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Spring Break Culture Days 2015



Cow Creek partnered with BLM and The Forest Service for Archaeological Dig Day.

What a great week! We tripled our attendance all week with some great families! Thank you to all that came to enjoy the week's activities with us. It is truly amazing to be able to spend such a great time with all of our Cow Creek families! The week featured an archaeological dig day where all Tribal members were able to use actual tools and sift through 30 year old dirt that was removed from an actual site. One day was full of wildlife and swimming. We learned about the significance of our rivers, fish, and wildlife. We then went and enjoyed beautiful weather

and made some planter boxes for the kids to take home and enjoy their own carrots and lettuce. The kids planted all the tomato starts for the tribal garden, which totaled in over 25 flats. The final day was enjoyed down at Southern Oregon University for a day filled with Native games. We are looking forward to another great year next year. We are very proud of our Cow Creek families.

More pictures on next page..



Flint knapping



Britney Malone and Maya Malone at the garden



Samantha Johnson found the biggest flake of jasper stone

Schedules:

Government Office Hrs:

Mon-Fri 8 AM-5:30PM

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

Additional Pictures from Culture Days during Spring Break



SHINNY AT THE GARDEN



Wildlife and swim day

Natalie Harris making animal prints



PLANTER BOXES



Hayden Harris, Caitlyn Johnson, and other youth enjoy making animal prints on the sidewalk



Taking a lunch break @ SOU

Tribal General Council Meetings for 2015

Tribal General Council Meetings for 2015 have been scheduled as follows:

May 17th 10am - Nominations Meeting

August 9th 10am - Annual Election Meeting

November 8th 10am - Normal Agenda Meeting

All General Council Meetings are held at the Cow Creek Tribal Government Offices located at: 2371 NE Stephens Street, Roseburg, OR. A buffet lunch will follow the meetings.

Food Bank will be open 1 hour before and 1 hour after each General Council Meeting.



Annual Easter Egg Hunt- Successful again

The Youth Education Program hosted the annual Easter Egg Hunt that was held on March 21st at Bare Park. The weather was absolutely beautiful and the smiles award winning.



The Cultural Arts Revitalization Project is bringing a Pine Needle Medallion Workshop to Medford!

Come join us for an afternoon of cultural arts

Saturday, May 2, 2015

10:00 a.m. to 2:00 p.m.

Lunch is Provided

The Rogue Valley Office

40 S. Central

Medford, OR 97501

On the corner of 8th and Central

Across from Craterian Theater



For More Information or to RSVP Call **Stephanie Moore @ 541-677-5575** or email @ smoore@cowcreek.com

Elder's Program



Don't Miss This Event!

Friday, April 24, 2015

10:00-3:00

"Ford Room"

In the Douglas County Library

Senior Educational Fair

- Learn about Services & Benefits for YOU
- Free Dental Screening and Dental Products (Got Smile Wagon)
- Take Advantage of this Fun Tai Chi by Andy Sanchez & Dan Jacoy
- Learn safe & easy chair exercises by YMCA Instructor
- Great Prizes-with winning names drawn every 15 minutes
- Douglas Co Emergency Preparedness- Free Emergency Booklets
- Learn about Senior Meals, Dial-A-Ride & more DC Senior Services
- Cow Creek Health & Wellness-offers Diabetes & Prevention tools
- Samples of Tasty, Healthy Foods & Free Recipes by Cow Creek H&W
- Lions Club Free Hearing Screening 10-3 (at 2371 NE Stephens St)
- Grand Prize drawing "One night free stay at Seven Feathers"
- Mercy Institute of Rehabilitation- Offering Consultations for speech occupational, or Physical Therapy

PARKING MUST BE IN EAST PARKING LOT

EXCEPTION OF ADA PARKING IN MAIN PARKING LOT



**FOR MORE INFO CALL
CINDY DELAY 541-677-5575 OR
KATHY STAUFFER 541-440-3675**



Behavioral Health Adds a Provider, Meet Tisha Larson, FNP



We are excited to announce the newest member of our Behavioral Health Team, Ms. Tisha Larson, FNP. Tisha will join the Behavioral Health Team as a medical provider and work closely with Dr. Henderson, staff counselors and the prevention coordinator to provide services to all tribal members and their families.

Tisha was a Registered Nurse for 16 years and has experience in the field of behavioral health, emergency department, cardiac intensive care and pediatrics. She is credentialed and privileged to see people of all ages. You may see her in the clinic, as she will be covering for the other medical providers when they are out. One of her passions is well child visits, including newborns!

Some of the projects she has recently been involved in is Yoga for mental health and lactation education for breastfeeding mothers.

Tisha is married to Jake and has four children; Spencer-21, Tanner-19, Tyler-5 and Hannah-1. The two younger children are excited to begin their new life here in Oregon as they enjoy fishing, hiking and running. Football is a big deal in Iowa so of course they will need to pick a local team (Beavers or Ducks...) Although Spencer, Tanner, their wives and children remain in Iowa, Tisha will be working on them to relocate to this beautiful area. With the entire family being avid dog lovers, their Old English Bulldog made the move from Iowa with them.

Ukrainian Easter Eggs

Jhana McCullum instructed a 2-day class on Ukrainian Easter Egg Dying at the Ex-



which holds the color that the artist wants to keep. After the egg is put into the last dye (black) it is time used to melt off the wax.

It is amazing to see the beauty that is hidden



to take off the wax. To do this, a hair dryer is

panding
Horizons
Youth Cen-
ter.

The egg goes into 4 different dyes. Here are the stages of each dying process. The black lines are wax



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
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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 were sent out March 12th to all eligible Tribal members 12 years old and older. Applications must be returned by the May 15th deadline. 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					
<u>BLACK-TAIL HUNTS</u>					
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
<u>ANTLERLESS HUNTS</u>					
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
<u>Elk Hunts</u>					
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
<u>Ceremonial hunts</u>					
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.

2015-16 Tribal Hunting

HUNTING APPLICATION DEADLINE: Friday, May 15, 2015 by 5 p.m.

Applications may be mailed, faxed or hand delivered to one of the following:

Cow Creek Band of Umpqua Tribe of Indians
 2371 NE Stephens, Suite 100
 Roseburg, Oregon 97470
541-672-9405
Fax: 541-673-6432

Applications are available at the Tribal Government office or a copy may be downloaded off the Tribal website at www.cowcreek.com. Successful applicants for the 2015 season will be notified.



Expanding Horizons Youth Center – Sugar Easter Eggs

One of the activities at the Youth Center in the month of March was making sugar Easter Eggs. Each of the sugar molds made by the participants had a special scene inside. We have such great artists in our tribal population.



Rylee Gearin shows the inside of her egg



Elder, Joyce Sertain
molding her sugar egg



Completed sugar egg

Low Income Rental Housing

The Cow Creek Housing Program is accepting applications for the Tribes Low Income Rental homes. This program is federally funded through the Housing and Urban Development (HUD), Indian Housing Block Grant and is administered by the Tribe.

This program can assist eligible Tribal members whom are willing to reside in one of the Tribes low-income rental units. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc.

Reminder

If you are currently on the waiting list for a house please make sure that your address and phone number are up to date. If your name is coming up on the list and we cannot get ahold of you, we will be forced to pass you by until we hear from you. Also remember that if you are on the waiting list your application needs to be updated on a biannual basis.

For more information contact Resident Manager Sarah Briggs at 1-541-863-3730, or sbriggs@cowcreek.com.



Youth Summer Employment

ELDERS TRIP



Want to make some extra money this summer? There will be a variety of opportunities for youth to work in the tribally owned business. Some jobs may be in the Government Offices, RV Park, Tribal Gardens, and many more. We are beginning to compile a list of youth that would be interested in this great opportunity. Please be prepared to have an up-to-date resume along with a letter of recommendation available. If you are interested in employment this summer, please contact Tammie Hunt at 541-677-5575 or thunt@cowcreek.com.

"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

Gathering of Oregon's First Nations

Thank You!

The sponsoring Tribes' of the Gathering of Oregon's First Nations event have decided to discontinue the January Pow Wow in Salem. We want to thank everyone who helped make our event a success. Thank you for seven "great" years!

Sincerely,

Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians
 Confederated Tribes of Grand Ronde Community
 Cow Creek Band of Umpqua Tribe of Indians
 Coquille Indian Tribe

April 2015

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

May 2015

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

Announcements

Births/New Enrollments

Collin James Jackson-Lanz and Robert Ryker Picard

Obituaries

Margaret Carolyn Oelrich

Memorial Service Information



Graveside Services will be held for "Esther Lorraine Gatewood" on Saturday, May 30, 1:00 pm at the Canyonville Masonic Cemetery at 210 SW 5th St Canyonville, OR 97417. A Celebration of Life will immediately follow at 2:00 pm at Seven Feathers RV Park in the Pavilion. At Esther's request, Tribal families are encouraged to please come share a BBQ meal and some great stories to honor her wishes.

Future Tribal Events

Water Aerobics

Tuesday & Thursday

9:00-9:45 & 10:00-10:45AM

Seven Feathers RV Resort pool

Upcoming Elder's Events

Elder Luncheon & Bingo

Friday, Apr. 3rd

12:00-2:00 pm

Seven Feathers

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