

KIUYUM-ID



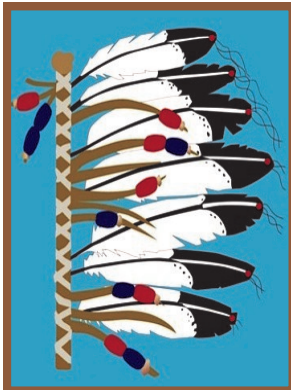
We will be known forever
by the tracks we leave.

VOLUME 24—ISSUE 6

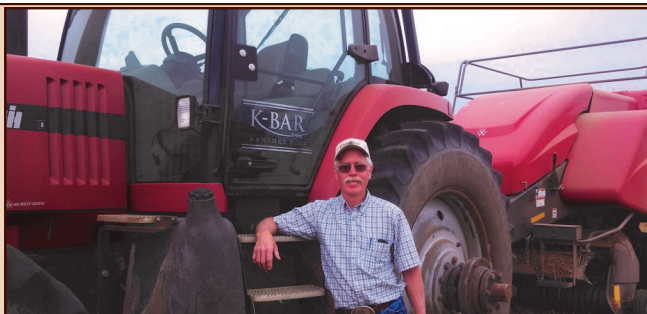
June 2014

Inside this issue:

Health/Tribal	2-3
Health	4-5
Life	6-7
Tribal	8-9
Calendar of Events	10
Announcements	11



K-Bar Ranch Operations



Rob works for K-Bar North and is a Tribal Board Member.



Ron Kentner, tribal member loading big bales to haul to the warehouse.



Baling hay in the field

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

July 4-Independence Day

Rob Estabrook, tribal member, is standing beside a Case IH tractor MX240 hooked to a big square baler that puts out 1,250 lb. bales. One operator is capable of putting out 25 tons of hay per hour. Most of the hay put up in large bales is used on the ranch with some being sold to other operations throughout the northwest. This equipment is one of the reasons K Bar is able to operate with a small yet efficient crew.

Summer Harvest has started, the Ranch has done over 2,500 tons of first cutting hay and has sold about 1,100 tons so far.

We are currently shipping cattle, so far, over 1600 have been shipped . K-Bar Ranch is in the early stages of supplying meat to all Tribal Businesses and other outlets.

Any Questions about K-Bar Ranch can be directed to the Ranch office at 541-863-3928.

2014 Firewood Program

It is hard to believe we are already into spring with summer just around the corner. It's time to place your firewood order for winter. We have a nice mix of hardwoods for high heat output, with a bit of fir and cedar thrown in to get that hot fire started.

Due to the rising costs of obtaining wood for the Firewood Program there was a need to increase the cost per cord. The amount of cords that can be purchased has also changed due to increased utilization of the program.

These changes are:

- The maximum order is 2 cords of firewood per Tribal household.
- Firewood cost is \$50/cord. Tribal Elders get their first cord free.
- Once all Tribal members on the firewood list have been served, each household from the list will be able to purchase one additional cord, based on firewood availability, on a first come first served basis until the supply is gone.
- Firewood will no longer be stacked in cords. There will be instructions at the firewood center regarding how much firewood is in a cord. Security Officer, Ron Langley, will also help with this.
- Firewood will be ready for pick-up at the McNeil Ranch Firewood Center near Canyonville in the beginning of August.

The procedures listed below have not changed:

- All firewood orders must be paid for prior to issuing a Firewood Permit.
- All firewood orders must be paid with a check or money order.
- To place your firewood order please contact Janet Cooper at (541) 677-5575 or jcooper@cowcreek.com



Firewood logs at McNeil Ranch Firewood Center.

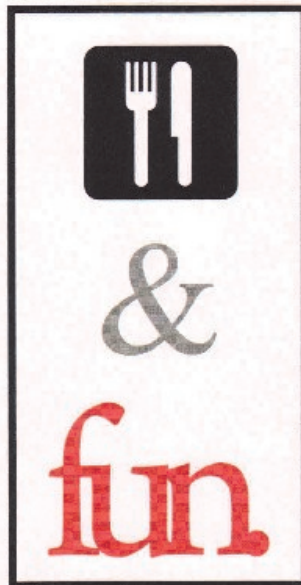
As a reminder, you are responsible for loading and hauling your own firewood. Also, firewood from the Tribal Firewood Program is for personal use only, and is not to be re-sold.

There is a limited firewood supply each year. Permits will be issued in the order in which firewood orders are placed. Thank you.



JOBS, JOBS, and more JOBS!

There are many open positions available throughout our tribal businesses. Take a look at the website to learn more and start your new career today! Find more information at www.uidchr.com.

Prevention Program**Short Presentation****June 13, 2014****5:00 pm - 10:00 pm****Cow Creek Government
Office
Boardroom****Employees, Their
Families, Tribal
Members
and Other
Indians are welcome.****RSVP BY JUNE 12, 2013****This is an Alcohol,
Tobacco & Other Drug Free
event.****For more information, please
contact My'Kee at (541) 672-8533
or mmartinez@cowcreek.com****Pacific Lamprey Harvest Season is here****Are You Interested in Harvesting Lamprey at Willamette Falls?**

The Pacific lamprey season at Willamette Falls is from June 1st-July 31st 2014. In order to harvest lamprey, each Tribal member must have in their possession their Tribal identification card, a harvest permit, and must record their daily catch on a harvest record card. To obtain a Pacific Lamprey harvest permit, a harvest record card and a copy of the rules and regulations please contact Kelly Coates at 541-677-5575, kcoates@cowcreek.com

CONTRACT HEALTH NEWS

Summer has arrived already. Allergies, Poison Oak, Sunburns, Scrapes and Bruises all the things that come with that come with spending time outdoors enjoying families and friends. It is the time to be sure that your eligibility is current with CHS. Here are some things to remember about CHS.

- ◆ Emergency Rooms are for true emergency's life threatening injuries, shortness of breath, chest pain, high fever, etc.
- ◆ Utilize Urgent Care for non-life threatening treatment for colds, flu, stomach pain and etc.
- ◆ All visits require a PO# before each visit call 2-3 days before hand if an emergency happens after hours call us the next business day for a PO#.
- ◆ If you are referred out to a doctor please ask the name of the facility. Lately a lot of members have called saying I have an appointment with Dr. Smith but they don't know that he is billing under Oregon Urology so it is hard for both the member and CHS to figure out who to issue the PO# to.
- ◆ All procedures require prior approval from RMC for CHS to pay. Also MRI's and high cost medicines. After 6 visits of Physical Therapy chart notes are required to get up to 6 more physical therapy visits.
- ◆ Hometown Drug houses Cow Creek's Tribal 340B pharmacy plan. Please call CHS with questions. This is a huge saving for the tribe and members.
- ◆ If you have questions always feel free to call CHS we are happy to help you. The clinic numbers are 541-672-8533 in Roseburg and Canyonville is 541-839-1345.



Spring Gathering

Members from all nine federally recognized Tribes in Oregon gathered together for the Legislative Commission on Indian Services Spring Gathering hosted by the Grand Ronde Tribe. The gathering was held to discuss how state government and Oregon's Tribal governments can work together for the betterment of Indian Country in Oregon. Former Oregon Governor Vic Atiyeh was gifted a Pendleton blanket for his support of the tribes during their restoration efforts. The Legislative Commission on Indian Services branch was started while he was in office to assist with Government to Government communication.



Former Governor Vic Atiyeh and Robert VanNorman

WE HAVE ZUMBA IN ROSEBURG NOW!!



- Starting Tuesday, June 10th
- TUESDAY/THURSDAY AT 5:30pm
 - In the Board Room
- Open to all Tribal Members, Employees, and friends and family
- First-come, first-serve registration if class size is too large

Please contact Jacob Swinn, Wellness Programs Coordinator, at jswinn@cowcreek.com

Roseburg Zumba is set up and ready to go starting TUESDAY, JUNE 10th.

For anyone in the Canyonville Zumba class, that class will be moved to Mon/Wed beginning Monday, June 9th, at the same time/place.

YMCA Joining Incentives



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Douglas County Family YMCA in Roseburg offers many great classes, including water exercise classes and lap swim times, which are extremely beneficial for anyone with injuries or any type of ailment that makes land exercises difficult. The Y offers the following promotion for Tribal members and employees: One (1) free month of membership, non-contract, followed by a waiving of the joining fee if you decide you want to join at the end of that month. The YMCA employees at the Membership desk will be able to answer any additional questions you might have, and can also answer questions regarding financial scholarships and assistance for joining. I encourage people to check out the Y website (www.ymcaofdouglascounty.org) for class schedules and other info, and feel free to contact me at jswinn@cowcreek.com with any additional questions you might have.

SPECIAL EVENTS

KIUYUM-ID

Summertime Movie Club

We are excited to announce opening season of the 2014 Summer Time Movie Club. Prior to each complimentary movie an educational presentation and prizes will be made by a guest speaker. Arrive by 8:15 AM at the Garden Valley Roseburg Cinema. There will be popcorn & soda provided. ATTENTION PARENTS: We recommend parents watch the trailers before deciding if these movies are for your kids. RSVP to Cindy Delay 541-677-5575. Post this schedule on your refrigerator, so you are sure not to miss a movie!

All children must be accompanied by an adult!



Movie Line Up:	Speaker	Subject
June 18 "Million Dollar Arm" 2D PG	Jacob Swinn	Water Safety
June 25 "How to Train your Dragon 2" 3D PG	Smokey the Bear	Wilderness Care
July 16 "Earth to Echo" 2D PG	Tabbitha Johnson	Culture Education
July 30 "Planes: Fire and Rescue" 3D PG	Michael Martinez	A & D Prevention
August 13 "The Lorax" 2D PG	Matt Droscher	Family Building Blocks
August 27 "Rio 2" 2D PG	Dorena Guido	Healthy Eating at School



Instant Interviews
June 19, 2014
1 pm - 3 pm
Grape/Huckleberry Rooms
(Hotel Entrance)

Managers will be speaking with candidates for one on one introduction interviews, so bring your resume!

Some things to remember:

- ♦ Apply online at www.uidchr.com.
- ♦ Bring your resume.
- ♦ Dress for success.
- ♦ Time is limited so have your questions ready!
- ♦ No hiring decisions will be made that day.
- ♦ This is your chance to showcase your skills and be considered for a second interview!

As the event gets closer we will announce on our website which departments will be conducting interviews.

For more information please contact: Human Resources at 541-839-1221x2

One Time Opportunity For Camp Reimbursements

ATTENTION PARENTS:

Children's Summer Camps (Sports or Educational)

Families residing within our seven county service area may receive reimbursements for children's summer camps as an extra bonus this summer only. This is separate from any educational programs our Tribe offers. There is a limit of 2 camps per child this summer, and up to the maximum of \$100.00 reimbursement of each camp. All applications must be in no later than Aug 30, 2014, **all others will be denied**.

Required Documents: Completed CC Summer Camp Application, and Legible Receipts

Instructions: Obtain application from our Cow Creek office, cowcreek.com, or Cow Creek Facebook page
Mail completed application and receipts to the attention of Cindy Delay

Note: Please allow 2-3 weeks for reimbursement

Summer Activity for College Bound Tribal High School Students



The Bridge of the Gods Summer Academy is an intense academic transitional program targeting Native American high school students that have aspirations of going into higher education at either a 2 year community college or 4 year major university.

There are 20 available slots for students and the academy is offered at no cost to the students selected. Room and board, all academy activities and the tuition for the college credit that can be earned are paid for by BOGSA. Camp is June 15 – June 28, 2014.

If you are interested in applying for this excellent summer activity, please contact Tammie Hunt, Education Director at: 541-677-5575 or email thunt@cowcreek.com for further information.

LIHEAP Program Update:



DID YOU KNOW?

Most Counties offer federal funded Energy Assistance Programs. Our Tribal Low Income Home Energy Assistance Program (LIHEAP) is also federally funded. Our Tribal federal Grant policies state that usage from two agencies for the same services of federal funds is considered a duplication of services or double dipping, and is prohibited.

Soon a State LIHEAP officer will be visiting our site to install a data program that will enable us the ability to verify duplicated services. When duplication occurs, we would then be forced to deny your application.

Please contact Cindy Delay at 541-677-5575 for any questions on this program.

Elder's Exercise

TAI CHI CLASS... Where? In the Pavilion at the Myrtle Creek Mill Site Park at 8-9 am every Tues, Wed & Fri!

Tribal Elders-You are invited! Come meet me, Cindy Delay; in the Mill Site Park every Friday. Start your day out with fresh air and graceful flowing movements to native music. You will meet new friends, smile more, and exercise too! Andy Sanchez teaches this class 3 days a week rain or shine all year round at the Mill Site Park in Myrtle Creek. He loves to help people through sharing Tai-Chi. He believes this exercise will keep you centered physically, mentally, emotionally, and spiritually.

Reports state: *Tai Chi as the #1 recommended exercise for senior's today!*

Tai Chi accumulates energy and leaves you refreshed and relaxed when you finish. The graceful, slow speed of the moves, coupled with an emphasis on deep breathing and mental focus, creates balance, flexibility and calmness, which relieves stress and allows for the integration of your mind and body.

See more at: <http://taichiforseniorsvideo.com/#sthash.kKBuGnEE.dpuf>

by Mark Johnson

Tai Chi Can Help With:

- Arthritis
- High Blood Pressure
- Osteoporosis
- Improves Balance
- Acupressure Points
- Headaches
- Fall Prevention
- Stress
- Strengthens the Immune System
- And much more....

Elder's Summer Picnic

SAVE THE DATE

WHO: Confederated Tribes of the Coos, Siuslaw, & Lower Umpqua have invited Cow Creek Elders

WHAT: Annual Summer Elders Picnic & BINGO with some Fun Prizes!

WHEN: Thursday, Aug 7, 11:30 am

WHERE: Stanton Park, Canyonville

RSVP: By July 31 to Cindy Delay 541-677-5575

Elder's Phone Numbers Needed

The Tribal Elder's program is beginning an Elders calling committee. We are compiling phone numbers of Elders that would like to call home bound Elders to check up on them or just to visit to help brighten their day. If you would like to submit your phone number and address to be available to other Elders send it to the Elders Helper List at cdelay@cowcreek.com or leave a message at 541-677-5575.

Wording Correction in Elder's Events

Note of Correction:

Correction of misprint in the last newsletter on page 11 article titled, "Elders Upcoming Events", the event listed for Oct 3 was printed as **Potluck Luncheon**, **Correction: this is a catered Elders Luncheon** as there will be no more pot luck lunches they will all be catered by Seven Feathers Casino. We do apologize for any misunderstanding.

Do You Know of a 2014 High School Graduate???



The Cow Creek Education Department is looking for contact information for all 2014 High School Graduates. If you are one, or know of one, please let us know. We are looking for names and current addresses of our high school graduates. We would like to acknowledge them and their hard efforts in this tremendous milestone. Send contact information to thunt@cowcreek.com or call Tammie Hunt 541-677-5575.

Student Rental Assistance Program

The Student Rental Assistance Program is currently closed for the 2013-2014 school year. This program is designed to assist low to moderate income level Tribal Members who are attending school full time at an accredited college, university, or technical school with a monthly rental stipend. The Housing Program will be accepting applications in July for Tribal members planning to attend school during the 2014-2015 school year.

Students need to contact the Housing Department to acquire an application to apply for the program. Applications are also available online for download at www.cowcreek.com. If you are a continuing student an application must be re-submitted and all requirements need to be met prior to receiving continued assistance. Funding is limited for this program therefore applications must be received in a timely manner to be reviewed. If you have any further questions please contact the Tribal Housing Program at 1-800-929-8229.

From the Education Department

New students: Applications for the 2014 – 2015 school year for post-secondary education are now available. You can find them on the Cow Creek website under the Education tab or contact Tammie Hunt 541-677-5575.

Returning Students: You will *not need* to submit a full application – just an update form. If you did not receive an email with an update form attached, please contact Tammie Hunt 541-677-5575 or thunt@cowcreek.com for the form.

Due Dates for All Post-Secondary Forms/Applications: *Semester students – August , 2014 /Term Students - August 30, 2014*

Come Learn About the Wolf OR-7 Expedition

The Wolf OR-7 Expedition follows the approximate track generated by the GPS collar worn by the Oregon wolf known as Wolf OR-7. This young male grey wolf traversed over 1,200 miles through Oregon and into California, to become the first and only documented free-roaming wolf in California in nearly 90 years, and he is still out there . . .

Our team consists of a wolf ecologist, a wildlife educator and storyteller, a filmmaker, a National Geographic Young Explorer and a wild peace advocate. Our aim is to raise awareness of local strategies that make on-the-ground strides toward human and wolf coexistence in the region.



Come watch the program and learn

Date: Sunday, June 15 12:00 PM

Location: Cow Creek Government Office Boardroom

Pizza will be served for lunch. Please contact Rhonda Malone at 541-677-5575 to RSVP. She needs to know how many to order Pizza for.

July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Gym @ Rsbg Clinic open T-Th 9-4 PM	2 Gym @ South Clinic open M/W/F 8-3 PM	3 Gym @ Rsbg Clinic open T-Th 9-4 PM	4 Independence Day Offices Closed	5
6 AA Mtg 6 PM Gov Office	7 Gym @ South Clinic open M/W/F 8-3 PM	8 Gym @ Rsbg Clinic open T-Th 9-4 PM Food Bank 9-12 PM	9 Gym @ South Clinic open M/W/F 8-3 PM	10 Gym @ Rsbg Clinic open T-Th 9-4 PM	11 Gym @ South Clinic open M/W/F 8-3 PM	12
13 AA Mtg 6 PM Gov Office	14 Gym @ South Clinic open M/W/F 8-3 PM	15 Gym @ Rsbg Clinic open T-Th 9-4 PM	16 Gym @ South Clinic open M/W/F 8-3 PM "Earth to Echo" 2D PG movie @ 8:15 AM	17 Gym @ Rsbg Clinic open T-Th 9-4 PM Elder's Culture Class 1-4 PM Gov Library	18 Cow Creek Pow Wow Fri, Sat Sun @ South Umpqua Falls	19
20 AA Mtg 6 PM Gov Office	21 Gym @ South Clinic open M/W/F 8-3 PM	22 Gym @ Rsbg Clinic open T-Th 9-4 PM Food Bank 1-4 PM	23 Gym @ South Clinic open M/W/F 8-3 PM	24 Gym @ Rsbg Clinic open T-Th 9-4 PM	25 Gym @ South Clinic open M/W/F 8-3 PM	26
27 AA Mtg 6 PM Gov Office	28 Gym @ South Clinic open M/W/F 8-3 PM	29	30 "Planes: Fire and Rescue" 3D PG movie @ 8:15 AM	31		

Announcements

Births/New Enrollments

None reported

Obituaries

None Reported

Address and Phone Number Updates, Very Important!



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.

Future Events

June 18 Summertime Movie Club at the Garden Valley Roseburg Cinema at 8:15 AM.

June 20, 21, 22 is Culture Camp At Bare Park. There is still time to Register! Please call 541-677-5575 to fill out the Registration over the phone if necessary.

Pow Wow Information

The 37th Annual Cow Creek Tribal Pow-Wow will be held July 18 – 20th at the South Umpqua Falls. Salmon dinner/potluck Friday at 7:00 p.m., bring your favorite side dish or dessert to share. Grand Entry will begin at 7:00 p.m. Saturday and the raffle will begin at 10:00 a.m. on Sunday.

For more information please contact Tammy Rondeau @ 541-672-3861 or trondeau@cowcreek.com

To get up-to-date information and announcements contact Janet Cooper for more information on how to connect with the Tribal office's Facebook page.

Upcoming Elder's Events

JULY 15-16	Grand Ronde Elder Honor Day	SPIRIT MOUNTAIN CASINO, Overnight Trip	Sign up now
AUG 2-3	Portland Spirit Lunch Cruise	PORTLAND, OR, Overnight Trip	RSVP
SEP 16	Portland Zoo Trip	PORTLAND, OR, Limited Seating, Sign up now	6:00 AM
OCT 3	Luncheon & Bingo	HUCKLEBERRY ROOM, SEVEN FEATHERS	12:00 PM
NOV 8	Elder's Annual Dinner	Seven Feathers, Azalea Rm (Blanket Presentation)	2:30 PM
DEC 5	Holiday Lunch	Grape & Huckleberry Rm @ Seven Feathers	12:00 PM

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

Visit us online @ cowcreek.com