

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 25—ISSUE 5

May 2015

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2015 General Council Nominations Meeting



Nominations for the Tribal Board of Directors were taken at the May 17, 2015 General Council Meeting held at the Tribal Office in Roseburg. Six tribal members were nominated for three positions in this year's election. All nominees were present to accept their nomination. All nominations accepted for the 2015 Tribal Election will appear on the ballot as follows:

Tom Cox
Steve Jackson
George T. Rondeau
Patti Conner
Carla Keene
Ernest (Ernie) Volkman

At the Tribal Board of Directors request, the accounting firm of Wicks Emmett, LLP will have oversight of the Tribal Election Process. Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from Wicks Emmett, LLP no later than Wednesday, July 9, 2015. If you are an eligible voter and do not receive a ballot, you must contact the Tribal Office at 1-800-929-8229 or 1-541-672-9405. Ballots are to be returned directly to the Cow Creek Elections Committee c/o Wicks Emmett, LLP at PMB # 6B, Roseburg, OR 97470 and must be received by the accounting firm no later than 4:00 p.m. on Friday, August 7, 2015. The Annual Election Meeting will be held at 10:00 a.m. on Sunday, August 9, 2015, at the Cow Creek Tribal Government Offices, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

Schedules:

Government Office Hrs:

Mon-Fri 8 AM–5:00PM

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

Sautéed Cabbage Over Brown Rice



This surprisingly simple recipe is a reminder of just how delicious cabbage can be. Brown rice and toasted walnuts add depth of flavor and nutty chewiness, making this dish a fine main course. The sweet onion, garlic, cabbage, and brown rice contribute to our cancer-fighting properties.

Ingredients:

Serves: 4

1 medium sweet onion, chopped
2-3 cloves garlic, minced
3 tbsp. olive oil, divided
1 medium cabbage, shredded (about 8 cups)
1/4 tsp crushed red pepper
Salt and ground black pepper to taste
Cooked brown rice (about 4 cups)
1/2 cup chopped walnuts,
grated Parmesan to taste

Directions:

1. Place the onion and garlic in a large sauté pan (with tall sides). Add 1 tbsp. of the olive oil . Sauté over medium heat until the onion and garlic soften, 3-5 minutes.
2. Add the cabbage and drizzle the remaining olive oil (at first the cabbage will seem to fill the pan to overflowing, but as it heats it will cook down.) Mix in the crushed red pepper, salt, and black pepper.
3. Continue to cook over medium heat until the cabbage wilts and turns bright green, 5-8 minutes. Serve over brown rice with toasted walnuts and grated Parmesan.

Tips & Tricks

- Continue to cook over medium heat until the cabbage wilts and turns bright green, 5-8 minutes. Serve over brown rice with toasted walnuts. If you do not like walnuts substitute for any nut.
- Add frozen thawed peas or mixed vegetables to this dish to pump up the veggies.
- Mix in a can of white, black, or garbanzo beans to make it a complete protein.
- Serve this with tofu, tempeh, or another protein source.
- If you like it spicy, top this with your favorite hot sauce like siracha!

Online Learning Opportunity

Did you...

ever wish there was a resource to help you learn how to manage your time better? Would you like to know how to communicate with more power and confidence? Do you want some tips and shortcuts in Excel or Word?



Good news - we are introducing an online learning program called e-Learning! e-Learning is training that you can utilize on your own time and at your own pace from any computer or mobile device. Cow Creek has collaborated with SkillSoft, a premier provider of online learning, to deliver the most up to date and relevant business and computer skills training.

With our new online learning program, you can look forward to accessing a diverse library of content. Over 100 courses cover a wide variety of subject matter from software application instruction to business skills development to personal development.

This is a great benefit and we hope that you will take full advantage of this training opportunity. Take a few minutes today to improve your life for tomorrow!

How to Enroll/Access: Contact Nichole Wood - nwood@cowcreek.com or 541-860-7322.



Chief Miwaleta Days Saturday, June 6, 2015



FREE FUN FAMILY TIME!!!!!!

Our Young, our Elders, and Everyone in between come enjoy food, games, crafts and lots of fun. We will have activities for all ages.

Mid Oregon Bass Fishing boats will be available all day to take you and your kiddos out to catch some fish. Lunch will be provided.

There are different times set-up for getting out on the water, so please call by May 29 and we will get you pre-registered. **Don't miss out on this great day of Family fun!**

Call Kayla Lowell at
541-677-5575
for questions or to
pre-register

Boat Schedule	
9:30 am	6 spots
11:00 am	6 Spots
1:30 pm	6 Spots
3:00 pm	6 Spots



Various Tribal Program Activities

Youth Education Program -

Seattle Storm Basketball
Native American Heritage Night



VS.



Date: Saturday, July 19, 2015

Time: 6:00 p.m.

Who: All Tribal Youth age 3-18* & parent or guardian (maximum 2 adults only)...

Location: Key Arena, 305 Harrison Street, Seattle, WA 98109 (all families are responsible for their own transportation)

*Non-Tribal Youth may attend as long as there is at least one Tribal Youth in the household.
For more information and to reserve your tickets please contact Sophia Gosselin at (541) 677-5575



We Are Making Cedar Bark Bracelets!

Come join us for an afternoon of cultural arts and great company.

Learn the many uses of cedar bark while making bracelets.

When: Saturday, May 30, 2015

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

Where: Education Workforce Center
213 S. Old Pacific Hwy. Ste.103
Myrtle Creek, OR 97457



Lunch is provided.

For more information or to RSVP call Stephanie Moore @ 541-677-5575 or email: smoore@cowcreek.com

Volunteers Needed!!!!

Culture Camp Volunteers Luncheon 2015

Join us for a volunteer lunch on Tuesday, May 26, 2015 at noon to sign up to help!

Expanding Horizons Youth Center

213 South Old Pacific Hwy, Myrtle Creek, OR 97457

If you are interested in helping us out at our annual Culture Camp please join us to discuss what the needs are and we may be able to find something for you. If you can not make this meeting give us a call and we will work to figure something that will work best for your schedule. Thank you so much for all your help!

If you have questions please call:

Tabbitha Johnson Ph: 541-677-5575

Email: tjohnson@cowcreek.com



Cow Creek Band of Umpqua Tribe of Indians

Kelly Warner Joins the Health and Wellness Administration Team

In January of this year, Kelly and her husband moved to Roseburg from Tillamook to be near family. Born in Honolulu, Hawaii and raised in Portland, Oregon she comes from a wonderful and close family. Kelly has been happily married for 28 years and has two beautiful daughters whom are now 27 and 24. Hobbies she enjoys include gardening, cooking (yes, she is a "foodie"), crafting, fashion, travel (she has been to India, France, Switzerland, England, Mexico, Italy, and Thailand). She and her husband will be taking many long walks through Whistler Park with their dogs Jackson and Cholo.

Kelly worked for twelve years as a college/career advisor and youth transition specialist for Neah-kah-nie High School and then onto Tillamook High School. Her last three years were spent at the Tillamook School District Administrative office as an Assistant Secretary to the Title III English Language Learner Dept.

She was very excited to be chosen as the Executive Administrative Assistant to the Cow Creek Health & Wellness Clinic under Sharon Stanphill and Mary Stevenson. She has felt overwhelmed with the support and friendliness of staff here at the Cow Creek Offices. Be sure to stop in at the Administrative area for the Health and Wellness Center and welcome Kelly to our Family.



Cow Creek Pow wow is Coming!



The 38th Annual Cow Creek Tribal Pow-Wow will be held July 17 – 19th at the South Umpqua Falls. There will be a salmon dinner/potluck Friday at 7:00 p.m., bring your favorite side dish or dessert to share. Grand Entry will begin at 7:00 p.m. Saturday and there will be a raffle beginning at 10:00 a.m. Sunday.

Please remember this is dry camping only, water is available during the event. No alcohol, drugs or weapons are allowed.

For more information please contact Tammy Anderson at 541-672-3861 or tammy.anderson@cowcreek.com



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:** _____

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.

We are almost at the end of our waiting list and wait list will be less than it has been in previous years.

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

~ Takelma Words of the Month ~

p'iyín

Pronunciation:
bee yin



crane - méex Pronunciation = meh x (x sounds like a cat hissing)

crow - méel Pronunciation = mehlh

mourning dove - mòmhi Pronunciation = moe mm hee

méex

Pronunciation:
meh x
(x sounds like a cat hissing)



Behavioral Health Program

ASIST

Applied Suicide Intervention Skills Training

ASIST is a training designed to teach professionals and non-professionals alike Suicide First-Aid, which teaches how to recognize suicide risk, determine what to say and how to say it effectively, and do that which will serve to keep the person safe until the next level of care can become involved.



Date: Friday June 5 & Saturday June 6, 2015

Time: 8:30 AM - 5:00 PM

Location: Cow Creek Health and Wellness Center- South
480 Wartahoo Lane
Canyonville, Oregon

Cost: \$150 per person *There will be a limited number of Scholarships available.*

*Lunch and snacks
will be provided*

12 CEU's Available for NASW and Law Enforcement, EMS, and Firefighters

Participants will be able to:

- Recognize attitudes about suicide
- Identify suicide factors and estimate risk
- Intervene with a person at risk to make them safe
- List resources available to a person at risk
- Commit to help coordinate social support for a person at risk

Mail registration to:

Jerry O'Sullivan or Danny Weiser
c/o Adapt/Peer Power
548 SE Jackson St.
Roseburg, OR 97470

For more information:

Jerry O'Sullivan or Danny Neves-Weiser
jerryo@adapt-or.org dannyw@adapt-or.org
541-492-0149 541-680-1201

Provided through a partnership between
Cow Creek Behavioral Health and Adapt

Youth Summer Employment



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.

Youth Center

Jenga competitions – pictured Kenadie



Origami mobile by Brooklyn Rondeau with help from Meredith LaFrance.

The youth made up a Wacky Holiday and decided to have May 6th be Piñata Day. Here are some of the finished products



Pictured – Samantha Johnson




Want to Stop Smoking??

Cow Creek Behavioral Health offers Tobacco Cessation Services. Did you know that within 24 hours the risk of a sudden heart attack decreases, within 48 hours nerve endings adjust to the absence of nicotine, and the senses of smell and taste begin to return? Take the commitment today to quit and call us at 541-839-1345 to schedule your appointment for tobacco cessation counseling. We take a team approach giving you the tools you need to get past the temptation and live a healthier life! You can also contact the Oregon Quit Line for support with quitting, see below.



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/



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 Coun- cil 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						

June 2015

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

Announcements

Births/New Enrollments

Adilynn Darlene Vick, Marin Brooks Stewart,
Ryder James Quintana

Obituaries

None Recorded

Kudos From Donald VanNorman



I am a Cow Creek tribal member. I have been diagnosed with Rheumatoid Arthritis, Diabetes and Sleep Apnea. I have been a patient at the Health and Wellness Center for many years. I would like the tribal members to know how lucky we all are to be blessed with the Doctors, Nurses and staff in the Roseburg and Canyonville clinics. I am writing to personally say "THANK YOU" for always greeting patients with a warm smile and the great concern they show every time a patient walks through the door.

I personally think our Creator has had a hand in collecting the perfect qualified staff members to take care of "our people". I have nothing but admiration and wanted to let anyone that has never used our clinic know how well I have been taken care of...

Future Tribal Events

Water Aerobics

Tuesday & Thursday

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

Seven Feathers RV Resort pool

DAVE RAMSEY'S FINANCIAL PEACE CLASS IS COMING TO MEDFORD!

Times and dates of this course will be determined by how many members we have interested. This is a required pre-requisite to be eligible for some of our Tribal programs and has great money management learning tools.

To RSVP or for additional information please contact Stephanie Moore @ 541-677-5575 or smoore@cowcreek.com

Upcoming Elder's Events

Elder Luncheon & Bingo

Friday, May 1st

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



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