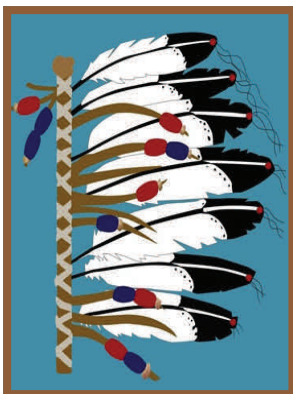




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Successful Family Gathering Meeting

The Family Gathering Event on December 21, 2013 was a small, albeit, intimate gathering of jovial spirits. There were 18 people in attendance, the youngest in the group being 6 years old and the eldest was 78 years old. It was a nice mix of what an Oregon prevention professional might call “a culturally appropriate, inter-generational alternative activity”.

The day started off with a brief song and introduction, an ice-breaker, establishing norms for the day and a “name game” to help everyone there remember everyone else’s name. We then went into the Chinook legend of “How the Animals Stole Fire”, presented in the digital story format. Themes and meaning of the story were discussed and we then engaged in another ice-breaker activity, “Bear, Man, Woman”. The victor of said competition received the venerable championship belt and has an opportunity to defend their title at a future event.

A break-out session took place with arts and crafts. Ideas were discussed as to where we would like to see our community in 5 years. We then answered questions like “What are we doing well now?” and “What things can we do to improve?” These sessions were both constructive and realistic.

After that, we ate lunch. A nice potato bar was prepared by Janelle Peterson.

Tabbitha Johnson and Rhonda Malone did a presentation about Cow Creek history and the things that Cow Creeks did in the past in order to survive, as well as what time of year they would exchange stories and teachings. “Mountain With A Hole In The Top” was then read aloud by two participants (we will call them “Roger The Ramjet” and “Sarah Squid”).

An impromptu and ad-libbed PowerPoint presentation was done by the aptly named “Brittney The Beautiful Butterfly” and “Amber The Apple”.

A ball of yarn was tossed around to close out the day. New friendships were made, new ideas were shared and fun was had by all.

Schedules:

Government Office Hrs:

Mon-Fri 8 AM–5 PM

Roseburg Clinic Hrs:

Mon-Fri 8 AM-4 PM

Canyonville Clinic Hrs:

Mon-Fri 8 AM-5 PM

Appointments are encouraged - Walk-ins are always welcome.

Office Closures

Jan. 20- MLK Jr. Day

Tribal Board Washington Trip Dates



The Tribal Board will be travelling to Washington for the Annual informational meetings in March. The first meeting will be held in Kelso at the Red Lion Hotel on Friday, March 7th at 7 PM in the Cedar Room.

The second meeting will be held in Port Angeles at the Red Lion Hotel on Saturday, March 8th at 1 PM. The meeting will be in the Juan de Fuca Room.

January 25, 2014

**Oregon State Fair & Expo Center
Salem Pavilion**

2330 17th Street NE, Salem, OR

Doors open at Noon

Grand Entry - 1 p.m.

Break - 5 - 6 p.m.

Powwow ends at 9 p.m.

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

Traditional dancing and drumming

Northwest dances

Traditional craft demonstrations,

cultural information and

hands-on activities for children

Admission is free

State Parks parking charge \$3

This event is sponsored
by the sovereign governments of

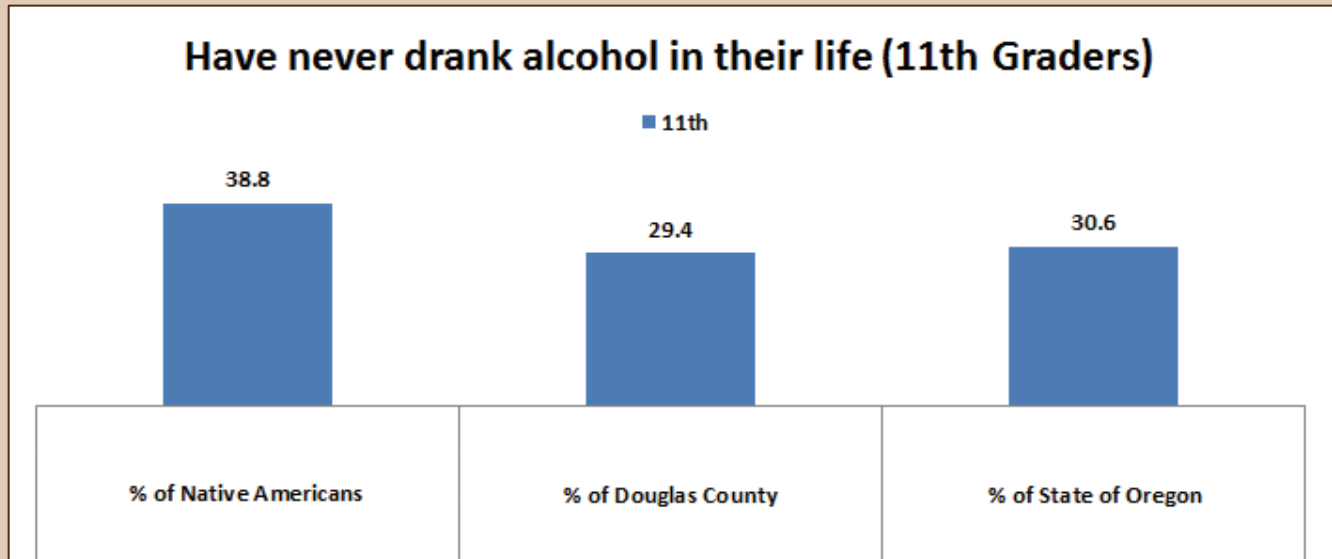


6th Annual "GATHERING OF OREGON'S FIRST NATIONS"

Standing Strong

Local and National Trends

Cow Creek tribal members and other Native American 11th grade students in Douglas County are more likely than non-Native Americans to report that they have never tried alcohol (see below).



This information was taken from the 2012 Student Wellness Survey which is administered in the State of Oregon every two years. The data is consistent with national trends which reveal that American Indians are the least likely of all groups to drink alcohol (2010, NSDUH).

On the flip-side of this coin, by the time they reach the 11th grade, there is a high rate of abuse among Native youth who report drinking alcohol within the past 30 days.

- Approximately 71.4% of Native American 11^h graders in Douglas county who report drinking alcohol at least once within the past 30 days will also report having 5 or more drinks in a row within 2 hours (binge drinking) on at least one occasion within that same time-frame (2012 Student Wellness Survey).*
- This information is also consistent with national data which shows that while American Indians are the least likely of all groups to drink alcohol; those who do drink alcohol have a heightened risk to abuse it. Due to multiple risk factors, Native Americans tend to abuse alcohol, drugs and suffer from higher rates of co-occurring disorders.
- We have good reason, as Native people, to be proud of our culture and openly applaud the healthy norms that we have chosen to adopt. There is also reason for concern and caution, because we are at higher risk for abusing alcohol than non-Natives.

There is a dark side to alcohol for Native Americans and many choose not to use it at all. Data seems to suggest that Natives who do drink alcohol run a higher risk than non-Natives of abusing the substance.

*The youth interviewed in these surveys were open and honest enough to come forward and share information about their alcohol use. We encourage such open honesty. And we hope that this candor will manifest itself to where these youth can talk to an adult who they trust about their alcohol use.

Education Program News

Attention Junior and Senior High School Students!

Are you interested in a career in the health, science, and engineering field? You will not want to miss the Health, Science and Engineering Career Conference on February 21st, 2014. This free one-day conference is designed for high school and college students interested in pursuing a career in the health care and science professions.



Some of the conference goals are to:

- Provide students with insight on health care and science professions in medicine, nursing, dentistry, allied health, engineering, biomedical informatics, dietetics & nutrition and pharmacy,
- Offer tips on admission processes and other relevant information,
- Introduce students to OHSU educational programs, faculty, facilities and resources, and



Many OHSU academic units will give informational presentations and be available to answer questions. Additionally, attendees can choose to join a tour group for a first-hand look at clinics and simulation labs!

*This conference will be held at the OHSU campus in Portland Oregon, February 21st from 8:30 – 5:00 pm. **Transportation to and from the event will be provided if a minimum of five attend. RSVP's and registration deadline is February 5th.** Call Nichole Wood at 541-677-5575 for additional information and to RSVP.*

From the Education Department

DO YOU WANT TO?

Spend your summer at a top university?

Learn about exciting new careers?

Have fun and meet new friends?

Find ways to serve your tribal community?



DEALINE: January 31, 2014

For more info and application go
to www.nafoa.org

Tribal Member Focus-Introducing Justin Mathison



Justin Mathison is a member of the Rainville Family. He currently works for the Tribe as the Director of Housing and has been in this position for about three years. As the Director of Housing, he administers a wide variety of housing programs to assist tribal members with low-income housing, rental assistance, repair assistance and home ownership.

Born in Roseburg, he lived in Utah as a child, and returned to the area as a young adult. He attended school at Southern Oregon University and graduated with a Bachelors of Arts and Science degree.

Throughout his life, Justin has worked in several different working environments and in various positions. He started working with the

Tribe part time administering the youth outdoor recreation program. He worked at Seven Feathers for a short time and was one of the Tribe's first interns. Since taking the position of Housing Director, he has doubled the housing inventory, now up to 35 houses. He is always looking for ways to enhance existing programs and create new ones.

Justin believes that you can do whatever you set your mind to if you're willing to follow through and work hard. He would encourage all tribal members to take advantage and use the resources available through the tribe and in the community to better yourself and your family.

Justin has many passions and is a fantastic artist. In his spare time, he works on art projects in a variety of mediums. You may recognize some of the projects he has influenced or designed. They include the Tribal website, Tribal newsletter, and the Salmon statue outside of the government office (the Salmon is pictured above). Justin recently donated a one of a kind piece of art, a beautiful Elk painting, to the Rez Kitchen Cook-off that the tribe sponsored over the summer.

Thank you Justin, for your contribution to the Tribe, the housing program, and fellow tribal members.

Do you have someone you would like us to focus on in a future article? Nominations are always accepted! Just email Nichole Wood at nwood@cowcreek.com or call 541-677-5575.

General Council Meeting Dates for 2014

Tribal General Council Meetings for 2013 have been scheduled as follows:

February 9th 10am

May 18th 10am - Nominations Meeting

August 10h 10am—Annual Election Meeting

November 9th 10am

All General Council Meetings are held at the Cow Creek Tribal Government Offices located at: 2371 NE Stephens Street, Roseburg, OR. A buffet lunch will follow the meetings.

Food Bank will be open 1 hour before and 1 hour after each General Council Meeting.



Flu Shot Still Highly Recommended

A 6 year old boy died recently in Eugene from the flu. A 53 year old female died this week in Salem and it is being attributed to the flu. At Rogue Valley in December of all the patients seen in the emergency room 1/3 of them tested positive for the flu. Swine flu or the H1N1 virus is the most predominant strain this year. If you have not gotten your flu shot, there still is time to get it. It takes about 10 to 14 days before antibodies to the flu will develop. If you don't get the flu shot you have 1 in 20 chance of getting the flu. If you do get your flu shot you have about 1 in 100 chance of getting the flu. No vaccine is 100 %. Remember you are contagious 24 hours before you show any symptoms. How to differentiate between the flu and the common cold:



SYMPTOM

FLU

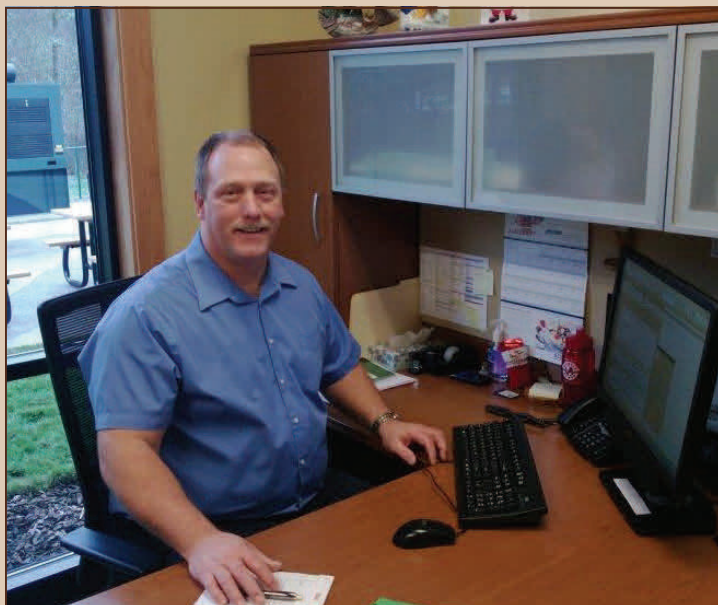
COLD

Onset	Abrupt	Gradual
Fever	3-4 Days	Rare
Aches	Severe	Slight
Sneeze	Rare	Common
Sore Throat	Rare	Common

Remember—get the flu shot and wash your hands frequently. If you get the flu stay home.

New LCSW in the Health & Wellness Center

My name is Mark Barnstable. I was hired on December 9, 2013, as a Licensed Clinical Social Worker at Cow Creek Health & Wellness Center South Clinic. I have worked in this profession for the last twelve years in settings that include residential co-occurring mental health and substance abuse treatment, a State inpatient forensic psychiatric hospital, a county mental health outpatient clinic, and an acute psychiatric unit at a medical hospital. I have worked with people who have severe mental illness and people who were having problems adjusting to life changing situations such as a divorce, or loss of a loved one. My natural theoretical orientation fits cognitive behavioral theory, but I tend to appreciate and utilize person-centered theory much of the time in session. I have found most people just need someone to talk to ventilate feelings or problem-solve. If you are suffering, or need to work on an issue, I encourage you to take advantage of Cow Creek Health & Wellness' therapy services.



Mark Barnstable, LCSW

Native American Recipes

Bread (Chickasaw) Indian Fry Bread

2 cups sifted flour
 1/2 teaspoon salt
 4 teaspoon baking powder
 1 egg
 1/2 cup warm water or milk

Sift first three ingredients together and stir in beaten egg. Add water or milk to make soft dough. Round up on lightly floured cloth or bread board. Knead lightly. Roll or pat out 1/2 inch thick. Cut into strips about 2 x 3 inches and slit center. Drop into deep fat. Brown on both sides. Serve hot.

Desserts (Chickasaw) Pumpkin Cookies

1/2 cup shortening	1 1/4 cup brown sugar
1 1/2 cup cooked pumpkin	2 eggs
2 1/2 cup flour, less 2 tsp	1/2 teaspoon salt
4 teaspoon baking powder	1/2 teaspoon nutmeg
1 cup raisin or dates	1/4 teaspoon ginger
1 cup chopped nuts	1/2 teaspoon cinnamon
1 teaspoon lemon extract	

Cream shortening and sugar together. Add eggs, pumpkin and spices. Blend well. Sift dry ingredients together and add to pumpkin mixture. Blend until smooth. Stir in raisins, nuts and flavoring. Drop by teaspoons onto greased cookie sheet. Bake at 400 degrees for 15 minutes. Yield: Approximately 3 dozen cookies.

Butternut Squash Soup

3 cups butternut squash, peeled and cut into 1-inch cubes	Salt
1/2 medium onion, coarsely chopped	Freshly ground black pepper
1 bay leaf	1 tablespoon unsalted butter
1 medium fennel bulb, cored and cut into thin wedges	Chopped toasted pecans and small marjoram leaves, for garnish
1 tablespoon extra-virgin olive oil, plus more for drizzling	

Directions

1. Preheat the oven to 375 degrees F. In a large saucepan, combine the cubed squash with the chopped onion, bay leaf and 3 cups of water and bring to a boil over high heat. Cover and simmer over low heat until the squash is tender, about 20 minutes.
2. Meanwhile, on a large rimmed baking sheet, toss the fennel wedges with the 1 tablespoon of olive oil. Season with salt and pepper and toss well. Roast for about 25 minutes, until the fennel is tender and starting to brown.
3. Discard the bay leaf from the soup. Working in batches, puree the soup in a blender. Return the soup to the saucepan and warm over low heat. Stir in the butter and season the soup with salt and pepper. Ladle the soup into bowls and garnish with the roasted fennel, pecans, marjoram leaves and a drizzle of olive oil.



Attention Tribal Vendors

We are honored to host the Annual Elder's Native Care Conference at Seven Feathers Casino on Wed, April 16 and Thursday, April 17, 2014. As host, we have the opportunity to invite Cow Creek Native Vendors first. Preference will be given to Cow Creek vendors if you reserve your booth before Feb 28, 2014.

We encourage you to participate as a Tribal Vendor to sell your Authentic Native American Crafts during this event. Vendor booths will include one 8'x3' table, 2 chairs, electrical connections, 8'x10' indoor floor space. The booth rental fees will be waived. We are expecting approximately 200 participants from around the state of Oregon for this conference.

We do have a limited amount of booths available. Call Cindy Delay for your reservations or any questions you may have at 541-677-5575. After, Feb 28 any booths not confirmed will be offered to non-Cow Creek Vendors as well. We expect these booths to go quickly, so make your reservations as soon as possible.



Thundering Water Drum Group Receives Award



Rhonda Malone and Mike Eakin

Veterans of Foreign Wars Patrick W. Kelley Post 2468 Commander, Mike Eakin, presented to the Cow Creek Band of Umpqua Tribe of Indians, Thundering Water Drum Group, a VFW Special Recognition Award in appreciation for their presence and honoring performance at the November 11, 2013 Veteran Day Celebration. Members of Thundering Water Drum Group include Jody Real, Clem Rice, Clara Keller, Teri Hansen, Brittney Malone & Kodi Ann Yepp.

JOM changes its name!!!!



The benefits that have been associated with JOM will still remain the same for youth ages 3 – 18. However, the JOM name will no longer be used. The name of the new program will be...

Youth Education Program or YEP.

The new 2014 **YEP** applications and Parental Cost Request Forms will be available on the Cow Creek Website, or you can pick them up at the Government offices. For more information, please contact Tammie Hunt at thunt@cowcreek.com, or at 541-677-5575.

Parents will need to complete a new application for 2014.

Preparation and Practice Leads to Success for Tribal Youth

Tribal member Ally Van Norman, age 14, started a journey in late August when her name was drawn for the Youth tag in the 2013 Tribal elk hunt. Over the years, she has watched her Dad prepare for his elk hunts, but with little hunting experience she had a lot of work to prepare for this adventure.

After spending many hours on-line taking the required hunter safety course, Ally was ready to sign up for the field day portion of the test. While waiting for the field day to arrive, Ally and her dad spent many nights setting the gun up on their living room floor so she could practice looking through the scope at a hanging poster of an elk on the wall. She would try different shooting positions to prepare for whatever situation comes her way. Finally, Ally in September.

Next up was to head out to the lower caliber rifle and then quickly using on her Tribal elk hunt. She family to master her weapon and

Soon October came and Ally and would go camping up near Tiller to that Ally could practice for her elk hunt with boots on and a rifle in weekend, she had filled her first

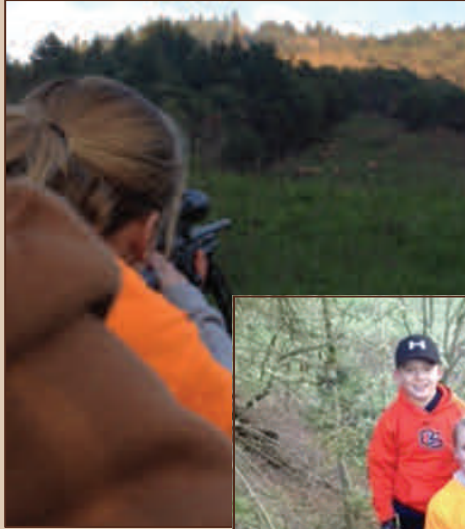
Finally the time she'd been waiting elk hunting. Ally, younger brother been patterning the elk herd for a tion.

Then came the day everything came together for her to and knives were ready and phone calls were made to them to be on standby to help. Ally knew where she time and needed to get there before being detected by climbing hill after hill, taking a few brakes on the way, destination. All three unloaded their packs and sipped waited to see if the elk would come out to the same days prior.

As they waited patiently Ally finally noticed a flash of an elk walking through an oak tree patch on a far ridge. "Dad, there they are!" The elk started filtering out of the trees but they were coming out to an opening to far for Ally to shoot. Sitting quietly watching the elk, they surveyed the landscape and came up with a new plan to get down the hill and hopefully get set up on the other ridge closer to the elk. They gathered their stuff and moved into place while trying to keep the wind in their favor and staying out of site.

Ally quickly got her gun set up as elk came out into her opening 240 yards away. The elk bunched up together as they browsed on the grassy hillside making it difficult for Ally to have a clear shot. She waited until one of the elk cleared from the rest of the herd. Finally, after waiting for what seemed to be eternity, Ally hears her dad say "ok, take the one on the right." She settles in behind her gun and locates the elk. "Whenever you're ready," Dad says.

Ally squeezes the trigger and connects on her first shot. She now hears her brother, who is videoing the entire event, give rapidly but not so calm instructions. "Again, jack in another shell!" Ally like she had done this a thousand times quickly puts in another round and connects on her second shot and the rest of the elk take cover in the oak trees. A few minutes passed and the elk expires. Hugs and congratulations are given as Dad tries to hold back tears of joy of what his daughter just accomplished. Hunting, for many Tribal families, is something special and sacred. To pass this long tradition down to the next generation is priceless. The three hunters collected themselves and their equipment then contacted their family to share their success. As darkness set in, they were joined by her mother, grandpa, and uncle; all worked on getting the elk meat off the hill. There is something about elk hunting that brings out the willingness and strength of family to help one another take care of an elk. Ally was extremely excited at what she had done but was even happier that she was able to provide elk meat to her grandparents and other family members.



shooting range for practice. Ally started out with a moved up to her Savage 30-06 that she would be continued to go shooting on weekends with her gain confidence until opening day.



her family decided they go deer hunting first so hunt. Ally gained experience her hand and after the first black-tail deer tag.

for had arrived time to go Luke and their Dad had couple of days in prepara-

take her shot. Pack boards family members warning wanted to be by a certain any elk was the plan. After they finally reached their on some water as they area they had been the

SPECIAL EVENTS

KIUYUM-ID

Program Name	Date/Time	Description of Event
"Gathering of Oregon's First Nations"	Sat. January 25, 2014 Grand Entry 1 PM Break 5-6 PM/ends @ 9 PM	6th Annual event at the Oregon State Fair & Expo Center in Salem Pavilion Vendors, Food and fun for everyone! Transportation is <u>NOT</u> Provided for this event.
YOUTH ED PROGRAM (formerly JOM)	Sat., January 25, 2014 7 pm – 9 pm	Skate Night at the Parkway Skating Center Meet at the Skating Center. Youth Education Program will cover the cost of admission, skates, and a small snack. Please call for more information or RSVP Tammie Hunt 541-677-5575 or email thunt@cowcreek.com
Tribal Food Bank	2nd Tuesday from 9-12 PM 4th Tuesday from 1-4 PM	Food Bank is located at the Government office in Roseburg. You must check in at the South Building Reception Desk and fill out a form before receiving a box.
Tribal Members and Staff	Every Tues and Thurs @ 5:30 PM	Zumba Classes at the Block House in Canyonville
Elder's Program	Jan 2014	There will be no Elder's Lunch for Jan 2014. Enjoy a Winter Break! :)
Elder's Program	Feb 7, 2014 @ 12:00 pm	Elder's Potluck in the Grape Room at Seven Feathers Casino. Please RSVP by Jan 30th to Cindy Delay 541-677-5575.
Open to Tribal & the Public	Every Sunday @ 6 PM	AA Meeting with Drumming and Traditional Native Songs. This meeting takes place in the Government Office Boardroom.
All Tribal Members welcome	February 9 @ 10 AM	General Council Meeting at the Government Office Boardroom
Tribal Members	Friday March 7th @ 7 PM Sat. March 8th @ 1 PM	Tribal Board informational meeting at Red Lion Hotel in Kelso, WA Tribal Board informational meeting at Red Lion Hotel in Port Angeles, WA
Elder's Program	Wed. and Thurs. April 16th-17th	Annual Elder's Native Care Conference at Seven Feathers Casino . Limited amount of booths available. Please call Cindy @ 541-677-5575

Address and Phone Number Updates, Very Important!



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If your address has changed, the Address Change 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. **Address changes can no longer be made over the phone.**

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. Trust Fund Statements, youth related events and other information won't be relayed properly if mailing addresses are not correct.

Announcements

Births/New Enrollments

Anthony Allen Marlin

Obituaries

No Deaths were reported

Sweet Preservation

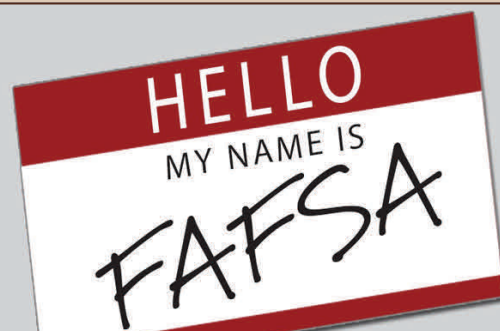
Are you into canning? Would you like to get into canning? We have a great opportunity for you! There are three spots open for Tribal Members to attend the Master Preservers Program. It is a first come first serve basis.



If you are interested please call Tabbitha Johnson @ 541-677-5575 or email tcjohnson@cowcreek.com

Don't Forget to File Your FAFSA.

The sooner you file the more money you are eligible for. You can submit your information at <http://www.fafsa.ed.gov> beginning January 1, 2014.



Cow Creek Roseburg Clinic Hours Change

Effective January 13th, 2014
New Roseburg Clinic Hours will be:
Monday - Friday
8:00 AM - 4:00 PM



Tribal Identification Cards

Your
Picture
Here



Official Tribal Government
I.D. Card

Tribal Member Name

is enrolled as a member of the
Cow Creek Band Of Umpqua
Indians

Member Signature

Card Issued on Thursday, June 16, 2005

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.**

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