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**Youth Center Opening Soon!!**



The Education and Workforce Center is almost finished! We plan to be up and operational November 3rd. The Center will be open daily for youth, grades 6-12, from 2:30 – 6:00 pm (1:30 on Wednesdays). The afternoons will offer a light healthy meal; youth centered activities, access to a fully functioning computer lab for homework and social networking, mentoring, skill building oppor-

tunities, and provide a safe, fun place to hang out after school. Tutoring services will be provided by Umpqua Community College. The Center will be open for adults Tuesday-Thursday 10:00-2:00 and by appointment Monday and Friday. Adults can access the Center to use the computer lab, search for jobs, get assistance with resumes, prepare for GED testing, work with the national recognized Core Skill Mastery and Career Readiness programs, receive job coaching, plus much more! Various workshops will be offered in person and online throughout the day to assist with career development and skill building.

Each month the cultural educator will be sharing a new theme, with educational information and related activities. Takelma language courses and materials will be available. We will be hosting family learning and early literacy activities, assistance with college applications, FAFSA, scholarship, and counseling. Our prevention specialist will be onsite offering various lessons weekly. In November, we will kick off our first Digital Storytelling workshop. Digital storytelling is a process by which people share their life story and creative imaginings with others using technology and digital media.

Additional details on the Center and programs will be mailed to Douglas County households in October.

For more information, contact Nichole Wood at 541-677-5575.



**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

**No Walk-Ins**

Please call for Same Day appointment

**Office Closures**

Nov. 27-28 Thanksgiving

## Contract Health News

The 2015 applications will be in the mail by the first week in November. **It is very important to fill them out and return them to PRC/CHS by December 31, 2014 or you will have no coverage.** If you fail to get it in or lose your application you will have to go on line to [cowcreek.com](http://cowcreek.com), choose the Contract Health Tab and print one out. If you don't have insurance, you must apply for OHP or provide pay stubs that show you make too much money to qualify for OHP with your PRC/CHS application.

Purchase orders need to be called in 2-3 days before your appointment. Know the name of the provider and the office name when calling in and give both your first and last name and if your child's last name is different please let us know as it is hard to remember all the names. It is important that PRC/CHS has the name right when the claim comes in if PRC/CHS is to pay. If you reschedule an appointment or can't make it call PRC/CHS and cancel that PO#. After six months calling vendors to see why a PO# is still open only to be told it was a no show or was rescheduled is very time consuming.

Purchase orders can be issued through December 31, 2014 but can't be issued into 2015 until after PRC/CHS updates the system on January 2, 2015.

***PRC/CHS would like to thank the tribal members for helping to make this a great year and look forward to the New Year to come.***



## Hunting in dry weather? Here are five tips to increase your success.

1. Slow down. Wear something on your feet that will allow you to feel the dry sticks and twigs that are going to make noise when you step on them. You will not be able to cover as much ground, but you will get a better look at the animals you do see.
2. Plan to be at your destination early in the morning and late in the evening. When you get there, slow down or sit and use your optics to find deer.
3. Hunt areas where you can sit and glass, then develop a stalk that will get you within range without getting so close that all the noise you make getting there doesn't spook the quarry.
4. Consider drives (mainly for deer). No need to be quiet here. Generally speaking, the noisier the better when it comes to drives.
5. Hunt from a stand, either tree or ground, and minimize walking.





# Halloween at the Gardens



Sponsored by Youth Education Program

WHEN: Saturday, OCTOBER 25, 2014

TIME: 12 PM-2 PM

BRING: YOUR OWN LAWN CHAIRS

WHERE: TRIBAL GARDENS



Please join us for FOOD, FUN, GAMES, PRIZES, CANDY, and PUMPKINS! Wear your *costume* to participate in a costume contest.

We look forward to seeing everyone at this Family Event.

*Please no drop-offs.*

**This is a Drug and Alcohol Free Event**

Please RSVP : Call Tammie Hunt 541-677-5575 so we can make sure to have enough food & prizes

## Pumpkin Wheat Honey Muffins



1 ½ c. whole wheat flour

½ tsp. baking soda

½ c. packed brown sugar

½ tsp. salt

1 tsp. pumpkin pie spice

2 eggs

¾ c. canned pumpkin puree

½ c. honey

½ c. vegetable oil

½ c. chopped walnuts



1. Preheat oven to 350 degrees. Grease a 12 cup muffin pan or line with paper liners. Place the raisins in a cup and add enough hot water to cover. Let stand for a few minutes to plump
2. In a large bowl, stir together flour, sugar, spice, baking powder, baking soda and salt. Make a well in the center, and put in eggs, pumpkin puree, oil and honey. Mix just until the dry ingredients are absorbed. Drain excess water from raisins, and stir in along with the walnuts. Spoon into muffin cups so they are about 2/3 full.
3. Bake for 18 minutes or until the tops spring back when lightly touched. Cool in the pan before removing from cups.



## Attention: New Medicare Part B Requirements

The end of the year is near. Members will be sending in for their annual reimbursements and monthly payment plans for 2014-2015. To speed up the process, get your Medicare Savings Programs application in. We have found there are multiple new Medicare options available for payment assistance through Medicare Savings Programs. These options will assist our Tribe with some of the many medical expenses.

**It is now a requirement that all Tribal members, spouses and disabled apply for this state benefit.**

There are four kinds of Medicare Savings Programs. If you have income from working, you may qualify for one of these programs even if your income is higher than the income limits.

1. Qualified Medicare Beneficiaries (QMBs)  
States must pay all Medicare cost-sharing for Medicare beneficiaries with incomes up to 100% Federal Poverty Level (FPL) .
2. Specified low-income Medicare Beneficiaries. (SLMBs)  
States must pay the Medicare Part B premium for Medicare beneficiaries with incomes between 100% FPL and 120% FPL.
3. Qualified Individual (QI)  
States have a limited amount of money from which they must pay, on a first come first serve basis, the Medicare Part B premium for Medicare beneficiaries with incomes between 120% FPL and 135 % FPL
4. Qualified Disabled and Working Individual (QDWI)  
States must pay the Medicare Part A premium for certain working disabled Medicare beneficiaries who have exhausted their entitlement to premium-free Part A benefits.

To apply for any of the above programs call your State Medicaid Program or go to your local Department of Human Services for assistance. You can also get more information online at [Medicare.gov](http://Medicare.gov).

**The Tribal Government Office application process is:**

After you have received your letter of acceptance or denial from one of the Medicare Savings Programs listed above please send a copy to the Tribal government offices at:

**Cow Creek Government Office**  
**Attn: Andrea Davis, Human Services Director**  
**2371 N.E. Stephens Street, Suite 100**  
**Roseburg, OR 97470**

Reimbursements will be distributed once a copy of your acceptance or denial has been received.

Please complete your application soon as possible to keep from having a disruption in your Medicare reimbursements.

For questions call Christine Sanford, Outreach worker at 541-672-8533 or Andrea Davis, Human Services Director at 541-677-5575.

## Bus Passes Available at Government Office

Living in Douglas County? Could you use some assistance with transportation? Bus passes are now available for all ages. These passes are free to all in need through the tribe. Call 541-677-5575 to get a monthly bus pass mailed to you or pick one up at either of the Government Office reception desks.





**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.**

**Save the Date!**

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



**7th Annual "GATHERING OF OREGON'S FIRST NATIONS"**  
**January 24, 2015**

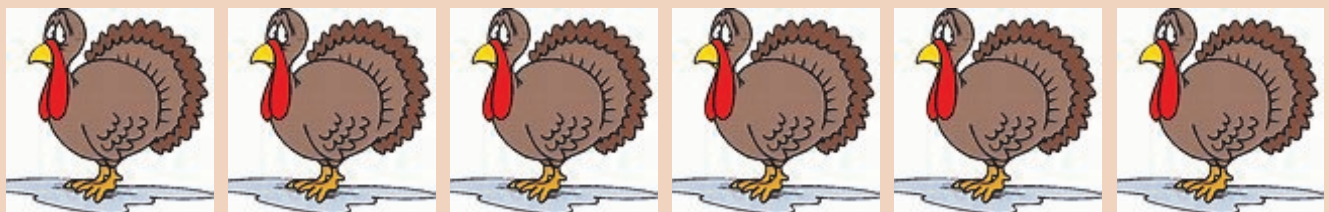


This event is sponsored  
by the sovereign governments of

**TURKEY DRAWING**

If you are seen at either Cow Creek Health and Wellness Clinic in the month of November for a complete physical, your name will be entered into a drawing for a FREE TURKEY !!!

We will draw one name on Monday November 24<sup>th</sup> at 9 am and notify you if you are the winner ! Get your physical appt. made asap and win your Thanksgiving turkey !



## Tribal Down Payment and Repair Assistance Program

This program **is not limited to the seven county service area** and is designed to assist Cow Creek Tribal Members with either down payment and or closing cost towards the purchase of a home or for the repairs on an existing home (funding may not be used to buy a 5<sup>th</sup> Wheel, Trailer or RV). The combined maximum amount of money available for each Tribal member through this program is \$5,000.00. If the homeowner sells the residence within a 5 year time frame, they are obligated to repay a prorated amount unless using equity as a rollover to purchase a new home. Tribal Members may apply for this program every 10 years as long as they do not owe money to any other Tribal Program. If you have used your \$3,500.00 you might be eligible to use the other \$1,500.00 if you are in your 10 year obligation period.



## Higher Education Department

### A NIGHT FOR PARENTS AND STUDENTS TO PREPARE FOR COLLEGE

- College and University Representatives will be present
- How to pay for college – scholarships, benefits, grants
- Financial Aid and advice on filing your FAFSA early
- The Ford Family Foundation and OSAC
- Native American scholarship opportunities

A Partnership Project between Cow Creek Education Department and  
Roseburg School District Indian Education – Title VII

### AMERICAN INDIAN COLLEGE NIGHT

Thursday  
November 6, 2014  
6:00 pm – 9:00 pm  
\*Dinner Provided\*

Cow Creek Tribal Board Room  
2371 NE Stephens St  
Roseburg, OR 97470  
541-677-5575

## Energy Assistance Application Deadlines

Tribal Elders will be served first during the month of November for our LIHEAP program. Beginning December 1st we will serve the general tribal membership.



Policy & procedures include the following:

- Clients can only use this program once in a 12 month period.
- If you live outside the seven county service area you must first apply with the agency that administers the program in your area.
- If you have already used energy assistance funds from another agency you will not qualify again for 12 months.

Changes to expect:

You may qualify for a different reimbursement amount this year due to policy and procedure changes. Depending on your individual situation, it could be more or less than before.



## Portland Zoo Elder's Trip

Our Elders had a great time at the Zoo in Sept. We arrived at lunch time gathered at the Zoo's Cascade Grill Café and enjoyed a lunch together. Everyone took a buddy with them and spent about 4 hours walking all around the zoo. The zoomers are like a mini tram that can pick you up anytime you needed a ride, and they zoom you all around the zoo. This is really nice and was really handy if you were ready for a break from walking. Also, available is renting electric scooters similar to Walmart's scooters so you could have your own personal transportation.

We all enjoyed many animals such as the Lions, Monkeys, Elephants and the Bald Eagles. The Lions were fascinating. A zoo keeper told our group they had 3 babies last year. A week ago the couple had given birth to 3 more little cubs. The father stays with the 1 year old cubs while the Mom is taken to feed the young ones.



We also learned that it can take 2-5 years for the male mane to mature completely. This male is 5 years old now, and his mane has darkened to a brownish-black color. In the wild this male would be more dominate than the males with tan colored manes. The females would prefer this male over all the others. We asked the keeper, "does that mean he is the hunk?" He said, "YES, Definitely, and he knows it!"

*Daddy Lion really didn't like it when they took momma lion out of his domain. He voiced his opinion a few times. In this picture he was roaring, as if to say; "bring back my woman, Now!"*

## Save the Date



# YOUTH POW WOW

SPONSORED BY YEP

WHEN: SATURDAY, NOVEMBER 8, 2014

TIME: DOORS OPEN AT 4:00

Pow Wow will be held at the Seven Feathers Convention Center. Please mark your calendars for this special event. More information will be coming shortly.

**This is a Drug and Alcohol Free Event**

This event is formerly the JOM Pow Wow. Cow Creek Band of Umpqua Tribe of Indians



## Tobacco Prevention Grant



The Tobacco Prevention and Education Program (TPEP) will be absorbed, immediately, by the Cow Creek Behavioral Health staff and the point of contact will be the Cow Creek Prevention Coordinator, Michael Martinez.

The grant focuses primarily on the Environmental Approach to prevention and it will have us litigating the cause of smoke-free campuses and we will also analyze retail availability of tobacco products which specifically target youth through product placement at local stores. It has been discussed that we would like to implement tobacco cessation services here at Cow Creek Behavioral Health. We have been tasked to research an Evidence Based Practice/Best Practice around this service and be trained in it. We are not allowed to utilize tobacco prevention dollars for such a program, since the focus of the grant is on prevention and not intervention so other finances will have to be utilized in order to get said services off of the ground and running. In the meantime, we will continue to promote the Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669). There are online resources, including coaches who can utilize to help anyone who wants to stop smoking.

We don't want to ostracize anyone who does smoke. In the past, the approach that was taken in the grant was to engage with non-smokers in the process of promoting tobacco prevention but we also want to engage with those who do smoke. Our point is not to discriminate against anyone; we want everybody at the table when it comes to health issues like this. We need to see all sides of the community's story.

Lastly, we will make an effort to "beef" up information sharing and education utilizing multiple media streams to get the messages surrounding tobacco prevention and cessation out there (videos screened in the clinic lobbies, tribal newsletters, e-mails, Facebook, clinic newsletters, brochures & pamphlets, etc.).

# PLAY & GET FIT!

## AT THE FALL POKER WALK

OCTOBER 21<sup>ST</sup>  
4-6 PM

**EVERYBODY WILL HAVE A  
CHANCE TO WIN A \$50  
ITUNES CARD PLUS MANY  
OTHER GREAT PRIZES!!!!**



**All ages are encouraged to  
join the fun. Snacks and  
bottled water provided.**

FREE to play & no poker experience necessary.

**Location: Canyonville Upper Truck & Travel Parking Lot (heading south - off I-5 exit 99, right at stop sign below rest stop)**

Questions: Please contact Marci Raymond at 541-672-8533 or email [mraymond@cowcreek.com](mailto:mraymond@cowcreek.com)

*Sponsored by the Cow Creek Health & Wellness Center SDPI Diabetes and Treatment Program*





**Over-the-Counter Deadline Coming Soon**

All requests for the Over-the-Counter Program (OTC) must be received by November 15, 2014. The only exceptions to this date will be for members enrolled after November 15th and members requesting reimbursement for self-pay. OTC receipts for 2014 reimbursement must be received by December 31, 2014. Receipts must be dated and readable.



**Please send OTC receipts to:**  
**Cow Creek Health and Wellness Center-OTC**  
**2371 NE Stephens Suite 200**  
**Roseburg, OR 97470**



**It has been our privilege to assist each of you this year in obtaining your OTC preventative products.**

Enrolled Tribal Members will be able to access the Over-the-Counter Program again on January 2, 2015.

If you have any questions, please contact Christy Sanford at CCHWC 541-492-5257 or [csanford@cowcreek.com](mailto:csanford@cowcreek.com). For additional information regarding this program and many others, please visit our website at [www.cowcreek.com](http://www.cowcreek.com)

**All Levels Welcome**

**Get stronger and build endurance in our  
 NEW Circuit Training Class**

**TUESDAY**

**@ 5:30pm in South Clinic Education Room**

**\*All weekly classes OPEN to Tribal Members, Employees and Clinic Users  
 Come Join the Fun with Katie Sheets  
 Certified Zumba Fitness Instructor & ZIN member**

\*Classes are on a first come, first serve basis

**\$25 Gift card for ALL that attend 8  
 classes in a row!  
 Get another Gift card for bringing 2 new  
 people to join!  
 FIRST 10 CLASSES FREE**



**MONDAY/WEDNESDAY**

**@ 5:30pm in South Clinic Educa-  
 tion Room**

**Followed by STRETCHING &  
 BAND EXERCISES @ 6:15pm**



## Flu Shot Program for NESIKA Members

We are pleased to announce the availability of flu shots for a \$0 copay. Members can use the KPP prescription card to obtain a flu shot at all Kroger owned pharmacies at any time that is convenient for you. Locally, that includes Fred Meyer and QFC, however there are several Kroger owned pharmacies in other states. These include: **Kroger, Ralphs, Smiths, Frys, King Soopers, City Market, Bakers, Dillions, Gerbes, Harris Teeter, and Scotts.** Be sure to present your **KPP ID card** to the Kroger pharmacy and they will process the prescription and administer the flu shot. This benefit is available October 1st thru January 31, 2015.

## FLU FACTS

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. During flu season, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community. Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. Everyone 6 months of age and older should get a flu shot. **It is a myth that you can get the flu from the flu vaccine!**



## ROSEBURG CLINIC FITNESS

# FITNESS TRAINING IS HERE!!!

## All Levels Welcome

**MONDAY/WEDNESDAY**

**@ 6am in Gov Board Room**

**TUESDAY**

**@ 5:15pm in Gov Board Room**

All weekly classes **OPEN** to Tribal Members, Employees and Clinic Users  
**Come Join the Fun with Fitness Instructor Jennifer Jones**

**\$25 Gift card for ALL that attend 8 classes in a row!**  
**Get another Gift card for bringing 2 new people to join!**  
**FIRST 10 CLASSES FREE**

## NOVEMBER MAMMOGRAMS AT THE SOUTH CLINIC

The mammogram clinic for November will be Monday the 24th and Tuesday the 25th. If you are due (or past due) for your annual mammogram screening, please call the clinic at **541 839-1345** and schedule your on-site mammogram. We will bill your insurance and since it is done at Cow Creek Health & Wellness, no purchase order is needed. The mammogram clinic is conveniently located at the South Clinic at **480 Wartahoo in Canyonville.**



Screening Mammography



## Wii Tribal Housing Programs



**Reminder:** When submitting applications for any of the Cow Creek Tribal Housing Programs, please remember that applications are not counted as complete until all forms have been filled out in their entirety and signed and all required documentation has been provided. Also, please remember to identify yourself clearly on your application using your FULL name (first, middle, last, maiden name etc.) and Tribal ID number as many Tribal Members share the same name. If you have any questions during the process of filling out your application, please do not hesitate to contact the Housing Department at 541-677-5575 to ensure that all forms are filled out properly the first time. This will ensure a timely process and will get your application in front of the Board for approval in a timely manner. Funds will be paid out on your behalf once the entire process is complete.

# NOW HIRING

Apply Today

### New Job Opportunities!

**Member Services Representative:** This part-time position will support the new Youth Education and Workforce Center in Tri City, Oregon.

**Water/Waste Water Plant Apprentice:** This new apprentice opportunity will kick-start your career in Wastewater treatment. This position will be located at the Utility plant in Canyonville.

For more details and to access application information go to [UIDCHR.com](http://UIDCHR.com). Application Deadline is October 17th, 2014.

## Child Care Program Changes

*Got Kids*



### *Low Income Working Moms and/or Dads*

Great news;!! We currently have child care openings. Our Child Care Program has made some great changes. We now only accept Certified licensed Child Care Providers for our children in care.

Spots get filled fast so Hurry and Call Andrea Davis @ 541.677.5575 to get all the information and requirements to qualify.

## Dave Ramsey's Financial Class Offered Once Again

This class is offered free for our Tribal families. We encourage teenagers to join their parents or come individually. This class is a required prerequisite to be eligible for some of our Tribal programs. Anywhere else this class could cost \$100.00. Dinner is provided and you will receive a kit that includes the hardback book, workbook, and pack of CD's. The Cow Creek Tribe is providing these materials to families who participate. **Class is limited to 10 people, call today to get registered!**

### Class Schedule Below:

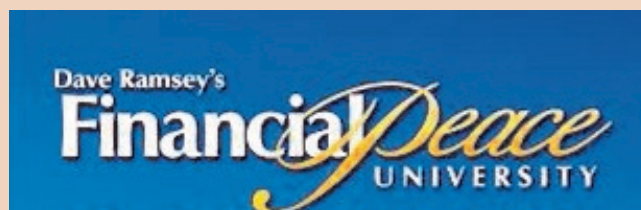
Date	Monday	Date	Wednesday
Nov 3	5:30 – 7:30	Nov 5	5:30 – 7:30
Nov 10	5:30 – 7:30	Nov 12	5:30 – 7:30
Nov 17	5:30 – 7:30	Nov 19	5:30 – 7:30
Nov 24	5:30 – 7:30	No Class	5:30 – 7:30
Dec 1	5:30 – 7:30	Dec 3	5:30 – 7:30
Dec 8	5:30 – 7:30	Dec 10	5:30 – 7:30
Dec 15	5:30 – 7:30	Dec 17	5:30 – 7:30

***Graduation will be held last day of class!***

**Presenter:** Lonnie Rainville

**Registrar:** Kayla Lowell - 541-677-5575

**Location:** Cow Creek Government Office, South Building Conference Room downstairs



**Note:** This class will be offered again next spring.

## Tribal Member Wins Bull Riding Championship



Nineteen year old tribal member Roy Jackson has won the Northwest Professional Rodeo Association's year end bull riding championship for 2014. The title is awarded to the cowboy that wins the most money at NPRA sanctioned rodeos throughout the year. Roy convincingly won the award by earning more than twice as much money as the second place bull rider. Roy is the son of Curtis Jackson, nephew to tribal board members Steve and Gary Jackson, and great nephew to Charles Jackson.

Roy is not the first tribal member to win an NPRA championship. Tribal board member Rob Estabrook won the bare-back riding title in 1994. We wish Roy the best of luck as he continues to compete at PBR events, maybe we will all get to see him on TV one day.



The Confederated Tribes of  
Coos, Lower Umpqua & Siuslaw Indians  
and the Cow Creek Band of Umpqua Tribe of Indians

Presents

Parenting with  Love and Logic®

**When:** October 22nd and 29th, and  
November 5th and 12th 2014

**Time:** 5:30 p.m.—7:30 p.m.

**Location:** Cow Creek Government Office  
2371 NE Stephens Street  
Roseburg, OR 97470



RSVP for this workshop series by calling  
Roni Jackson at (541) 888-7526  
Dinner and Childcare will be provided

**RSVP is required for participation in meals and childcare.**

# October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 GOV Office Closed Inservice	14 Food Bank 9-12 PM	15	16	17	18
19 AA Mtg 6 PM Gov Office YEP Regalia Class 1-3 pm Tribal Boardrm	20	21	22 Parenting Class 530- 730 PM Boardroom	23	24	25 Tribal Garden Halloween Event 12-2 PM
26 AA Mtg 6 PM Gov Office	27	28 Food Bank 1-4 PM	29 Parenting Class 530- 730 PM Boardroom	30	31 HALLOWEEN	

# November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 AA Mtg 6 PM Gov Office	3 Financial Peace Class 530-730 PM -S. Bldg	4	5 Financial Peace Class 530-730 PM -S. Bldg Parenting Class 530- 730 PM Boardroom	6 American Indian College Night 3-9 PM	7	8 Youth Pow Wow @ 7F Elder's Annual Dinner @ 7F Azalea Rm 2:30 PM
9 <b>General Council Mtg 10 am</b> Elders Brkfst @7F Grape Rm	10 College Application Day Boardroom 2 PM-6 PM Financial Peace Class 530-730 PM -S. Bldg	11 Food Bank 9-12 PM College Application Week Tri City Youth Center 2 PM-6 PM (11th, 12th, 13th)	12 Financial Peace Class 530-730 PM -S. Bldg	13 Takelma Language Class @ Blockhouse	14	15
16 AA Mtg 6 PM Gov Office	17 Financial Peace Class 530-730 PM -S. Bldg	18	19 Financial Peace Class 530-730 PM -S. Bldg	20	21	22
23 AA Mtg 6 PM Gov Office	24 Financial Peace Class 530-730 PM -S. Bldg	25 Food Bank 1-4 PM	26 No Financial Class	27 Thanksgiving	28 Government Offices Closed	29
30 AA Mtg 6 PM Gov Office						



## Announcements

### Births/New Enrollments

No Births Recorded

### Obituaries

No Deaths Recorded

## Address Updates for Annual Distribution Check Mailing

**The tribal distribution checks will be mailed out mid-November 2014. If there are any tribal members that are turning 18 by December 10th, Accounting will need a W-9 form before their check will be mailed out.** 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.



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. Youth related events and information won't be relayed properly if addresses aren't correct.

## Future Tribal Events

YEP Regalia Class October 19th, 1 – 3 pm Boardroom

YEP Halloween Event October 25th, 12 -2pm at the Tribal Gardens

### Upcoming Elder's Events

#### **Annual Elder's Dinner & Blanket Presentation**

On Saturday, Nov 8th we will have our annual Elders Dinner and blanket presentation in the convention center at Seven Feathers Casino. The blanket presentation will begin at 2:30 with dinner following at approximately 4:00-6:00. This event will end just in time for Elders to go next door for the Cow Creek Tribal Youth Pow Wow. Grand entry begins at 6:30pm. Invitations are being mailed to the list of elder's receiving their Pendleton blankets this year. We do hope you can make this event but understand it is not always possible. Blanket recipients not able to attend will be mailed their blanket.

Hope you plan to join us for this is a great time with family! One night complimentary room is provided for as many travelers that come for this event. Call by November 3rd to book your hotel room and make reservations for dinner, as this determines the amount of food needed. Contact Cindy Delay 541-677-5575.



#### **Elder's Holiday Luncheon**

On Friday, December 5th in the Grape & Huckleberry rooms we will be having our Elders Holiday Luncheon. Bring a gift if you want to participate in the gift exchange (limit \$5.00). This is a fun time to share memories of the holidays, and make new ones. Please call Cindy Delay, 541-677-5575, to make your reservations in advance so we can determine how much food is needed. The banquet staff at Seven Feathers always does an excellent job for our elder banquets!

Please call Cindy to RSVP 541-677-5575

-----All events are subject to change! Please watch for updates!-----

*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](http://uidchr.com)

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