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Tribal Board Election Results Are In...

At the August 9th Quarterly General Council Meeting, the Tribal Election Committee presented the 2015 Tribal Board of Directors election results for three positions in this year's election. Tom Cox, George T. Rondeau and Steve Jackson were re-elected to their previous positions and no new members were elected to the Tribal Board of Directors. Each will serve a four year term of office.

Following the announcement of the election results, the Board of Directors re-elected officers of the Board. (Results shown below pictures)

The Tribal Board of Directors and the Election Committee would like to thank all members that participated in the 2015 Election and would like to remind tribal members who are not registered to vote in the Tribal Election to contact the Tribal Office and request a tribal voter's registration form.



Daniel Courtney
Chairman



Gary Jackson
Vice Chairman



Yvonne McCafferty
Secretary



Robert Van Norman
Treasurer



Jessica Bochart –Leusch



Tom Cox



Robert Estabrook



Steve Jackson



George T. Rondeau



Luann Urban



Gerald Rainville

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

Sept. 7 - Labor Day

38th Annual Cow Creek Tribal Pow-Wow

The 38th annual Tribal Pow-Wow was held on July 17, 18 & 19 at the South Umpqua Falls. The event was well received. We had a great attendance at Friday's dinner and Saturday's activities. Friday and Saturday started with the flag raising ceremony. Saturday then saw the kid's games which were great fun by both young and old.

Saturday's Grant Entry had eight drums and numerous dancers. A special memorial giveaway was done during the ceremony, to honor the late, Jack "Tooter" Ansures. Saturday also saw the attendance of our second eldest Tribal Member, Ms. Sue Shaffer.

The event ended Sunday with the raffle. The raffle is always great fun, a chance for everyone to gather one last time.

A GREAT BIG THANK YOU goes out to those that helped make the Pow-Wow a success:

Tribal Board, Umpqua National Forest Service, Tiller/Milo Volunteer Fire Departments, Douglas County Sheriff's Office, Seven Feathers, UICD Maintenance, set-up & clean-up crews, fry bread crew, fish crew, raffle crew, wood crew, security crew and everyone in between. **Thank you all for all of your time and effort put forth!**



Brittany Jones, Heather Hansen-Vick, Mercedes Eikner, Crystal Ansures and Keisha Rondeau



Gavin Ansures and Cousin Damien



Teri Hansen-Head woman dancer, Crystal Ansures (daughter) and Brittany Jones (Daughter-in-Law with granddaughter, Berlin)

How to Request Medicare Part B Reimbursement

To request your reimbursement payments please mail all of the following documents:

1099 Form- **Annual Payment** or Medicare Monthly Statement- **Monthly Payment**

Written statement requesting annual or monthly reimbursement payments signed & dated

Contact Information- in case we have questions for you

Proof of Income- such as tax returns, check stubs, Retirement statements

Current Mailing Address you want the check to go to

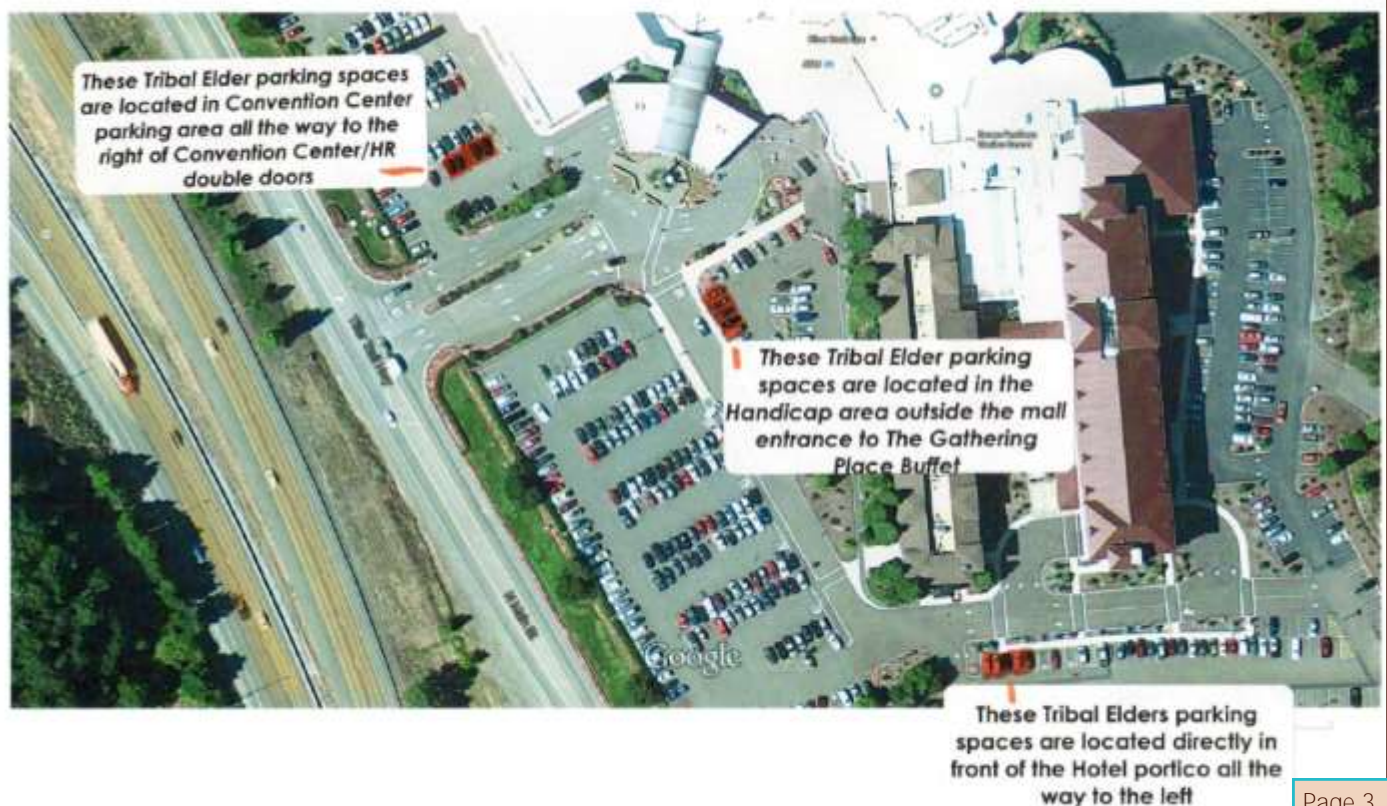
Please Mail above documents Attention to:

Cindy Grizzle, Human Services Department
Cow Creek Government Offices
2371 NE Stephens St, Suite 100
Roseburg, OR 97470

We hope this will relieve any frustration you may have been experiencing from attempting to obtain a denial letter from the very busy DHS offices and automated messages. Thank you for your attention in this matter, you may call Cindy at 541-677-5575 if you have further questions.

Tribal Elder Parking Permits

Seven Feathers Hotel & Casino Resort has made 3 parking sections specifically for Cow Creek Tribal Elders to park in. Locations are: in front of the Convention Center, in front of the casino main entrance and in front of the Hotel main entrance. Elders must contact the Cow Creek Government Office to obtain a permit to park in the designated parking sections. Your name and vehicle plate # will be necessary to obtain a parking permit. If you have any questions please contact Cindy Delay at 541-677-5575.



Tribal Hunting News

The Tribe continues to exercise a right that they have always had, hunting on their Tribal lands and providing meat for Tribal gatherings and elders. Currently with a healthy elk population migrating across Tribal lands, the Tribal hunting program was able to offer Tribal members with more hunting opportunities this year by increasing the amount of elk tags available. Over a 100 applicants applied for either elk or black-tail deer tags in 2015 and all successful applicants have been notified.

In 2014, many hunters were able to fill their tag and made great memories with family members. Hunting is not only culturally important to Tribal members, but it also brings family members back together again.

Tribal wildlife specialist, Scott Van Norman, who manages the hunting program says, "One thing I have noticed with our hunting program, not only does it give Tribal members hunting opportunity, it also can re-connect family members that have not seen each other or hunted together since they were young."

During these hunts, Tribal members have helped each other by sharing knowledge, hunting experience, or just helping in the harvest process of skinning and transporting the animal. Scott also mentions, "I get to meet some great people, and most of them have been raised by hunting and fishing families, so it's nice to see the tradition continue. It is also nice to see the excitement in the first time hunter who's never harvested an elk or deer before." If you have any questions regarding the Tribal Hunting program, you may contact Scott Van Norman at 541-677-5575.



Tribal hunter Cassidy Rice assisted by Tribal member Jim Deardorff on the 2014



Tribal hunter Mary Brim was successful filling her 2014 buck tag.

Cucumber and Tomato Salad



Sun ripened tomatoes and crunchy cucumbers come together to make a refreshing summer salad to go with any meal. Tomatoes and cucumbers should be easy to find at your local garden or farmers market this August!

Serves 6

- 2 large cucumbers, halved lengthwise and sliced (I like to leave the peel on)
- 3 large tomatoes, seeded and chopped
- 2/3 cup chopped red onion or green onion
- 1/2 cup chopped fresh basil
- 1/3 cup red wine vinegar
- 3 TB olive oil
- 1 TB sugar
- 1 tsp salt
- 1/2 tsp black pepper

Directions

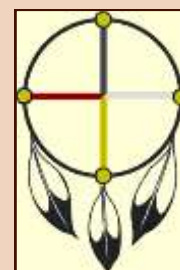
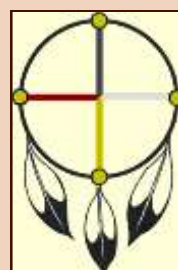
- ♦ In large bowl toss together the cucumbers, tomatoes, onions, and basil.
- ♦ In a small bowl, whisk together vinegar, oil, sugar, salt and pepper.
- ♦ Pour dressing over salad and toss to coat. Let set for at least 1 hour in the fridge to allow the flavors to marinate.

Notes:

- You could use lemon juice instead of red wine vinegar.
- Try adding feta cheese and Kalamata or black olives to the salad.
- Instead of basil you could add 1/4 cup of chopped fresh mint.

Nutrition per 1 cup: 88 calories, 7g fat, 6g carbohydrate, 77mg sodium, 0g protein, 1g fiber.

Recipe by: Bre Syron, RD, LD, Chef.



Summer Cooking Demo



Join our Dietitians, Bre and Jill for this fun and easy cooking class.

We will be using fresh produce from the Tribal Garden and Farmers Market to create simple and easy meals that fit all dietary needs (weight loss, diabetic, heart healthy, eating on a budget, etc).

Bring your appetites because we eat everything we cook!

August 25th: 10:30 am-12:00 pm Roseburg Clinic

August 31st: 10:30 am-12:00pm Canyonville Clinic

Registration is required, please call either clinic to sign up!

Canyonville: 541-839-1345 Roseburg: 541-672-8533

Hey Parents!

Did you know that vaccines prevent millions of deaths every year and did you know that vaccines are safe, that they work and they actually help protect everyone?

Cow Creek Health & Wellness Center is offering a special gift to every child who receives their vaccinations in August with Amy Lamb, FNP. That's right; every child who gets their regular immunizations updated in the month of August will receive a special free gift! Let's make sure our kids are as healthy as they can be! Cow Creek Health & Wellness Center is your Medical Home. That means we provide you with one central location to have all of your health care needs taken care of. We provide top notch medical care, fast efficient referrals, excellent emotional and behavioral counseling, friendly fit-to-you nutritional services, and even educational classes! For more information or to sign your child up for their immunizations with Amy and her Team please call either of our clinics; Canyonville: 541-839-1345 or Roseburg: 541-672-8533.



Tribal Garden News

The Tribal Garden is currently open for picking Mon-Friday 8:30 A.M. - 4:30 P.M. If you would like to pick outside of these time frames or on weekends, please contact Mary Laurence at 541-839-4978 to schedule a time. If you would like to let us know how your experience at the Garden was, please ask garden staff for a comment card during your visit.

Produce Currently Available:

- Squash
- Zucchini
- Cucumbers
- Marionberries
- Raspberries
- Thornless Blackberries
- Blueberries
- Strawberries

Coming Soon:

- Tomatoes
- Peppers
- Beans
- Melons
- Corn

For additional information please contact Jason Robison, Natural Resource's Director at (541) 677-5575





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:** _____

Be ready for fall: Take a hunter education class this summer



Keep the kids occupied this summer and get them ready for fall hunting. Register them for a hunter education class or field day happening around the state in August and early September.

ODFW offers two types of hunter education classes: a traditional classroom experience or independent study, which kids can do from home via workbook or online course. Independent study students also need to attend a field day to receive their hunter education certificate. Both types of class about 12 hours to complete.

For a list of current classes and field days open in Oregon, visit the ODFW's license sales site and click View All Classes-Workshops / Hunter Ed Class or Hunter Ed Field Day tab. New classes are added regularly so check back if you don't see a date, time or location that works for you. Registering for a class or field day costs \$10.

Independent study students can take one of three online courses (fees range from \$13 to \$24.50 and include mobile-friendly options) or request a free workbook by emailing odfw.info@state.or.us. These students must also sign up for and complete a field day, where they practice safe firearm handling and shooting with certified hunter education instructors.

Adults are also welcome to attend any hunter education classes and may take the adult online course, which doesn't require a field day for certification.

Hunter education is required for all hunters under the age of 18 and encouraged for adults, too. The classes cover important issues including hunter ethics and respect for private landowners; wildlife management and identification; firearms handling and safety; hunt preparation and techniques; survival; and introductory bow hunting.

For more information about hunter education, visit <http://www.dfw.state.or.us/education/hunter/>

If access to a computer is needed arrangements can be made through the Tribal Educational and Workforce Center during business hours at 541-860-7296.

Student Rental Assistance 2015-2016 School Year

The Student Rental Assistance Program will be accepting application beginning July 15, 2015 for the upcoming school year. This program is designed to assist low to moderate income level Tribal Members who are attending school full time at an accredited college, university, or technical school with a monthly rental stipend. Applications must be filled out in their entirety and all requested documentation must be provided to be considered for this



program. Applicants that do not provide all required documents will not be considered. This program is funded with federal grant money and applicants need to meet low income guidelines for eligibility. Applicants cannot pay more than 30% of their annual income and must have a signed landlord information sheet to be eligible.

Please contact Sarah Briggs Resident Manager to request an application to apply for the program. Applications are also available online for download at www.cowcreek.com. If you are a continuing student an application must be re-submitted and all

requirements need to be met prior to receiving continued assistance. Funding is limited for this program therefore applications must be received in a timely manner to be reviewed. If you have any further questions please contact Sarah Briggs, Resident Manager at 1-541-863-3730 or you can email sbriggs@cowcreek.com.

Dear Tribal Elders

Transportation Service. With this service you can be given rides to Doctor Appointments, Senior Meals, Shopping, and more. All you need to do is call the Cow Creek Government Office.

Caregiver support service: With this service we offer Respite Care to caregivers; which allow our Tribal Elders to continue receiving the care they deserve. We can also research other support systems for you.

Senior Meals: With this service Cow Creek Band of Umpqua Tribe of Indians offers delicious and nutritious meals Monday through Thursday from 12:00-1:00 p.m. at Seven Feathers Casino Gathering Place Buffet.

If you are interested in any of these services or know a family member who might benefit from them please call the Cow Creek Government Office at (541) 677-5575 to schedule an appointment with Adrionna Brim.

Funded by Administration on Aging (AOA) Grant

Labor Day Weekend Family Fun Ideas

Go Camping

To celebrate the end of summer and take advantage of the warm weather before the cooler fall temperatures set in, take your family camping. Choose a spot in the woods or near a lake that is less than three hours from home to make the drive easier, and consider heading out immediately after work and school get out on the Friday before Labor Day. To make the vacation special, allow children to bring a friend, and pack watermelon, ingredients for s'mores, and food that you can cook over the fire. Be sure to bring bikes for cruising the campground and floating toys for the kids if there's a lake or river nearby. At night, send off the summer in style over late-night campfires and spooky stories.

Take a Day Trip

When you are low on money around Labor Day, take a mini-vacation day trip to a nearby park or lake. Pack a picnic lunch, a beach ball and some fun games, and choose a place that has plenty of room to run around. Keep a festive vibe and encourage your children to participate in family competitions. Alternatively, look for attractions near your town; the Best Family Vacation Destinations website says, "Most major cities have a children's museum with hands-on fun displays for kids of all ages, a zoo, and aquarium or water park."

Trip to the Beach

If you can afford it, give the summer weather one last hurrah by flying to the nearest beach. The flight will make the vacation extra special for children, and the distance from work and home will be a treat for you. Book a beachfront hotel room or condo to maximize time on the beach, and spend a few days doing absolutely nothing. You'll return to school or work with a tan and a relaxed attitude to ring in the new semester positively. Vacations.com recommends Fire Island or Lake George in New York and the Jersey Shore in New Jersey as atypical beach destinations to try on Labor Day. For those West Coast travelers, Newport Aquarium is always fun, or maybe Bandon and its cute shops and super fun beaches and hiking trails.

Huckleberry time!



It's time again for our tribal member's annual trek to the Huckleberry Patch on the Rogue-Umpqua Divide! Please circle August 29th on the calendar and plan to meet at Huckleberry Lake (the usual place) at approximately 12:00 p.m. (noon). This is a pot luck meal event and you will need to bring your lawn chairs, eating utensils, plenty of water and good stories to share.

If you have not been to "the patch" before it is advisable that you not attempt to drive a low sitting car to the gathering. It is recommended that you follow someone or catch a ride, if this is your first time attending.

This has been a gathering place for many centuries for our families. Please join us, have a great time and possibly meet some new family members.

Call Rhonda Malone for more information at 541-677-5575 Monday through Friday.

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Higher Ed Semester Applicaton Deadline
2 AA Mtg 6 PM Gov Office	3 Senior Meal 12PM @ 7F	4 Senior Meal 12PM @ 7F	5 Senior Meal 12PM @ 7F Movie- Pixels 9 AM	6 Senior Meal 12PM @ 7F	7 Backpack Give Away-see flyer pg 7 Elders Luncheon & Bingo 12 PM @ 7F	8 Backpack Give Away-see flyer Pg 7
9 AA Mtg 6 PM Gov Office	10 Senior Meal 12PM @ 7F	11 Food Bank 9-12 PM Senior Meal 12PM @ 7F	12 Senior Meal 12PM @ 7F	13 Senior Meal 12PM @7F Takelma Language Class @ Workforce Ctr	14	15
16 AA Mtg 6 PM Gov Office	17 Senior Meal 12PM @ 7F	18 Senior Meal 12PM @ 7F	19 Senior Meal 12PM @ 7F	20 Senior Meal 12PM @7F Takelma Language Class @ Workforce Ctr	21	22
23 AA Mtg 6 PM Gov	24 Senior Meal 12PM @ 7F	25 Food Bank 1-4 PM Senior Meal 12PM @ 7F	26 Movie- Underdogs @ 9 AM Senior Meal 12PM @ 7F	27 Senior Meal 12PM @ 7F Takelma Language Class @ Workforce Ctr	28 Family Language Night @ Gov Office 530-7 PM	29 Huckleberry Gathering
30 Higher Ed Term Applicaton Deadline AA Mtg 6 PM Gov Office	31 Senior Meal 12PM @ 7F					

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Senior Meal 12PM @ 7F Takelma Language Class @ Workforce Ctr	4 Elder Luncheon @ 7F	5
6 AA Mtg 6 PM Gov Office	7 Senior Meal 12PM @7F	8 Food Bank 9-12 PM Senior Meal 12PM @7F Buffet	9 Senior Meal 12PM @ 7F	10 Takelma Language Class @ Workforce Ctr Senior Meal 12PM @ 7F	11 Senior Meal 12PM @7F	12 Annual Tribal Family Picnic @ Bare Park
13 AA Mtg 6 PM Gov Office	14 Senior Meal 12PM @7F	15 Senior Meal 12PM @ 7F	16 Senior Meal 12PM @ 7F	17 Takelma Language Class @ Workforce Ctr Senior Meal 12PM @7F	18 Senior Meal 12PM @ 7F	19
20 AA Mtg 6 PM Gov Office	21 Senior Meal 12PM @ 7F	22 Food Bank 1-4 PM Senior Meal 12PM @7F Buffet	23 Senior Meal 12PM @7F Buffet	24 Takelma Language Class @ Workforce Ctr Senior Meal 12PM @7F Buffet	25 Senior Meal 12PM @7F Buffet	26 Takelma Language- Family Day @ G.O. 10:00 AM-2:00 PM Bring regalia/lunch included
27 AA Mtg 6 PM Gov Office	28 Senior Meal 12PM @7F Buffet	29 Senior Meal 12PM @7F Buffet	30 Senior Meal 12PM @7F Buffet			

Announcements

Births/New Enrollments

Cash Darreyl Davis

Obituaries

Dwight Thompson, Dustin Thompson

Future Tribal Events

The annual tribal family picnic at Bare Park is September 12th from 11:00 a.m. to 3:00 p.m. Bring the family and enjoy good conversation, food and kids games. Lunch will be provided.

Please RSVP with Kayla Lowell-Knight by August 28th at 541-677-5575 or klowell@cowcreek.com



Workforce Center Events

Takelma Language classes are continuing every Thursday at the Education Workforce Center in Tri City. The Adult class is from 10 AM until 12 PM and the Youth class is held from 3 PM until 5 PM.

Takelma Language Family Day at the Government Office will be held on Sept. 26th from 10 AM until 2 PM. Lunch is provided and participants are being asked to bring their regalia. Watch Facebook and the Newsletter for more classes. Call Kayla or Rhonda at the Programs Building at 541-677-5575 for more information.

Cardboard Challenge

The Education and Workforce Center is hosting a Cardboard Challenge workshop at the Government Office August 18th-20th (11:00-3:00 each day). Take a look at this website for more information on the cardboard challenge:

This activity is open to Tribal members, UIDC and GO employee families. The age range for this activity is 8-18. If you have a child younger than 8 and want them to participate please contact Nichole Wood to explore options. It's a very fun and inspirational event. Kids have made everything from marble mazes in pizza boxes and human whack-a-moles, robots, space stations, miniature dunk-tanks and life-size pod racers and more! Please RSVP through Nichole Wood (nwood@cowcreek.com) or Jeri Parret (jparret@cowcreek.com) or call the Education and Workforce Center in Tri City at: 541-860-7296.

Address Change Information

If your address has changed, the Address Change form is now located on page 6 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.

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