

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 25—ISSUE 3

March 2015

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From the Chairman's Desk



We continue to fight the efforts of the Coquille Tribe to intercept our largest customer base by building a casino in Medford. This move is unprecedented and is over 170 miles from the Tribal Headquarters in North Bend on the coast and from their homeland. So far this year, the BIA has initiated the NEPA (Environmental Impact Study) for the proposed project and has held one meeting in Medford. The initial meeting was only to develop a scoping document that will determine all issues that will be studied. Tribal staff was organized to attend this hearing simply as an effort to sway media coverage in our favor. There will be subsequent meetings in the future that tribal members will be called upon to attend and possibly testify.

The Tribal Board of Directors just completed their annual informational meeting with tribal members in both Kelso and Port Angeles, Washington. The meetings were well attended by tribal membership where they received information that was presented to the General Council in February in Roseburg.

I was able to attend the swearing in ceremony for Oregon's new Governor, Kate Brown. Oregon tribes are fortunate to have such an advocate as Kate becoming Governor. There is a long history of advocacy from Kate Brown for the tribes in the House and Senate, as well as the Secretary of State's office.

-Daniel Courtney-

Schedules:

Government Office Hrs:

Mon-Fri 8 AM-5:30 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

May 25th Memorial Day

The Tribal Administration is off to a very busy start in 2015. We have been managing several different important issues that have an impact on the Tribe and ultimately the membership.

Work on our reservation project continues in Washington DC. Passage of our bill was very close in the last session of Congress, but was bundled along with some controversial bills and failed to get passed out of the Senate. Senator Wyden and Congressmen DeFazio have assured us that our bill will again be dropped very soon this year.

Human Services Department

"Elders Aging On" Administration Grant Offers New Programs

Adrionna brings 4 years of experience as a CNA and loves to work with our Elders. Adrionna is 22 years old and is married to TJ Brim (Tribal Member). She loves to be on the beach and take her 2 dogs out to play in the sand.

Services available for our Elders 60 years of age or more:

- ◆ In home Respite Care: Designed to give relief to family caregivers usually a spouse, their children, or other relations who provides care for Tribal Elders full time, to prevent overload.
- ◆ Transportation provided for rides to doctor appointments, Senior Meals, Activities, Water Aerobics. Other situations can be evaluated.
- ◆ Hot and delicious Senior Meals provided 2 days a week in the private dining room at Seven Feathers Gathering Place Buffet
- ◆ Home Chore Service- Volunteers Needed
- ◆ Weekly Phone Safety Checks by request
- ◆ Assistance in interpreting, translating, & completing forms
- ◆ Fitness Classes as advertised-currently Tai Chi & Water Aerobics
- ◆ Outreach, Referral, and Information
- ◆ Telephoning & Visiting
- ◆ Advocacy, and Family Support



Adrionna Brim, Transporter/CNA

Each situation must be evaluated individually to determine needs and qualifications. If you think you can benefit from any of these services please call for a home assessment.

Cow Creek Human Services Department 541-677-557/Cindy Delay, Adrionna Brim, Matt Droscher, Andrea Davis..

The Education & Workforce Center /Expanding Horizons Youth Center



Expanding Horizons Youth Center
is now open for youth in
4th—12th grades!!!!



We are making some new additions....

We have had overwhelming response to the after school Expanding Horizons Youth Center. Many requests for elementary school youth to be able to use the center has been brought to our attention. ***It is with great joy that we will now be able to welcome youth as young as 4th grade. School busses will drop youth off at the Center after school.***

Applications and more information can be obtained by calling 541-860-7296 or

Hours of Operation:

Monday, Tuesday, Thursday & Friday
2:30 - 6:00 pm
Wednesday- 1:30 - 6:00 pm

stopping by the Center.

There is no charge associated with the after-school program.

HEALTHY MEALS SERVED DAILY

IMPORTANT DATES:

March 23-27 - Center Closed for Spring Break. We will be celebrating Culture Days...come join us!



Spring Break Culture Days

We are happy to host Spring Break Culture days once again this year!! We have a fun filled week planned and are so excited to spend this time with you. This week is all about NATURE! We will make tracks on sidewalks, dig in dirt that has been recovered from an archaeological site, plant seeds, swim, and play all kinds of games.

Lunch and transportation is provided each day. Can't wait to see you then!



For questions or to sign
up contact:

Tabbitha Johnson

541-677-5575

Email:

tjohnson@cowcreek.com

Agenda

Tuesday March 24	Fish, Wildlife, & Swimming	10am-2pm
Wednesday March 25	Archaeology Dig Day	10am-3pm
Thursday March 26	Garden Green House Day	10am-2pm
Friday March 27	SOU Native Games Day	8am-6pm

Youth Easter Egg Hunt

Lunch, Activities, and Fun

For all

at

Bare Park

Please RSVP 541-

677-5575 or

thunt@cowcreek.com

Saturday, March 21st
12:30 p.m. - 2:30 p.m.

SPONSORED BY THE YOUTH
ACTIVITIES COMMITTEE
YOUTH EDUCATION PROGRAM
AT COW CREEK

This is a drug and alcohol free event!

Training on Mental Health First Aid

Similar to 'First Aid' and CPR, 'Mental Health First Aid' teaches individuals how to help those experiencing mental health challenges or crises

WHO: Open to anyone interested
WHEN: April 17, 2015 8:30AM - 5:00,
WHERE: Cow Creek Tribal Boardroom-2371 NE Stephens Roseburg, OR 97470

WHY: Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, more than one in five American adults will have a mental health problem in any given year. The National Council for Behavioral Health certifies individuals throughout the nation to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. Identified on SAMHSA's National Registry of Evidence-Based Programs and Practices, the training helps the public better identify, understand and respond to signs of mental illnesses. For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org.

COST: Free

REGISTRATION: Contact Aimee Wilhite at 541-691-2402 to register

Lunch will be provided. There is certification that will be handed out post training that is good for three years for those individuals that complete the full 8 hours of training. As for CEU's, we unfortunately, cannot provide them. The National Council for Behavioral Health is in the process of making this happen for trainers across America, but it has yet to go through fully. There is an exam at the end.

AGENDA:

Session 1- 8:30am-12:30pm

What is Mental Health First Aid?

Mental Health Problems in the United States

Mental health First Aid Action Plan

Understanding Depression and Anxiety

Mental Health First Aid Action Plan for Depression and Anxiety

- *Suicidal Behavior*
- *Depressive Symptoms*
- *Nonsuicidal Self-Injury*

Lunch – 12:30pm-1:00pm

Session 2 – 1:00pm-5:00pm

- *Panic Attacks*
- *Traumatic Events*
- *Anxiety Symptoms*

Understanding Psychosis

Mental Health First Aid Action Plan

- *Acute Psychosis*
- *Disruptive or Aggressive Behavior*

Understanding Substance Use Disorders

Mental Health First Aid Action Plan

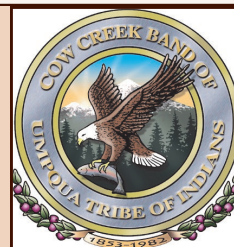
- *Overdose*
- *Withdrawal*
- *Substance Use Disorders*

Using your Mental Health First Aid Training

Please sign up soon, space is running out!

Hosted by Cow Creek with presenters from the Burns-Paiute Tribe

The training is free. Lunch will be provided.



Tribal Legislative Day at the State Capitol



State employees, elected officials and visitor's to the Capitol building had the opportunity to visit the nine Oregon Tribes' information tables. The theme was "Oregon is Indian Country: Say Hello to Your Neighbors." The main objective of this event is to inform legislators, legislative staff, state employees and the general public about Oregon's tribes, including its priorities, culture, and programs. At noon, the Native American Rehabilitation Association of the Northwest served fry bread on the Capitol steps. The annual event is sponsored by the Legislative Commission on Indian Services and the nine

federally recognized Tribes in Oregon and was held on February 19th.

The 40th anniversary celebration of the Legislative Commission on Indian Services is set for Thursday, May 14th at 9a.m. at the State Capitol. May 11th – 15th is American Indian Week in Oregon.

Diabetes Self-Management Classes

Do you or someone you know have diabetes? Whether you are newly diagnosed or have had diabetes for years, self-management education can help you learn critical skills to lower your blood sugars and A1C levels. Cow Creek Health & Wellness Center's Diabetes Self-Management Education Classes are created especially for those living with diabetes and cover all areas of self-management education, including:

- Nutrition
- Exercise
- Diabetes medication
- Glucose testing and blood sugar monitoring
- Insulin management
- Diabetes and your emotional health

These classes will be offered monthly at each clinic. The classes run for approximately 1.5 hours and will provide you with helpful tools to improve your health. You will receive an incentive for every class you attend!

Our first class is:

April 22nd 9:00am-10:30am Canyonville clinic

April 22nd 1:00pm-2:20pm Roseburg clinic

Registration is required, so please call either clinic to sign up for this valuable class!

Diabetes Prevention



Do you want to earn \$400.00 towards groceries? Are you worried about developing diabetes? Do you want to become as healthy as you can be? If you answered yes to any of these questions, the Diabetes Prevention Program is for you! This 16-week intensive program has had over 40 people with pre-diabetes join. Over 400 pounds have been lost, blood sugars have returned to normal, and cholesterol dropped by an average of 20 points!! Take off the pounds and keep them off with customized weekly classes from your own personal Registered Dietitian and Lifestyle Coach! If you are interested in this program, contact Jill Boyce, RD at 541-672-8533. If you schedule to be screened for the program you will receive a prize!



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:** _____

2015 Tribal Hunt Season and Tags

Tribal hunt season and tags have been set for the 2015, notable changes to this year's hunts are; additional elk hunts and date changes to some hunts. Make sure to review all hunts and dates before applying. Hunting applications will be sent out March 12th to all eligible Tribal members 12 years old and older. Applications must be returned by the May 15th deadline. Also applications will also be available at the Tribal Government office or on our website www.cowcreek.com. Results will be available by June 6th and successful hunters will be notified by mail.

2015 Tribal Hunts					
BLACK-TAIL HUNTS					
Hunt #	Age Requirement	Hunt Name	Bag Limit	Open Season	Tags
123E	Elder	Winston	Buck not having less than one fork antler	Oct. 10-Dec. 27	1
123G	General	Winston	Buck not having less than one fork antler	Oct. 10-Dec. 27	2
123Y	Youth	Winston	Buck not having less than one fork antler	Oct. 10-Dec. 27	1
ANTLERLESS HUNTS					
623E	Elder	Winston	One Antlerless deer	Oct. 10-Dec. 27	1
623G	General	Winston	One Antlerless deer	Oct. 10-Dec. 27	2
623Y	Youth	Winston	One Antlerless deer	Oct. 10-Dec. 27	1
Elk Hunts					
223E	Elder	Dole	Any Elk	Oct. 10-Dec. 27	1
223EA	Elder	Dole	One Antlerless Elk	Oct. 10-Dec. 27	1
223G	General	Dole	Any Elk	Oct. 17-Dec. 27	1
223GA	General	Dole	One Antlerless Elk	Oct. 17-Dec. 27	1
223Y1	Youth	Dole	One Antlerless Elk	Aug. 1-Sept. 30	1
223Y2	Youth	Dole	One Antlerless Elk	Jan. 9-Feb. 28, 2016	1
Ceremonial hunts					
223C	Ceremonial	Dole	One Antlerless Elk	Aug. 1-Sept. 30 & Jan. 9- Feb. 28, 2016	1
Please read through carefully added hunts or major changes to hunts are in Blue print.					

Cultural Arts Revitalization Project

IT'S A GREAT WAY TO SHARPEN YOUR CREATIVE TRADITIONAL SKILLS OR LEARN SOME NEW ONES...

The Project goal is to provide opportunities for Cow Creek Tribal members to research and learn the practices of the Cow Creek Band of Umpqua Tribe's traditional cultural arts. Our tribal members over the past 165 years have suffered cultural trauma and have been distanced from some of our traditional life-ways including general knowledge about traditional foods, medicines, the Takelma language, and fishing and hunting techniques, as well as, our ways of making clothing, basketry, tools, utensils and other traditional arts.

We have a definite need to conduct research and develop the skills of tribal members who are interested in learning and teaching these important tribal ways so they can be passed down to our children, grandchildren and beyond.

The opportunity to be a volunteer, informational researcher and/or a participant in workshops, conferences and trainings is open to all ages. Pre-approved travel, food, lodging and fees will be paid on the tribal member's behalf. It is not necessary to live within the 7 county service area to participate.

If you are interested in learning how you can be a part of this project, please contact Rhonda Malone at the tribal offices 541-677-5575.

Tribal Election Coming Up

The Tribal General Council Nominations Meeting is scheduled for Sunday, May 17th at 10 a.m.

The Tribal General Council Elections Meeting is scheduled for Sunday, August 9th 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 9th and are due back to Wicks Emmett by August 7th. 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 15th thru August 9th 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.

Cultural Arts Revitalization Project Tribal Member Spotlight



This month's spotlight is on Joyce Sertain. Joyce is a tribal elder and has volunteered her services for the tribe in Cultural Arts for many years. She helps teach tribal members how to make dance regalia, youth and adult shawls, beaded earrings, hatbands, bracelets and necklaces, as well as, dentalia shell earrings and necklaces. Joyce has also instructed on how to make moccasins and will be teaching a class on it later in 2015. Thank you Joyce for a job well done! We look forward to many more classes with you!

If you would like to be a part of the Cultural Arts Revitalization Project please contact Rhonda Malone at 541-677-5575



We also have in this month's spotlight Dustin Looney. Dustin is a tribal member who has found time to work on his obsidian knife that he started at the Cow Creek Culture Camp not long ago. Dustin is our Tribal Garden Manager and the proud father of 5 children yet he finds time to learn and perfect the art of flint-knapping. The black obsidian blade that he is holding in this picture has been carefully crafted and placed in the antler handle all by Dustin. In the near future, the Cultural Department plans to bring Dustin and tribal members in to teach our other members the techniques on making these beautiful, traditional obsidian knives. Thank you Dustin for sharing your art with the tribe, and we look forward to future classes with you!

ELDERS TRIPS

**"Elders Honor Day"**

Friday, Mar 20, 2015

A great trip to Florence. Come enjoy a day of pampering, make new friends with Elders from other Tribes and share some activities and laughs as this special day is planned just for you!

- Lunch & Dinner Provided
- 8AM Depart Government Office (7:30AM @ 7F)
- 9PM Return Government Office

Pre-Registration Required Please call Cindy Delay to confirm your reservation details at 541-677-5575

Note: We are traveling by 7Feathers shuttle

**"Klamath Falls Museum Trip"**

May 7 & 8, 2015

There is so much to see in the museum so we will spend the night to have more time to spend enjoying the great displays that are offered.

- Meals & Accommodations Provided
- 9AM Depart Government Office
- 4PM Return Government Office

Due to limited seating, reservations can only be made between April 20-24, from 9AM-3PM. Please call Cindy Delay at 541-677-5575 to make your reservation.

Transportation thru MTR Western Charter Bus

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.

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 Washington Board Mtngs-	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 Elder's Florence Trip (See Article pg 9)	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				

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Senior Meal 12PM @7F Buffet Takelma Language Class @ Workforce Ctr	3 Elders Luncheon & Bingo 12 PM @ 7F	4
5 AA Mtg 6 PM Gov Office	6	7 Senior Meal 12PM @7F Buffet	8	9 Senior Meal 12PM @7F Buffet Takelma Language Class @ Workforce Ctr	10	11
12 AA Mtg 6 PM Gov Office	13	14 Food Bank 9-12 PM Senior Meal 12 PM @7F Buffet	15	16 Senior Meal 12PM @7F Buffet Takelma Language Class @ Workforce Ctr	17	18
19 AA Mtg 6 PM Gov Office	20	21 Senior Meal 12 PM @7F Buffet	22	23 Senior Meal 12PM @7F Buffet Takelma Language Class @ Workforce Ctr	24	25
26 AA Mtg 6 PM Gov Office	27	28 Food Bank 1-4 PM	29	30 Senior Meal 12PM @7F Buffet Takelma Language Class @ Workforce Ctr		

Announcements

Births/New Enrollments

Angus George McAuley, Ava May McAuley

Obituaries

Esther Lorraine Gatewood

Esther Lorraine Gatewood - August 26, 1919 - March 4, 2015

MILL CITY, OR - Esther Lorraine Davis, 95, died March 4 in Stayton. She was born in Glendale, OR and lived in Grants Pass, OR until moving to Mill City, OR in 1960. Esther married Robert Gatewood on February 1, 1939 in Grants Pass, OR; he preceded her in death in 1999. She was a member of the Eagles Lodge and the Gleaners for 12 years. In her younger days, Esther worked in the fields with hops, gladiolas, and berries, and later was a bartender for over 30 years. She enjoyed doing beadwork jewelry, crocheting, sewing, hiking, hunting, swimming and telling jokes. She was the eldest of the Cow Creek Band of Umpqua Tribe of Indians and was very proud of her Indian heritage.



Esther is survived by her children: Iva (Ed) Davenport of Detroit, OR; Roxie (Orvis) Guenther of Phoenix, OR; and Denace (Rhonda) Gatewood of Stayton, OR; 17 grandchildren, 38 great-grandchildren, and 30 great-great-grandchildren. She was preceded in death by brothers: Ernest Davis, Albert (Nip) Davis, Ellis Buschmann Jr, and Gordon Buschmann; sister: Hazel Lycett; and grandchildren: Greg Delay and Loreena Guenther. A memorial service will be Saturday, March 14, 2015 at 2:00 pm at Brookdale Assisted Living in Stayton, OR (formerly Lakeside Assisted Living) at 2201 N. 3rd Ave. Stayton. Interment will be at a later date at the Masonic Cemetery in Canyonville, OR. North Santiam Funeral Services is providing family services.

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 (if you email Rhonda please put "Takelma" in the subject line so she will know it is regarding the language class).

Water Aerobics

Tuesday & Thursday	9:00-9:45 & 10:00-10:45AM	Seven Feathers RV Resort pool
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Upcoming Elder's Events

Elder Luncheon & Bingo

Friday, Apr. 3rd	12:00-2:00 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 12-1:30PM.

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