

# KIUYUM-ID



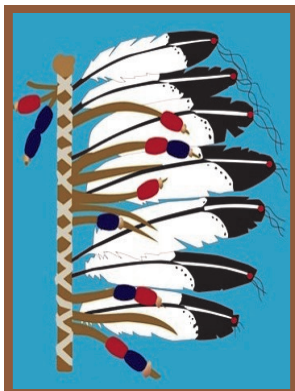
We will be known forever  
by the tracks we leave.

VOLUME 25—ISSUE 2

February 2015

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## Schedules:

### Government Office Hrs:

Mon-Fri 8 AM–5 PM

### Roseburg Clinic Hrs:

Mon-Fri 8 AM-5:30 PM

### Canyonville Clinic Hrs:

Mon-Fri 8 AM-5:30 PM

### No Walk-Ins

Please call for Same  
Day appointment

### Office Closures

Feb. 16th President's Day

## 2014 Annual Programs Report

**During 2014, the Cow Creek Band of Umpqua Tribe of Indians administered several programs for the benefit of tribal membership.**

### Aid to Tribal Government –(ATG)

The ATG program was utilized mainly for planning, realty services (land into trust), tribal enrollment, elections and inventory. The ATG staff was utilized to plan, forecast and coordinate activities to develop and maintain tribal properties as well as to coordinate efforts for land acquisition and all necessary related projects of the “land into trust” process.

### Education Programs -(Adult Vocational Training, Adult Education and Higher Education)

During 2014, a total of 60 adult tribal members were assisted with funding from the Education Programs. Areas of study include Agriculture Science, Anthropology, Biology, Chemistry, Computer Science, Communications, Childhood Development, Education, English Literature, Environmental Sciences, General Engineering, Graphic Arts/Design, Horticulture, Nursing, Psychology, Veterinarian Medicine and General Studies. Nine students were assisted in the Adult Vocational Training Program. One hundred twenty five tribal students received direct services from the YEP Program which included parental costs assistance, youth activities and school supplies. Group activities were Culture Camp, Pow-Wow, beading and regalia making classes. Youth activities included tours of tribal businesses,

visiting local museums, Wildlife Safari, skating at the YMCA and Youth Garden Days.

### Low Income Home Energy Assistance Program (LIHEAP)

In 2014, a total of 66 families received LIHEAP assistance for energy assistance. In addition, information packets including budgeting tools were provided to individuals and families in an effort to help them take control of their own possible energy crisis situations.

### Child Care Assistance Program

Last year, 6 families received assistance through the Child Care Program. Recipients utilized this program that provided quality child care while attending work, specialized training, or college. This program provides assistance on a structure payment scale dependent upon the family's income.

Also provided through this program is assistance for the child care providers of tribal children to attain CPR and First Aid certification.

### Social Service Block Grant Program (SSBG) - Parenting Program

Funds derived from the SSBG program were utilized in 2014 to provide parenting packet information and presentations to tribal families through Family Outdoor Recreation and the Summer Time Movie Club. Thirty three families were assisted through these activities.

## 2014 Programs Report, Continued

### Cultural Development Program

During 2014, continued efforts were placed on further expanding cultural educational opportunities. During the annual Cow Creek Culture Camp, a traditional salmon ceremony was held in addition to demonstrations and instruction given to tribal families on traditional preparation of salmon.

Collection of baskets, regalia, hunting and fishing gear are continuing and being developed as a living display housed in the Cow Creek Government Office. This display is being utilized to teach tribal children and the community the hunting and subsistence methods of the tribe. Many of these items have been taken to local schools for cultural education presentations. Efforts continue to acquire and expand authentic and replicated artifacts as well as arts and crafts to be displayed.

### Natural Resources Program

In 2014, the Natural Resources Department completed Phase 1 of the Elk Creek Restoration Project and upgrades to the Seven Feathers Fish Acclimation site. The Wildlife program also completed Elk and Deer count surveys and provided ceremonial elk meat for Tribal functions. In the gardens, we developed and implemented a comment card system to assess future growth. With our Tribal Gardens produce, we provided food to the Tribal Food bank, Tribal restaurants and Tribal members. Archeology staff consulted on 584 projects in our Ancestral territory, monitored 29 projects and continued work on building an informational database. We formed a partnership with the Norwegian Institute of Nature to pursue collaboration for beaver and fisheries research in the Umpqua.

Completed the Fisheries Program's first contracted work on lamprey in the Rogue. Monitored 212 stream miles for water quality. Facilitated consultations with BLM, USFS, EPA, ODFW, DEQ, DSL, USFWS, NOAA, DFPA and ODOT. Participated in federal consultation policy meetings. Developed a strategy and draft monitoring and mitigation proposal for Pacific Connector Pipeline. The firewood program served 30 Tribal families including elders. The Forestry program supported the Land Bill Conveyance progress. We continue to identify specific properties that can contribute to the Tribe's land base. Over 400 maps were created to enhance tribal decision-making. Natural Resources staff supported the Tribe's land bill process through mapping, analysis and data acquisition as well as meeting with congressional staff. Cultural staff

continued to conduct Takelma language classes, organize culture camp, revamp tribal displays at the government office, held basket and regalia making classes, canning classes and gave cultural presentations at local area schools. We look forward to another productive year.

### Cow Creek Health and Wellness Center (CCHWC)

During 2014, a total of 1,782 tribal member and employee patients made 7,614 visits to the Cow Creek Health and Wellness Center. This figure includes Cow Creek Tribal members and other federally recognized Indians as well. The clinic is staffed with the following providers and healthcare workers: Physicians, Nurses, Nurse Practitioner, Certified Medical Assistant, Certified Phlebotomist, Podiatrist, Psychologist, Psychiatrist, Nutritionist, Health Educator, Behavioral Health Counselor, Benefits Coordinator and an Alcohol and Drug Counselor.

### Joslin Vision Network (JVN) Teleophthalmology

#### Program

In 2014, Cow Creek Tribal Health Clinic staff provided eye exam screenings for diabetic retinopathy abnormalities in 36 patients. The screenings take place in the tribal clinic, but results of the exam are read and analyzed by Indian Health Services at the Phoenix Indian Hospital Ophthalmology Department in Phoenix, Arizona.

### Heartsaver/Healthcare Provider/First Aid Course

The Cow Creek Health and Wellness staff offered various certification courses for tribal members and staff during 2014. The classes provided were the Heartsavers CPR classes, First Aid classes and Health Care Provider classes. A total of 25 people were certified.

### Cow Creek Contract Health Program (CHS)

In 2014, the Cow Creek Contract Health Services staff issued 3,910 purchase orders totaling over \$780,000 for tribal members utilizing the program Contract Health Services is funded through the Indian Health Service and is restricted to the tribal service area as mandated by federal regulations. This program has eligibility requirements and requires prior approval before each visit to any provider outside the Cow Creek Health and wellness Center.

### Diabetes Prevention Program (DPP)

This program is designed to identify pre-diabetic patients, provide education and support to make lifestyle changes that will help prevent diabetes and the complications

## 2014 Programs Report, Continued

associated with the disease. In 2014, approximately 70 patients participated in either individual appointments or group classes, which included exercise, meal planning and nutrition and health lifestyle choices.

### **Behavioral Health/A&D Programs**

During 2014, over 200 patients/families received counseling services each month from the Cow Creek Health and Wellness Center. In addition to direct services to tribal members, the Behavioral Health Department was active as part of the Diabetes Management Team as well as provided oversight and facilitation of the Juvenile Crime Prevention Grant. The A&D Program funds were utilized in coordination with other tribal programs to enhance youth/family prevention activities and services that promote accountability to sobriety, financial independence, social well being and community. Specifically the A&D program participated in tribal health fairs and the "Summer Movie" events, the Strengthening Families "Family Camp" and several other family oriented events.

### **Maternal Child Health Program**

The goals of the Maternal Child Health Program are to educate and provide learning opportunities for pregnant mothers and children, specifically in dental health care. In 2014, more than 61 tribal members and their families participated in the program.

### **Nutrition Program**

The Nutrition Program provides services to over 140 diabetic patients annually. This program is not just for diabetic patients, but addresses obesity and cholesterol issues as well. Some activities provided in this program range from individual counseling to cooking classes, community walk/runs, lunch and learn programs, and the Fall Dog Show for patients to show off the uniqueness of their K9 companions.

### **Cow Creek Medicare Part B Reimbursement Program**

Unlike Medicare Part A, which covers a wide range of hospitalization and inpatient services, nearly everyone that has Part B coverage must pay a monthly premium. Medicare Part B is additional coverage to assist eligible recipients to pay for doctor's services, outpatient, and other medically necessary services that are not covered under Part A. This premium is usually deducted from

Social Security Income and is the amount that is reimbursable by the tribal program. This program has no service area restriction.

In 2014, there were 102 tribal members who participated in the reimbursement program. This program offers the option of a monthly or annual reimbursement. Those that chose an annual reimbursement totaled 55, while 47 members requested a monthly reimbursement.

### **Tribal Dental Health Program (TDHP)**

The Tribal Dental Health Program provided all enrolled tribal members, regardless of where they reside, a \$1,500.00 benefit in dental care services that included preventative care, fillings, extractions, root canals and crowns. During 2014, 457 tribal members utilized this program for a total amount of \$164,615.

### **Over the Counter Program**

In 2014, the Cow Creek Health and Wellness center processed 940 purchase orders for the Over-The-Counter Program. Over 616 tribal members residing within the tribal service area utilized \$32,603.02 in over-the-counter medications and preventative health products. There were 218 tribal members outside the tribal service area that utilized \$23,467.47 in over-the-counter medications and preventative health products. This program provides funding for health related items such as vitamins, first aid materials, toothbrushes and cold medications.

### **Nesika Health Group**

For 2014, there was on average 99 tribal members enrolled in an individual policy, 179 plus dependents enrolled in a family policy, and 131 enrolled with their spouse in a Enrollee/Spouse policy.

### **Tribal Distribution**

In 2014, Cow Creek tribal members received a tribal distribution check in the amount of \$800 from tribal gaming and business revenue. In November, 1,005 tribal members received a total of just under \$804,000. An additional \$520,800 was placed in the Tribal Minor Trust Fund for 651 tribal members under the age of 18 years. There were also 20 new born tribal members that were enrolled and received the initial \$1,000.00 deposited into their Tribal Minor Trust Fund for a total of \$20,000.



## 2014 Programs Report

### Tribal Elders Monthly Distribution

The Tribal Elders Monthly Distribution Program paid out \$450 monthly to 130 tribal elders, for an annual total of \$675,400 in 2014. Tribal members become eligible to receive the monthly elder's distribution when they reach the age of 60.

### Tribal Burial Benefit

In addition to providing \$3,500.00 towards the cost of funeral expenses for tribal members, program guidelines for the Tribal Burial Benefit were modified in 2008 to include burial assistance for tribal spouses. In 2014, the program covered four deaths. Burial assistance provided by the Tribe totaled \$14,000.

### Tribal Housing Program

In 2014, there were 38 tribal housing units available. Of these units, 18 are located on Taylor Street and 10 are located on Pamela Court nearby. All were occupied by Cow Creek Tribal members. In 2014, nine Tribal members were assisted and 4 were on a waiting list. Rental amounts for these properties are determined individually based on income.

### Housing Down Payment/Repair Program

Thirty six Tribal members received assistance through the Tribal Housing Program during 2014. Sixteen Tribal members were assisted with down payments and 20 were assisted with repairs to their homes. This program offered \$3,500 to Tribal members for assistance with a down payment on the purchase of a new home or for repairs to an existing home. Total expenditures for 2014 in the Tribal Housing Program were \$103,772.69.

### Project Warmth

In 2014, a total of 152 families with children were assisted by Project Warmth for a total cost of \$3,800. Every family who applied for assistance could receive up to a \$25 reimbursement on a coat and up to \$25 on a pair of shoes per child.

### Food Program

In 2014, a total of 250 families were assisted with a supplemental food box consisting of canned fruits, vegetables, meats, beans and rice, as well as other food staples, through the Food Program. The Tribal Garden provided families with fresh fruits and vegetables throughout the summer of 2014.



## Meet Our New Dietician

Please help me in welcoming Jill! Jill comes all the way from Maine to join our family and is our newest Registered Dietician. Jill graduated from University of Maine and did her residency at Oregon State University! She has a passion for food and health and is excited to work with people on improving their lifestyles. Jill is going to be a great asset to our family.





**Cow Creek Band of Umpqua Tribe of Indians**  
**2371 N.E. Stephens Street, Suite 100**  
**Roseburg, OR 97470**  
**(541) 672-9405 Fax (541) 677-5565**

**Change of Address Form**

**(Please Note: Tribal Members Ages 18 & Over Must Complete & Sign Their Own Address Change Form)**

**Name:** \_\_\_\_\_  
Last First Middle

**Old Address:** \_\_\_\_\_  
Street

City State Zip

**New Address:** \_\_\_\_\_  
Street

City State Zip

**Phone Number:** ( ) **Message Number:** ( )

**Veteran? Yes** \_\_\_\_ **No** \_\_\_\_ **Branch of Military:** \_\_\_\_\_ **Service Era:** \_\_\_\_\_

**Social Security #:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Please List All Enrolled Minor Tribal Members Ages 17 & Under Who Are At This Address:**

**Name:** \_\_\_\_\_  
Last First Middle Date of Birth

Last First Middle Date of Birth

Last First Middle Date of Birth

Last First Middle Date of Birth

**Please Fill Out This Section If There Has Been A Name Change**

**Name:** \_\_\_\_\_  
Last First Middle

**New Name:** \_\_\_\_\_  
Last First Middle

**Reason For Name Change:** \_\_\_\_\_  
Married, Adopted, Legal Name Change, Etc.

**By signing below, I the adult Tribal member or adult representative for the minor Tribal member, certify the above information is correct:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## MEASLES & THE MMR VACCINE

Measles is a highly contagious virus that lives in the nose and throat mucus of an infected person. It can spread to others through coughing and sneezing. Also, the measles virus can live for up to 2 hours on a surface or in an airspace where the infected person coughed or sneezed. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected. Measles is so contagious that if one person has it, 90% of the people close to that person who are not immune will also become infected.

Infected people can spread measles to others from 4 days before to 4 days after the rash appears.

### MEASLES CAN BE PREVENTED WITH THE MMR (MEASLES, MUMPS RUBELLA) VACCINE!

All children should get 2 doses of MMR vaccine, starting with the first dose at 12-15 months and the second dose at 4-6 years. Students in college who do not have evidence of immunity need 2 doses of MMR vaccine, 28 days apart. Adults who do not have evidence of immunity should get at least 1 dose of MMR vaccine.

Measles is once again on the rise in this country due to unvaccinated children. If you are unsure if your immunizations are up to date, please make an appointment at Cow Creek Health & Wellness (North or South). We can check your records and get you up to date if needed!

## SAVE THE DATE

As part of the Spring Break Culture Days this year, we have partnered with Southern Oregon University and will be having a Native Games Day at SOU. Transportation and Lunch will be provided (Fry Bread will be provided by the University) This is open to ALL Tribal members and their families! So don't forget to mark this down on your calendar! Friday, March 27th. If you have questions please contact Tabbitha Johnson at 541-677-5575.

## Cow Creek Veteran Information and Stories Wanted



The South Umpqua Historical Society, located in Canyonville, Oregon, would like to honor our South County Veterans who served this great country in the 2015 issue of "Pioneer Days in the South Umpqua Valley" book.

The Historical Society would like to know who these men and women are, who they served, in which branch of service, when they served and in what capacity (military occupation specialty) and other information people would be willing to share. The Historical Society would also like photos during their time of service; the photo will be scanned and returned.

The South Umpqua Historical Society focuses on the people, life and culture of the Canyonville, Riddle, Days Creek, Tiller, Glendale and Myrtle Creek area. However, any Veteran's story will be accepted and highlighted in a tribal newsletter.

If you are interested in submitting a short "blurb" or a story please include a picture of the veteran and submit to [rmalone@cowcreek.com](mailto:rmalone@cowcreek.com). In the subject line of the email please put **Cow Creek Veteran Story**. Mailed stories and pictures may be sent to:

**Cow Creek Band of Umpqua Tribe**  
**Attention: Rhonda Malone**  
**2371 NE Stephens**  
**Roseburg, OR 97470.**



## The Cultural Arts Revitalization Project

Calling all native arts enthusiasts!! The Cultural Department is excited to announce a new initiative, the Cultural Arts Revitalization Project. This program will increase Tribal member access to traditional cultural arts, increase member participation in native arts activities, and develop traditional cultural arts mentors within the community.

So let us know what traditional art you are interested in learning or a cultural skill you are interested in teaching. Select participants may have the opportunity to attend workshops, trainings, or assist in museum research trips aimed at compiling information related to our culture.

For more information or to share your interests or ideas please call 541-677-5575 or email either Rhonda Malone ([rmalone@cowcreek.com](mailto:rmalone@cowcreek.com)) or Stephanie Moore ([smoore@cowcreek.com](mailto:smoore@cowcreek.com)).



## Youth Activity Success

The Youth Education Program's January activity was Family Bowling at Nickel Bowl on January 25th. There were 52 youth and family members that participated in this event. Prizes were given out for the highest and lowest scores within age groups.

### Two highest scores:

Kalyn Witt age 10 (age group 6- 10) score: 121

Emma Sanford age 2 1/2 (age group 0-5) score: 86

### Two lowest scores:

Francisco Blair age 8  
(age group 6-10)

score: 75

Kaydee Looney age 2  
(age group 0-5)

score: 30



## Education & Workforce Center Classes

The Education & Workforce Center held Facebook classes for adults that were taught by the youth. Hunter Haataia is helping Joyce Sertain understand how to log into Facebook. Rylie Gearin shows Clem Rice and Joyce Sertain how to find friends. Jim and Shiela Rich along with Garry Zimmerman are comparing notes from the Facebook classes. These pictures are from the Monday, February 2<sup>nd</sup> class.



## Tribal Election Coming Up

**The Tribal General Council Nominations Meeting is scheduled for Sunday, May 17<sup>th</sup> at 10 a.m.**  
**The Tribal General Council Elections Meeting is scheduled for Sunday, August 9<sup>th</sup> at 10 a.m.**

All General Council Meetings will be held at the Cow Creek Tribal Government Offices located at 2371 NE Stephens Street, Roseburg, OR.

The procedures for the nominations for the Tribal Board of Directors Election are as follows: Any registered voter of the Tribe present at the May meeting each year may nominate. Each person may nominate one individual for the election in August. **Reminder:** Nominees must be present at the Nomination Meeting to accept their nomination. When nominations are closed, no other nominations will be accepted. A nomination will be considered complete when the nominee has accepted the nomination in writing. Nomination acceptance forms will be furnished to all candidates present at the meeting.

Candidate acceptance forms will be placed on the ballot in the order the nominations were made. Ballot packets including instructions will be mailed out to registered voters of the Tribe from Wicks Emmett, CPA by July 9<sup>th</sup> and are due back to Wicks Emmett by August 7<sup>th</sup>. If you are a registered Tribal voter and do not receive a ballot, contact the Government Office at 541-672-9405 or 1-800-929-8229 to request one be mailed to you.

Tribal members are encouraged to maintain an updated registration card including a signature, as well as keeping an up-to-date address on file. Any new or updated voter registration card needs to be completed and turned in to the Government Office by May 15, 2015. **Reminder:** Voter Registration is closed from May 15<sup>th</sup> thru August 9<sup>th</sup> 2015.

As with Federal, State and local elections, tribal members must register to vote in the Tribal Board of Directors elections. Registration is only required once. If you have been married, divorced and have changed your name a new registration form needs to be completed and turned in to the Government Office. If you would like to register to vote, you may call the Government Office to request an application be sent to you.

## Water Aerobics at Seven Feathers RV Resort!!!

**Who:** Tribal Elders, other Tribal Members, those with medical need for low impact exercise, RV Resort guests, Tribal employees

**When:** Classes are held at the Seven Feathers RV Resort Pool on Tuesdays and Thursdays, 10AM to 10:45AM.

Contact Matt if there is interest in a 9 AM class. Space is limited to the first 15 people, but an extra class may be provided if interest warrants.

**\*If interested, please contact Matt at 541.677.5575.\***



## The Tribal Board Is Going to Washington



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 13th at 7 PM in the Cedar Room.

The second meeting will be held in Port Angeles at the Red Lion Hotel on Saturday, March 14th at 1 PM. The meeting will be in the Juan de Fuca Room.



## Tribal Down Payment and Repair Assistance Reporting

As some of you may or may not know, the majority of our Housing Programs are funded with our HUD grant as well as Tribal money. When applying for assistance all Tribal members that accepted the grant on behalf of the Tribe agreed to maintain possession and provide proof of residency for a period of 5- 10 years depending on which program they applied for. These rules are not just those imposed by the Tribe, but are also impart some of the regulations that we are obligated to monitor and report to HUD.

All Tribal members that have received funding for Down Payment and Repair Assistance are to provide proof of residency to the Housing Program the first part of January each year for a period of 5 years.

Tribal members that have received IHBG Down Payment and Repair Assistance are to provide proof of residency to the Housing Program the first part of January each year for a period of 10 years, as well as proof of homeowners and fire insurance. At this time it would be appreciated if Tribal members that received assistance in the last 5 years could contact the Tribal Housing Program to verify possession of the properties they have received assistance. This could be in the form of providing a copy of your respected most recent property tax statement, homeowners insurance or utility statement showing the address of the property for which you received assistance. You can mail a copy of the above to the Government Office – Attention Tribal Housing, fax to 1-541-677-5550 or email to [jmathison@cowcreek.com](mailto:jmathison@cowcreek.com).



**Regalia:**  
The highly valued clothing and accessories of a dancer. Regalia is sometimes handed down from one generation to the next. They carry spiritual significance.

**Be Ready for the Youth Pow Wow !!!**

Come to the ....

### Regalia Class

We will be making...

- Boy's Bells
- Girl's Hair Ties

**Sunday, February 22**  
**1 - 3 pm**

NEW Location!!!!!!!!

**Education & Workforce Center**

213 South Old Pacific Hwy.

Tri City (next to the Chiropractor's office)

For more information & RSVP call Tammie Hunt  
541-677-5575 or [thunt@cowcreek.com](mailto:thunt@cowcreek.com)

**This is a drug and alcohol free event.**



**Ready to quit?**

**Oregon Tobacco Quit Line can help. It helped me.**  
Call 1-800-QUIT-NOW (1-800-784-8669)  
or go to [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)



# February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 General Council Mtg 10am Gov Office  AA Mtg 6 PM Gov Office	9	10  Food Bank 9-12 PM	11	12  Senior Meal 12 PM @7F Buffet	13	14
15  AA Mtg 6 PM Gov Office	16 President's Day - Gov. Offices Closed	17 Senior Meal 12 PM @7F Buffet  Senior Meal 12PM @7F Buffet	18	19 Takelma Language Class @ Workforce Ctr  Senior Meal 12PM @7F Buffet  Takelma Language Class @ Workforce Ctr	20	21
22 Regalia Class @ Education Workforce Ctr 1-3 PM  AA Mtg 6 PM Gov Office	23	24  Food Bank 1-4 PM  Senior Meal 12PM @7F Buffet	25	26  Senior Meal 12PM @7F Buffet  Takelma Language Class @ Workforce Ctr	27	28

# March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  AA Mtg 6 PM Gov Office	2	3  Senior Meal 12PM @7F Buffet	4	5  Senior Meal 12PM @7F Buffet	6  Elders Luncheon & Bingo 12 PM @ 7F	7
8  AA Mtg 6 PM Gov Office	9	10 Food Bank 9-12 PM  Senior Meal 12PM @7F Buffet	11	12 Senior Meal 12PM @7F Buffet  Takelma Language Class @ Workforce Ctr	13  <a href="#">Washington Board Mtngs-See article on page 8 for details</a>	14
15  AA Mtg 6 PM Gov Office	16	17  Senior Meal 12PM @7F Buffet	18	19 Senior Meal 12PM @7F Buffet  Takelma Language Class @ Workforce Ctr	20	21
22 Regalia Class 1-3 PM @ EWC  AA Mtg 6 PM Gov Office	23	24 Food Bank 1-4 PM  Senior Meal 12PM @7F Buffet	25	26 Senior Meal 12PM @7F Buffet	27	28 Language Wkshp & Dentalia Necklace class 10 AM-2 PM Gov Office Boardrm
29  AA Mtg 6 PM Gov Office	30	31  Senior Meal 12PM @7F Buffet				

## Announcements

### Births/New Enrollments

Gemma Marie Shier

### Obituaries

Roger Leroy Potts, Richard Elliott Kenyon, Roberta Lynn Estabrook (wife of Gary Estabrook)

## Address Updates for Annual Distribution Check Mailing

If your address has changed, the Address Change form is now located on page 5 of this newsletter. Just fill it out and mail it to the Government office address on the form or it can be faxed to 541-677-5565.



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 Trust Fund information won't be relayed properly if addresses aren't correct for them as well.

## Future Tribal Events

### Takelma Language class

The Takelma Language classes are now on every Thursday from 10:00 a.m. to noon at the Education & Workforce Center located at 213 S. Old Pacific Hwy., Tri City, OR.

We will no longer be doing a potluck during the classes. For more information please contact Rhonda Malone, Cultural Development Coordinator at: (541) 677-5575 or [rmalone@cowcreek.com](mailto:rmalone@cowcreek.com) (if you email Rhonda please put "Takelma" in the subject line so she will know it is regarding the language class).

### Regalia Class

Sunday, Feb. 22nd	1:00 pm -3:00 pm	Education Workforce Center
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### Water Aerobics

Tuesday/Thursdays, Jan. 27th (1st class)	10:00-10:45 am	Seven Feathers RV Resort pool
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### Upcoming Elder's Events

#### **Elder Luncheon & Bingo**

Friday, Mar. 6th	2:00 pm	Seven Feathers
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### Monthly Cow Creek Elder Luncheon

Meals are provided for Cow Creek Tribal Elders and spouses.

this Luncheon is in the Grape & Huckleberry Rooms at Seven Feathers Casino beginning at 12:00 pm.

### Weekly Cow Creek Senior Meals

Meals are provided for Cow Creek Tribal Elders and Elder's spouses.

Location for these meals will be in the private dining room in the Gathering Place Buffet at Seven Feathers Casino, and are held every Tuesday & Thursday 12-1:30.



*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)