for 6 weeks, parents will cover topics during the first hour like "Love and Limits", "Encouraging Good Behavior", and "Building Bridges" while youth will cover related topics like "Having Goals and Dreams", "Appreciating Parents", and "Dealing with Peer Pressure". The second hour will focus on family topics for discussion and work related to those in the first hour, while sharing a meal together. Facilitators will be on hand to help direct and encourage discussion and the family building process.

Take advantage of this great opportunity to make some great family connections this summer, and for future summers to come!

For more information, please contact Julie Hargraves at (541) 672-8533.

Tribal Knowledge Exchange Meeting with African Wildlife Leaders



Medford, OR: Meeting a group of people from nine different African countries who manage Elephants, Rhinos and so many other African species seems like an exotic experience that doesn't happen often, but for part of the Natural Resource Department this is exactly what they got to do on May 6.

The Natural Resource Director (Amy Amoroso), Environmental Specialist (Heather Bartlett), Fisheries Biologist (Kelly Coates) and Wildlife Specialist (Scott Van Norman) were invited to present to the World Affairs Council of Oregon International Visitors Leadership Program. The program has visitors from all around the world and is dedicated to connecting Oregon communities with international leaders from a wide variety of career fields.

The focus of the meeting was on wildlife conservation on tribal lands and how the Tribe interacts with both State and Federal governments. Each of the Natural Resource Department staff had the opportunity to speak to the group about the projects they work on and in re-

turn the African leaders had the chance to ask questions of them. The questions ranged from who is your leader? Why do we have fences? How do we keep track of our grants and stay accountable for them? And some puzzled looks on what a Lamprey looks like.

Afterwards we had the chance to talk one on one with individuals who wanted more information on specifics of what we did. Two people from South Africa and Zimbabwe were interested in the equipment that the Tribe purchased for water quality testing and wanted to know where they could purchase one themselves. Having the opportunity to share our knowledge with people who lived halfway around the world was both rewarding and eye opening. If you would like to learn more about World Affairs Council of Oregon visit their website at www.worldoregon.org.



Portland State University Honors Sue Shaffer



Former Cow Creek Tribal Chairman, Sue Shaffer will be honored by the Portland State University Center for Women, Politics and Policy this fall. Shaffer will be honored with a lifetime achievement award. In a written statement, the Center for Women, Politics and Policy said Shaffer was honored for her work with the Cow Creek Band of Umpqua Tribe of Indians.

"It is due in large part to Shaffer's efforts that the Cow Creek Tribe now receives federal recognition, and she has consistently been an active community member making a difference in the lives of Oregonians," the statement said.

Press Release

Umpqua National Forest

2900NW Stewart Parkway , Roseburg OR

April 29, 2013

Contact: Cheryl Caplan, (541) 957-3270,

Reward Offered in Vandalism Case of South Umpqua Falls Campground



ROSEBURG, Ore. – A \$1,500 reward is being offered by the Umpqua National Forest and the Cow Creek Band of Umpqua Tribe of Indians in hopes that it will lead to the arrest and prosecution of those responsible for vandalism to the South Umpqua Falls Campground. Any tips can be reported to Forest Service Law Enforcement Office at (541) 496-4187. All tips will remain confidential.

The vandalism was discovered on Sunday, April 14th. The campground, located on the Tiller District of the Umpqua National Forest, will remain closed off to visitors.

The most severe of the vandalism was damage done to a meadow on the campground. "It appears a full-size truck came in and tore up the meadows in the campground, which are still wet this time of year. It is an unfortunate mess right now," said Donna Owens, District Ranger. "We have decided to close the campground temporarily in hopes the area will heal. Meadows are fragile and we must do some restoration before we reopen the site."

The damage comes at a critical time for the Umpqua National Forest. Faced with tighter budgets and fewer employees, the forest must carefully implement a plan to restore the campground while minimally inconveniencing visitors. "The South Umpqua Falls Campground is one of our most popular recreation sites. Families from Douglas County and beyond come spend time here," said Dave Erwin, Recreation Manager on the Tiller District. He added, "We have to be very careful about how we spend our recreation money. Because our limited funds will be spent repairing the vandalism, plans to refurbish picnic tables at the campground will be scrapped."

Recreation staff on the forest will work diligently to have the campground operational before the busy summer season. Owens said, "It's a shame the campground will be closed on these beautiful spring days we've been having. We plan to open the site by Memorial Day weekend."

The South Umpqua Falls Campground is closed until further notice. In the meantime, visitors to the Umpqua National Forest can plan visits to the Three C Rock, Ash Flat and Skillet Creek campgrounds. For more information about alternative recreational areas, contact the Tiller Ranger District at (541) 825-3100.

News From Natural Resource and Cultural Departments

Hello, Tribal members! The Natural Resources Department hopes that you are enjoying the beautiful Spring, and apparently, early Summer weather we have had. There are several things that we have to report this month, and numerous goings on in the Tribal community.

First, the Tribal Garden is proud to announce that it now has two new workers! One of them, Joshua, brings years of gardening experience to the role. Another worker, Leevi, is a Tribal member, and will be starting shortly. Kenneth Grizzle, our Tribal Gardener, reports that the Garden "is coming along. We have been planting lettuce, cabbage, broccoli, cauliflower, Swiss chard, and potatoes. The strawberries are blooming, along with the blueberries, and the Marion berries. We have are irrigation up and running, and are very busy planting starts for a bountiful garden of produce. "

The Gardens are in need of volunteers, however, and extra hands are always appreciated. If any Tribal members are interested in visiting the Tribal Gardens or volunteering, they can contact Ken at kgrizzle@cowcreek.com or 541-530-6979; or Janet Cooper, our Government Office Receptionist, at jcooper@cowcreek.com or 541-677-5575.

As for other opportunities for Tribal Members, the Natural Resources Department plans to hire two temporary fisheries technicians for field work this summer. If you are interested in applying for one of the positions please check the Tribal website for the full job announcement, which will be posted in early May. If you have any questions please call Kelly Coates, our Fisheries Biologist,

at 541-677-5575, or Nicole Wood, our Tribal Workforce Development Manager, at 541-677-5575, ext. 5222.

The Tribal Public Hunting Meeting will be held in the Boardroom at the North Government Office on 2371 NE Stephens, Roseburg, 97470, on June 3rd from 6 to 8 p.m. The meeting will discuss this year's hunts, as well as future hunting opportunities. Any Tribal members interested in hunting on Tribal lands should come to the meeting, and find out what the Tribe has in store for our hunts this coming season and beyond.

In cultural news, the Northwest Indian Language Institute at the University of Oregon is in their second year of contract with us. They are currently putting together vignettes for teaching Takelma. The Indian Market is at Seven Feathers Casino Resort on Saturday, May 25th, from 10 to 4 p.m. This Market has free admission for the public, and features several samples of traditional foods.

Drumming classes are being offered June 8th and 22nd, from 12-4 p.m. at the Block House in Canyonville. Both classes are potlucks, so bring a favorite dish to share! Pine Needle basket classes are being offered May 17th and June 7th, from 5-7 p.m. in the South Government Office. Elders' Bead classes are being offered May 16th, June 6th and 20th, from 1-4 p.m. in the Boardroom in the North Government Office.

Have a good month, and we look forward to telling you more next month about goings-on in the Tribal community!

Tribal Workforce Development program moves forward

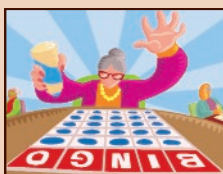


The Government Office has created a new position to assist members with job placement and career development. The position has recently been filled by a tribal member. Nichole Wood has relocated from Coeur D'alene Idaho to take the position. Nichole's role is still being developed but initially the area of emphasis will be to assist tribal members as they look for employment. She will act in a liaison capacity to help tribal members gain employment within our businesses. She will be working on career development programs that will help members to succeed in their job. We want to create "youth to work" programs to assist young tribal members in developing the skills needed to be successful in the work environment. Nichole will work with members to help identify potential education needs, she will communicate those needs to the education director, who will assist tribal members in obtaining training. We are excited to have Nichole on board and look forward to being able to help tribal members in their career pursuits. If you wish to talk to Nichole about career opportunities or career development she can be reached at (541)677-5575 or by email at nwood@cowcreek.com.

Upcoming Events



Elder's Jet Boat Trip -NOTICE OF DATE CHANGE Saturday Aug 3rd 3:30pm to 8:30 pm
Due to conflicting Event Dates this date has been changed from Aug 10th to Aug 3rd. Due to such high demand of attendance we have had some elders that have never been to this event. Those that have never been are automatically placed on the list. Those that have been will be put into a lottery drawing. Names will be drawn June 30th and folks will be notified right away. Please mark your calendars and save this date. We apologize for any inconvenience. Contact Cindy Delay to RSVP. Don't miss the fun!



Elder's Potluck & Bingo -Friday, Aug 2nd, 12 Noon at Seven Feathers Casino & Resort in the Grape Room. Let's gather together for a great lunch and win some Bingo prizes. There is no cost to you to play Bingo, so come enjoy a great day, great prizes and great company!



Boat Schedule

6 spots	10:00 am
6 Spots	11:00 am
6 Spots	1:30 pm
6 Spots	2:30 pm

Chief Miwaleta Day -Saturday, June 1st from 9:30 - 4:00 p.m. at Chief Miwaleta Park at the Galesville Reservoir. Come and join us for a fun family day with boating, fishing, traditional drumming, basket weaving, tug-O- war, kids activities, and more. A BBQ Lunch is provided!

Fishing boats, poles and life jackets are provided. Please allow 15 min. prior to your scheduled boat time for jacket sizing. Enjoy a great day together with tribal families. Call Cindy Delay to get registered 541-677-5575.

"GATHERING OF OREGON'S FIRST NATIONS NORTHWEST SHELLS & CEDAR SUMMER EVENT"



CHAMPOEG STATE HERITAGE PARK
SATURDAY, JULY 20TH
12 – 4 P.M.
OPEN TO THE PUBLIC



- ◇ INFORMATION TABLES
- ◇ CANOE JOURNEY LANDING CEREMONY
- ◇ FRY BREAD & REFRESHMENTS BOOTH
- ◇ CULTURAL KIDS GAMES
- ◇ DRUM MAKING, WEAVING, BASKETRY & FLINT KNAPPING DEMONSTRATIONS
- ◇ CULTURAL MUSIC & MORE

Important Education Department information

**COMPUTER LITERACY SKILLS**

How are your computer skills? * Would you like to increase your knowledge and confidence with computers? * GED testing is all computer based. The paper and pencil days are over!!!!

Look no further; we've got just the thing you need!

**Classes start June 10, 2013
space is limited.**

For more information, contact
Tammie Hunt, Education Director
541.677.5575 or
thunt@cowcreek.com

We are starting a COMPUTER LITERACY CLASS based in the Tri Cities area. The great thing about this class is that you will receive instruction based on what you already know. You can even practice in your home with your own computer.

**GED preparation classes being
offered in the Tri Cities area.**

Come get help to achieve your dreams.

**Classes start July 15, 2013. Open to
Tribal Members only. You must be able
to use the computer to take the GED
test. Make sure to attend the Computer
Literacy class if you need support in
learning more computer skills.**

**For more information, contact
Tammie Hunt
541-677-5575 or thunt @cowcreek.com**

Classes and GED testing are FREE !



**Education Programs
Are Going Viral!!!**

Look for the new Education Website sometime this May. The website will have all of the applications for the Education Programs and information that will help you succeed throughout your educational journey. Check out the new calendar. Good information on when things are happening in the educational world...like FAFSA deadlines!!!

May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Elder's Culture Class 1-4 PM @ Gov Office Library	3 Elder's Potluck @ 7P Pine Needle Basket Class S. Bldg 5-7 PM	4
5 AA Mtg 6 PM Gov Office	6	7	8	9	10	11 Drum Practice 1-4 PM @ Blockhouse
12 AA Mtg 6 PM Gov Office	13	14 Food Bank 9-12 PM	15	16 Elder's Culture Class 1-4 PM @ Gov Office Library	17 Pine Needle Bas- ket Class S. Bldg 5-7 PM	18
19 AA Mtg 6 PM Gov Office	20	21	22	23	24	25 Drum Practice 1-4 PM @ Blockhouse
26 AA Mtg 6 PM Gov Office	27 Memorial Day Offices Closed	28 Food Bank 1-4 PM	29	30	31	

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Chief Miwaleta Day Galesville Reservoir
2 AA Mtg 6 PM Gov Office	3	4 Pink Shawl 3-5 PM	5	6 Elder's Culture Class 1-4 PM @ Gov Office Library	7 Pine Needle Basket Class S. Bldg 5-7 PM Elder's Honor Luncheon @ 7P	8 Drum Practice 1-4 PM @ Blockhouse
9 AA Mtg 6 PM Gov Office	10	11 Food Bank 9-12 PM Pink Shawl 3-5 PM	12	13	14 Culture Camp @ K Bar	15 Ranch Fri, Sat, Sun
16 AA Mtg 6 PM Gov Office	17	18 Pink Shawl 3-5 PM	19	20 Elder's Culture Class 1-4 PM @ Gov Office Library	21	22 Drum Practice 1-4 PM @ Blockhouse
23 AA Mtg 6 PM Gov Office	24	25 Food Bank 1-4 PM Pink Shawl 3-5 PM	26	27	28	29
30 AA Mtg 6 PM Gov Office						

Announcements

Births/New Enrollments

Chloe Michelle Coker and Olivia Gray Rainville

Obituaries

Dennis Parry

Tribal member Wanda Ballard requested that the Tribe consider publishing full obituaries for families who choose to share life stories of their loved one with others. Her thought was well taken, and we just want to say "Thank You" for the wonderful suggestion.

Upcoming Event Reminder

Elder's Culture Classes

These classes are happening on the 1st and 3rd Thursday from 1:00-4:00 PM in the Government Office Library. Call Rhonda for more information at 541-677-5575.

Elder's Honor Luncheon—Friday, June 7, 12 :00 PM at Seven Feathers in the Grape Room, please RSVP by May 31.

Pine Needle Basket Class- 5-7 PM Government Office South Conference Room

Pink Shawl Work Sessions-June 4,11,18,25 - Aug 6,13,20,27 Times are from 3-5 PM in the Government South Conference Room. volunteers are needed for multiple sewing projects. If you have any questions or if you would like to car-pool please call Cindy Delay 541-677-5575.

Culture Camp—June 14, 15 and 16

Packets have been mailed . If you haven't received a packet and would like to attend or would like more information contact Tabbitha Johnson @ 541-677-5575

The Tribal Office now has the 1st Takelma Language CD available. Please call Rhonda Malone to reserve a copy or to arrange pick up. Rhonda can be reached at 541-677-5575 or 1-800-929-8229.

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