

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 24—ISSUE 9

September 2014

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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

Oct. 13-Columbus Day
All Government Office
Staff Inservice

GOOD BYE UMPQUA INDIAN FOODS- YOU WILL BE MISSED

It was a sad day when it was determined by Management and approved by the Tribal Board of Directors that on September 30, 2014, we would close the doors of Umpqua Indian Foods. Although we won't see this fun car tootling all over anymore, we will certainly remember the great jerky it delivered. Unfortunately we have continually been met with pressure from the larger companies causing a negative return on investment.

Umpqua Indian Foods opened its doors almost 15 years ago with 7 employees and one small vacuum pack machine. Since then we have been able to put our jerky in places like the Smithsonian in Washington DC, Alcatraz, the entrance to Death Valley and the Washington Falls in Washington State.

Judi Ann Buhl, General Manager, started with UIF in April of 2004 and has built a long standing and good relationship with venders, customers and all staff throughout the years. All staff members have been given the opportunity to be placed in other Umpqua Indian Development Corporation businesses. We wish the best of luck to all our UIF family and thank them for their dedicated and loyal service.



The Health Beat

Cow Creek Health and Wellness Center

September 2014

Welcome!

The Cow Creek Health and Wellness Center welcomes our new Registered Dietitians (RD) Marci Raymond, and Bre Syron to the team! Together they will be bringing health, nutrition, fitness activities, classes, and events to you! Marci comes with a background in both nutrition and fitness and Bre's background is in culinary arts and nutrition. Each month they will bring to you this newsletter, The Health Beat, with articles on food, nutrition, fitness, overall health, and a calendar of wellness events.

Marci and Bre are available for one-on-one Nutrition Counseling appointments where they can answer any questions you have about meal planning, specific diets, weight management, diabetes management and much more! Stop in one of the clinics for more information



on the services they offer. Schedule your first nutrition appointment and receive a \$25 Nutrition Card to help you start your healthy eating journey! Call to schedule your appointment today at either clinic location (Roseburg 541-672-8333, Canyonville 541-839-1345).

They will also be offering group nutrition classes, cooking demos, and other wellness activities. Keep an eye on this month's calendar for upcoming events.

Fitness!

Exercise doesn't have to take your entire day.....just 20-30 minutes of exercise per day has been shown to help with weight loss and prevent against heart disease. Take a walk after work, go to the gym on your way home from work or on your way to work, or even go for a quick 10-15 minute walk outside on your lunch break. Not only will

it make you feel better after you're done, but that small portion of your day used for exercise might just end up being the one thing you need to lower your cholesterol, prevent diabetes, lower your risk of heart disease or lose weight.

Fall Apple Salad



- 1 tablespoon minced shallot or green onion
- 1 1/2 tablespoons champagne or white wine vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 1 dried apricot, finely chopped (or 1 Tb dried cranberries chopped)
- 3 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 4 cups torn green leaf lettuce leaves
- 1/4 cup (1 ounce) blue cheese or feta cheese
- 1/4 cup walnuts, coarsely chopped
- 1 (5-ounce) package baby arugula
- 1 apple, cored and thinly sliced or diced
- 1/2 red onion thinly sliced.

1. Combine first 6 ingredients in a blender. With blender on, slowly add oil; process until well combined. Stir in salt and pepper.

2. Combine lettuce and remaining ingredients in a large bowl; add apricot mixture, tossing gently to coat.

2 cups: 295 calories, 15g fat, 28g carbohydrate

Community Events

Umpqua Farmer's Market in the parking lot of Dave's grocery store on Diamond Lake Hwy EVERY SAT. Sept 6th will feature the Umpqua Valley Bluegrass Band.

Sept 13th: The Blast! 5K Competitive Run or 5K Fun Run/Walk in the park by the YMCA. More info call 541-672-2691

Sept 21st: The Walk to End Alzheimer's. Registration opens @ 1pm, walk The Walk @ 2pm. For more information, lgantman@alz.org or 503-416-0213.

Sept 27th: Grape Stamp and Harvest Celebration @ Melrose Vineyards 4-8pm



**Remember our
children.**

Please Drive Safely!!

A message from the Education Department at Cow Creek.

Parents, don't let your child get left behind!



School Year 2014-2015



Oregon law requires the following shots for school and child care attendance*

A child 18 months or older entering
**Preschool, Child Care, or
Head Start** needs*

4 Diphtheria/Tetanus/Pertussis (DTaP)
3 Polio
1 Varicella (chickenpox)
1 Measles/Mumps/Rubella (MMR)
3 Hepatitis B
2 Hepatitis A
3 or 4 Hib

A student entering
**Kindergarten or
Grades 1-6** needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
4 Polio
1 Varicella (chickenpox)
2 Measles
1 Mumps
1 Rubella
3 Hepatitis B
2 Hepatitis A

A student entering
Grades 7-12 needs*

5 Diphtheria/Tetanus/Pertussis (DTaP)
1 Tdap
4 Polio
1 Varicella (chickenpox)
2 Measles
1 Mumps
1 Rubella
3 Hepatitis B

** At all ages and grades, the number of doses required varies by a child's age and how long ago they were vaccinated. Please check with your child's school, childcare or healthcare provider for details.*

12/2013

Important Announcement for all lab services



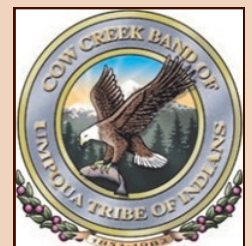
Beginning October 1, 2014 Cow Creek Health & Wellness Center will no longer bill LabCorp for your lab services. You will now be billed directly from LabCorp for all the outside labs. We will continue to bill you for labs done internally.

For Cow Creek Tribal members: You will need to contact PRC/CHS to get a Purchase Order (PO) for any lab work done at the clinic that will be sent to LabCorp. The lab tech can tell you whether it will be done in house or sent out.

For employees, affiliates and all others: You will receive a separate bill from LabCorp for any services that were sent to their lab. You are responsible for those bills.

If you are unsure if a lab test is covered please contact your insurance carrier.

If you have any questions please contact us at 541-672-8533.



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.

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 541-672-8533 or Andrea Davis, Human Services Director



Tribal Hunt information

Tribal Hunts	Season Dates
Black Tail Deer	Oct. 4-Dec.28, 2014
Roosevelt Elk	Oct. 4-Dec.28, 2014
Goose	Oct. 11-Nov. 30 & Dec. 8-Jan. 25

Tribal Hunting

This year's Tribal hunting season is about to begin. All Tribal members that were successful in this year drawing have been notified. The Cow Creek members have always shown a great interest for outdoor activities such as hunting and this year was no different with an increase of Tribal hunting application. The Tribes wildlife specialist, Scott Van Norman says, "The elk and deer numbers look good this year, so with a little luck and a change of weather our Tribal members should have a good opportunity to harvest their animal." Good luck to all the hunters.

Goose Hunting Permits now available

The Tribe offers goose hunting access to over 1,200 acres of agricultural land to Tribal members and the public. All Tribal members and the public are required to fill out an application for a goose hunting permit which can be obtained at the Tribal Government office. There is a \$50 fee to the public and free to all Tribal members. To receive a goose hunting permit, contact Janet Cooper at 541-677-5575.



30 Minute Meals
Come Join Bre, Chef and RD,
and learn a quick and healthy meal!
Come ready to try a new recipe!

South Clinic:

Tuesday September 9th 12:0-12:30

North Clinic:

Tuesday September 16th 12:00-12:30

Questions? Contact Bre Syron 541-839-1345

2014 Huckleberry Gathering

The Annual Huckleberry Gathering activity went well with 25 people attending from Medford, Myrtle Creek, Roseburg, Winston, Salem and North Bend. Everyone that participated carpoled and eventually met at the top of the Rogue-Umpqua Divide at Huckleberry Lake (dry) at noon. The people gathered in a circle, prayer was said by Clem Rice who is a tribal elder that spoke the prayer in our Takelma language. Rhonda put together a *one page paper about some of the history of the huckleberry patch that was gathered from historical documents, also included was a jam recipe for huckleberries, Becky Gains read to the group. Drumming was done by Sheila Rich's Dancing Thunder Drum Group. Everyone shared food that was brought for the pot luck that included smoked salmon. Cindy Delay picked 4 pounds of huckleberries in an hour that was pretty good. Tina Ashworth and Elizabeth Gipson ventured out to the muddy meadow searching for the springs and discovered frogs and ended up sinking past their ankles. Someone came across a snake that was hunting frogs as well.



Huckleberry patch Aspen Trees

Special guest Rebecca Dobkins, Curator and Anthropologist from the Hallie Ford Family Museum spoke with the tribe members in attendance about the "Huckleberry Patch". Ms. Dobkins will be doing research over the next 12-18 months that will include additional tribal interviews. She is expanding on the "Art of Ceremony" booklet and will be publishing a hardbound book in about 2 years. This is a project she is working on that will include all 9 tribes in Oregon. Our story will be about the huckleberry patch and its significance.

Stephen Guenther talked to Ms. Dobkins about the use of that particular area for their families during hunting time. The Aspen trees that are said to have been gifted to the Cow Creeks by the Klamath's were talked about a little bit by Sheila and Jim Rich saying that the bark from those particular trees if used during the process of tanning hides will make the them turn white. General use of the area was discussed by those who attended and how it was also burned in the past as part of land management. Ms. Dobkins said that we definitely have a great story to tell and that it will complement the other Oregon tribe's stories very well.

Butch and Billie Rondeau, Clem and Bill Rice, Clara Keller and Jim Deardorff, tribal elders all made the annual pilgrimage to the huckleberry patch and the youngest tribal child that attended was "Joefish" Malone at the age of 6 stating "The berries are good!" The event was a success!

Social Services Program offers more classes

Don't you wish life came with a set of instructions? There is so much to know, and keeping it all straight can be a challenge. We would like to offer classes to help you meet those challenges, from managing your stress to managing basic finances, and planning it all out! We call it...

Steps Forward: Positive Living--Offered Thursday Nights, 5PM – 7PM
(The first hour is for food and fellowship, followed by a 1 hour lesson)

The second topic is **Health**. The first class of that unit is entitled, "Hygiene and Healthy Habits". That class will be on September 18th. The next classes for the unit are the following:

- *Fitness and Nutrition on October 9th, 5-7PM
- *Wellness appointments on October 16th, 5-7PM

Space is limited to 10, so contact Matt in Social Services (541-677-5575) if you want to attend.



Diabetes Program



The results are in! Hundreds of people have lost weight and prevented diabetes by joining the Diabetes Prevention Program. Starting in October the Cow Creek Health and Wellness Center will be having the Diabetes Prevention Program and you don't want to miss the opportunity to join! Each week you will receive a \$25 nutrition card to Sherm's to help you make healthier food purchases along with new Nike athletic shoes, exercise equipment, cooking tools and much more! All you need to do is come in for a free Blood Sugar Test (blood test to determine if you're a pre-diabetic). If you have been diagnosed with Pre-Diabetes you are automatically eligible for the Diabetes Prevention Programs. For additional information please contact Bre Syron, RD at the South Clinic Annex 541-839-1345.

SAVE THE DATE...January 24, 2015

LIHEAP APPLICATION DATES

7th Annual "Gathering of Oregon's First Nations"

**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**

Notice:

We are accepting **applications Oct. 1-Oct. 31, 2014 to serve our Elder's and persons with disabilities first** for our LIHEAP.

Beginning Nov. 1 we will be accepting all other applicants from our general membership for this program. You can request applications via email, fax, or by regular mail by calling one of our receptionists at 1-800-929-8229 or 541-677-5575.

If you need assistance completing your application, or have any questions please call 541-677-5575 for assistance.

Ground Breaking News!!!!



It has just begun! The development of a new Education and Workforce Training Center in Tri Cities is starting to take shape. We recently received a grant from the Youth Development Council that will allow high school and middle school students to have after school access to a computer lab for homework assignments, receive academic tutoring, and have a healthy snack. During the earlier part of the day, tribal members can utilize the center to search for jobs, write resumes, prepare for GED testing, increase levels of life and work skills, and receive workforce training. Many evening activities are being planned in early literacy, digital storytelling, prevention, and family nights. We are very excited to have the opportunity to bring this facility close to our tribal members in the Tri Cities area. Look for the opening in mid-October.

Tribal Garden



Hello from your Tribal Garden and the Natural Resources Department. We have had an abundant harvesting season with over 2,000 lbs. of produce being harvested as of August 18th.

Currently available for harvest is Nasturtium (an edible flower), chard, kale, corn, cucumbers, multiple varieties of summer squash, multiple varieties of tomatoes, hot peppers, bell peppers and a limited quantity of green beans.

The Tribal Garden is open Monday through Friday 9:00 a.m. to 6:00 p.m. and Saturday 10:00 a.m. to 2:00 p.m. To get to the Tribal Garden take exit 101 from I-5 and head to Yokum Road. Please contact Dustin Looney, Gardens Manager at: (541) 530-8227 prior to visiting the garden to see what is ready for harvest. Volunteers are always needed and very appreciated as the garden is busy year round.

Tribe's Research Presented at Conference in Scotland

Tribal Fisheries Biologist Kelly Coates was invited to attend the 11th International Congress on the Biology of Fish (ICBF) to give a presentation at a lamprey symposium about the Tribe's research. The Conference was held over four days in August at Heriot-Watt University in Edinburgh, Scotland and brought scientists together from around the world to share their research. At the Conference Kelly met with and heard presentations from lamprey biologists from the U.S., Canada, Lithuania, Australia, and England. Many people were interested in the Tribe's work, and Kelly's presentation was well attended. Presenting at a conference of this level gained the Tribe international recognition as a champion of a culturally and ecologically important native fish. Attending the conference allowed Kelly to network with other researchers at a broader scale, and opened the door to possible international collaboration on lamprey research and conservation and new research opportunities for the Tribe's fisheries program. For more information about the conference please visit the conference website <http://icbf2014.sls.hw.ac.uk/>.

While Kelly was in Europe she also traveled to Trondheim Norway to meet with Dr. Rachel Malison, a researcher at the Norwegian Institute of Nature (NINA) who is studying juvenile and adult salmonid use of beaver ponds. NINA has sent a presenter to every State of the Beaver Conference the Tribe has co-sponsored over the last four years. The information that Dr. Malison is gathering will be beneficial to the Tribe's restoration work in Elk Creek, where we are using beaver reintroduction as an ecological tool to restore Coho salmon. By viewing the NINA project first hand, Kelly was able to learn new methods for monitoring beaver reintroduction and set the stage for possible collaboration between NINA and the Tribe on beaver reintroduction work. During the 2014 State of the Beaver Conference Kelly, Scott Van Norman (Tribal Wildlife Specialist) and Heather Bartlett (Tribal Environmental Specialist) along with members of The South Umpqua Rural Community Partnership's Beaver Advocacy Committee will take NINA researchers out to Elk Creek to view our beaver restoration work, and collaborate on a way to use Dr. Malison's methods on Elk Creek.



Dr. Rachel Malison (NINA) and Kelly at one of the beaver research sites in Norway



Kelly and Matt Mesa, a researcher with the U.S. Fish and Wildlife Service. Matt was one of the lamprey symposium organizers at the ICBF.

Tomato Canning Class

The first tomato canning class was a HUGE success!

With all ages ranging from youth to elder we had 25 attendees and 365 pounds of tomatoes, we were able to can 248 jars of stewed tomatoes. We are excited with the turn out and hope to grow from here.

In the future the culture department is looking at doing a Jalapeño Jelly canning class. So keep your eyes open for information regarding the next class.

If you are interested or have preservation questions please call Tabbitha at 541-677-5575 or email tjohnson@cowcreek.com



Let's make Jalapeño Jelly!



A Jalapeño Jelly class will be held at the blockhouse in Canyonville. If you plan to attend please bring a large bowl, cutting board, good cutting knife, measuring spoons and measuring cups. Everything else will be provided.

If you have any questions or would like to RSVP please contact Tabbitha Johnson at 541-677-5575 or email tjohnson@cowcreek.co

When: Saturday, September 20th
Where: Blockhouse in Canyonville, OR
Time: 10 am—4pm
Hope to see you there!!



There will be an option to add a surprise fruit!



Cindy Hill (September 6, 1957-August 12, 2014)



Cindy Lou Hill, age 56, of Myrtle Creek, Oregon, passed away on Tuesday, August 12, 2014. Cindy was born in Juneau, Alaska, on September 6, 1957 to Clara and Larry Hill. She is survived by her mother, Clara Keller; two sisters, Corrine Hill and Joanne Tait; and three children; Travis Hill of Roseburg, Jessie Hardin of Glendale, and Aaron Hill of Gig Harbor, Washington; and seven grandchildren.

Her father, Larry Hill, preceded her in death. She was a member of the Cow Creek Band of the Umpqua Tribe of Indians and is survived by many tribal family members. Cindy attended school in Grants Pass and Glendale. She was a free spirited person and always ready to help.

A private memorial service for family members was held at the Rondeau Cemetery in Tiller, on August 30, 2014.

October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Gym @ Rsbg Clinic open T-Th 9-4 PM	1 Gym @ South Clinic open M/W/F 8-3 PM	2 Gym @ Rsbg Clinic open T-Th 9-4 PM	3 Elder's Luncheon & Bingo @ 7 Feathers 12:00 PM Gym @ South Clinic open M/W/F 8-3 PM	4
		Zumba - Boardroom in Rose- burg Government Office 5:30-6:30 PM	Zumba Class 5:30-6:30 PM South Clinic Education Rm	Zumba - Boardroom in Rose- burg Government Office 5:30-6:30 PM		
5 AA Mtg 6 PM Gov Office	6 Gym @ South Clinic open M/W/F 8-3 PM	7 Food Bank 9-12 PM Gym @ Rsbg Clinic open T-Th 9-4 PM	8 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	9 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba - Boardroom in Rose- burg Government Office 5:30-6:30 PM	10 Gym @ South Clinic open M/W/F 8-3 PM	11
12 AA Mtg 6 PM Gov Office	13 Government Offices Closed-Columbus Day	14 Zumba - Boardroom in Rose- burg Government Office 5:30-6:30 PM Gym @ Rsbg Clinic open T-Th 9-4 PM	15 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	16 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba - Boardroom in Rose- burg Government Office 5:30-6:30 PM	17 Gym @ South Clinic open M/W/F 8-3 PM	18
19 AA Mtg 6 PM Gov Office	20 Gym @ South Clinic open M/W/F 8-3 PM	21 Zumba - Boardroom in Rose- burg Government Office 5:30-6:30 PM Food Bank 1-4 PM	22 Gym @ South Clinic open M/W/F 8-3 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	23 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba - Boardroom in Rose- burg Government Office 5:30-6:30 PM	24 Gym @ South Clinic open M/W/F 8-3 PM	25
26 AA Mtg 6 PM Gov Office	27 open M/W/F 8-3 PM	28 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba - Boardroom in Rose- burg Government Office 5:30-6:30 PM	29	30	31	

Announcements

Births/New Enrollments

Emaleigh June Hoodie, Maddox Hayden Mantooth and Hunter James Potts

Obituaries

Cindy Lou Hill

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

SEPT 20	Canning Class-Jalapeno Jelly	Blockhouse in Canyonville, OR	10:00 AM
SEPT 28	Hunter's Breakfast	Seven Feathers, Huckleberry Rm	8:00 AM

We are excited to announce the first Annual Tribal Hunter's Breakfast. This breakfast will feature a discussion and display items of traditional ways of hunting. A blessing of good luck will be given to send off all hunters for a successful hunting year. We hope to see you there.

Please call or email Tabbitha at 541-677-5575 or tjohnson@cowcreek.com for more information.

Upcoming Elder's Events

SEP 16	Portland Zoo Trip	PORTLAND, OR, Limited Seating, Sign up now	6:00 AM
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Annual Senior Day at the Oregon Zoo. MTR Western Charter buses will begin pick up at 7:00 AM @ 7 Feathers, 7:45 AM @ RsbG Government Offices, 8:45 AM in Eugene, 10:00 AM in Salem. Note: If you are catching the bus at 7Feathers please do not go to Valet. Park at the South end of the Casino parking lot (near the cemetery). Please Call Cindy Delay to reserve your seat @ 541-677-5575.

OCT 3	Luncheon & Bingo	Seven Feathers, Huckleberry Rm	12:00 PM
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Please plan to join us for this gathering that will include a full afternoon of events.

- 12:00 Lunch Gathering
- 1:00 Guest Speaker "Dennis Panero" of Douglas Rides (RE: Transportation Options)
- 1:30 Tai Chi - Declared #1 exercise for anyone over 50 years of age.
- 2:00 Bingo - Fun, Fun, Fun and prizes!
- 3:00 Beading - Traditional Give-a-ways

NOV 8	Elder's Annual Dinner	Seven Feathers, Azalea Rm (Blanket Presentation)	2:30 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