



Wik'uuyam Heeta'

We will be known forever by the tracks that we leave.

Volume 26—Issue 2

February 2016

Inside This Issue

Tribal Apprenticeships

A combined effort from two Tribal departments is opening doors for the Tribe (Page 2)

Help When You Need It

Tribal members and employees have access to an incredibly helpful resource (Page 3)

Scholarships Available

Tribal members seeking to further their education should look into scholarships (Pages 4 & 5)

Winter Gathering Report

View photos and read the report of this year's Winter Gathering and its chili cook-off (Page 6)

Schedules

Government Office Hours

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 5:30 PM
No Walk-Ins. Please Call for Same-Day Appointment

Canyonville Clinic Hours

Monday - Friday 8 AM to 5:30 PM
No Walk-Ins. Please Call for Same-Day Appointment

Office Closures

President's Day: February 15th

Tribe Holds Annual Meeting with Forest Service

Tribal Officials had their annual meeting with representatives from the Forest Service in January to discuss projects which will have environmental impacts on the Tribe's cultural lands and resources. At the forefront of the discussion was expanding the Tribe's influence in assisting management of projects on or near Tribal lands.

"Our ultimate long-term goal is the protection of Tribal resources," says Jason Robison, Natural Resources Director. "We focus on the Three Pillars of Sustainability. Economics is important, because that's what keeps us all going; the Ecological is important, because that's where we gather our resources, and we want a healthy environment for future generations; and then we have the Social component: we are part of the community, and we have to interact with all of our neighbors, including both the conservation groups and the industry."

The most important projects that were discussed were the Emerson Bridge Relocation and the Neil Springs Restoration, but other topics included shared management for the Huckleberry area, how to use the Tribal Forest Protection Act to work with the Forest Service, several fisheries projects, and forest restoration projects.

The Emerson Bridge lies just upstream of the culturally important South Umpqua Falls area, and is nearing the end of its service life. It also collects a lot of debris, such as large wood jams that endanger both the bridge and various species of fish. The project will move the bridge a mile upstream, and build it better. The Forest Service is hopeful of beginning construction in late 2016.



The Neil Springs Restoration will focus on putting up a new fence and trough, and installing a new water system. The Natural Resources Department, along with the Forest Service, will work with Tribal Board Member Gerald Rainville to restore the important and culturally significant site and ease the concerns of Tribal Elders.

Jason Robison is proud to be championing the Tribe's efforts. "We have unique levels of expertise in the NR Dept. that the Tribal membership can be proud of," he says. "We are leading the way in many fields. Even as our federal partners continue to lose funding and capacity, our capacity is growing. We've shown that we are better land managers who can do more with fewer resources than our federal partners."

Jason can be reached at 541-677-5275. To learn more about the Emerson Bridge Removal, contact Calib Baldwin, Forest Service Fisheries Biologist, at 541-825-3133.

Vocational Training Opportunities for Tribal Members

For the last several years, the Education Department and the Workforce Department of the Cow Creek Government have labored tirelessly to expand the educational and vocational opportunities for Tribal members. Among the many training programs that have been implemented, two of the most prestigious are the Electrical Apprenticeship and the Waste Water Management Apprenticeship, which were both introduced in 2014.

These programs help those who participate enter into a licensed trade (such as electrical work, waste water management, and HVAC, or Heating, Ventilation, and Air Conditioning) that can only be accessed by apprenticing under one who is already licensed. The Electrical Apprentice program involves a minimum of 160 seat hours of schooling each year, and a total of 8,000 hours of on-the-job experience, which both lead up to a rigorous state exam.

Nichole Wood, the Tribal Workforce Development Manager, says: "It's not easy. Apprentices have to have a strong commitment—a real desire to be in the business. They have to have a lot of patience."

Despite the stringent entry requirements, it is one of the highest-paying trades out there, which is why the Tribe elected to create these programs. Austin Parazoo was the first Tribal member to participate in the Electrical Apprenticeship Program. Aside from the time, sweat, and grit spent in the long course of learning, the cost of tuition and books were paid by his educational benefits as a Tribal member.

Tammie Hunt, the Tribe's Education Director, says: "We have the funding available—the Tribal members are the ones who have to put in the hard work and the studying."

Even though Austin has since moved to a different company, his progress has paved the way for future Tribal members to participate in the Electrical Apprenticeship Program. Hunt and Wood hope to re-open the program this summer.

Wood has developed many other projects, such as the Waste Water Management Apprenticeship program—in which Tribal member Scott Hamrick is doing a fantastic job—and the many on-the-job training positions, such as the Clinical Training program—which helped Mary Harris gain lab hours for her phlebotomy certification, and helped her become a permanent employee of the Cow Creek Health & Wellness Center—and the Certified Medical Assistant Training program—in which Robert Lowell is working.

"We have tons of incredible stories about Tribal members going through tough circumstances to get degrees and jobs," says Hunt. "The Tribe has been able to offer its members so many avenues of opportunity that are not there for a lot of people. Last year, two Tribal members graduated with Doctorate degrees. There's currently a Tribal member who is getting a Veterinary Doctorate Degree, and many others who will be graduating with a Bachelor's or Associate's degree in 2016. The opportunity is there to advance your life, support your family and yourself."

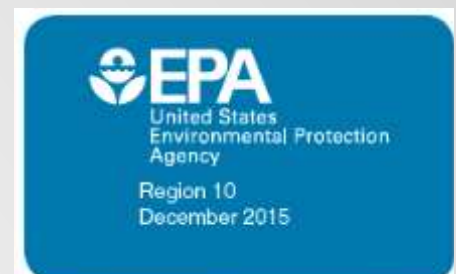
For more information on educational and vocational opportunities available to you, contact Nichole Wood or Tammie Hunt at 541-677-5575.

National Recognition for Environmental Success

The Cow Creek Tribe's Natural Resources Department was recently recognized for their excellent usage of the United States Environmental Protection Agency's grant, provided through the Indian Environmental General Assistance Program, or iGAP for short.

By using the funds to expand their use of Geographic Information Systems (GIS) technology, the Natural Resources Department has seen excellent results in working with the huckleberry patch, lamprey preservation efforts, and more.

To read the full iGAP success story, go to the Natural Resources Department page at www.cowcreek.com/natural-resources.



A Resource for Times of Need

Everyone has times when they feel like they have no one to whom they can turn, when they feel like they have nowhere to turn—it's just part of life. But Cow Creek Tribal members and employees never need to despair.

The Tribe offers aid to all employees of Tribal businesses through the Employee Assistance Program (EAP) and to each Tribal member through the Individual Assistance program (IAP). By partnering with Reliant Behavioral Health, the Tribe offers its members and employees help and resources when they need them most.

Those who contact the EAP and IAP can find free mediation services, free financial counseling, a home ownership program, protection from identity theft, and a free 24-hour crisis line. They offer 6 free sessions of in-person counseling per incident, and online consultations for those who prefer to talk online. There is even free consultations with legal counsel, and a 25% discount on legal services! That is barely scratching the surface of the benefits and services that the EAP/IAP offers. A FREE Will Kit is also provided to you as a member and employee. And for Tribal members who are also employed at a Tribal business, these benefits are doubled.

Despite the incredible resources that these programs have for Tribal members and employees, few people even know that it exists, despite the help it has offered many tribal members and employees over the years.

"People forget about it," said Sophia Gosselin, Tribal member and current Government Office Human Resources Assistant. "When it's not right there all the time, people forget. I'm sitting here thinking now, and there's a few situations that would have been a lot easier to deal with if I'd had their help, and didn't try to figure it out on my own."

Gosselin has gone to the EAP several times in the past. **"Years ago, when I was still working at Truck and Travel, I had called the EAP to get information that would help me through a bankruptcy, and they were awesome about getting me information for an attorney," Gosselin said. "The attorney they selected gave great service. Later, I was able to avoid filing bankruptcy and was able to pay my credit down. When I wanted to look into buying a house and research resources I could utilize, the EAP helped me find a lot of resources. They helped me take a few classes, and referred me to another amazing group to help with the process."**

Gosselin admitted how the EAP offers assistance on much more than big-ticket items. **"Once I was even having problems finding a daycare provider that would work with my schedule, and they found me a list of daycare providers in my area that would take my son during the hours I was working. That's just how amazing they are. I remember how sweet, nice and helpful the woman from the EAP was throughout the whole process."**

Shana Trombley, the current Government Office HR Manager for the Tribe, agrees. **"The EAP's whole goal is to help you solve your problem, to take care of you. Their help won't stop at the end of a phone call—they will get you a resource to assist you in your situation. They're not going to stop until your situation is resolved."**

Gosselin strongly encourages all Tribal members to consider looking into the IAP. **"This is a good additional resource for all of our Tribal members. If you can't find what you're looking for within the Tribe, and the resources that are offered, I encourage any Tribal Member and employee to contact the EAP/IAP and look at their resources. Everybody does their best to do what they can here. I know it gets frustrating sometimes when you don't get the answers that you're looking for, but sometimes members don't understand that we as Program Managers can only do so much."**

For more information, contact Shana Trombley at 541-677-5575 or STrombley@cowcreek.com. To look at the amazing services that the EAP and IAP can offer, go to www.MyRBH.com and use the access code GoCCTG, or give them a call at their toll-free number: 866-750-1327.

"People forget about it when it's not right there all the time."

"They're not going to stop until your situation is resolved."

A Tradition of Giving

If you mention the Tribe out in the community, you're very likely to hear comments such as "They've done so much for the community!" or "They're good people, and have helped a lot." But why? It's due, in large part, to the work of the Cow Creek Foundation, and the grants they give to the community.

The Cow Creek Foundation was established in 1997, as part of a revision to the Tribal Gaming Compact with the **state of Oregon that required 6% of Class III Revenues be donated to nonprofit in the Tribe's service area.** In exchange for this donation, the Tribe would be able to operate Class III games, such as Blackjack, on a permanent basis.

Carma Mornarich, the current Foundation Director, says that this donation follows the centuries-old tradition of **the Tribe sharing with those around them.** "This is who we are, and what we believe in as a Tribe," she says. "Tribal members can be proud to know that the traditions of their ancestors of helping each other and helping the community are being carried forward with the Foundation."

This stems from the principle that if the community prospers, then so too do all those within it, including Tribal members. As Michael J. Rondeau says, "A high tide floats all ships."

That is not to say that the Tribe is frivolous with funds. The Foundation and Tribal Board, two of the donating arms of the Tribe, take careful consideration of where they make their required donations. "There's never enough money to go around," says Mornarich. "The Foundation Board is very careful about where it puts the money. We focus on well-run community organizations that meet a specified and proven need in which the community has shown an interest. We want organizations that are well-run, have good track records, and who will not flounder our money. For the most part, we focus on things that help children and families. We do not support sports programs, large capital projects, political agendas, or other causes that don't benefit the community directly."

The Foundation focuses on five distinct areas: Basic Needs (such as food & emergency support), Abuse Prevention & Intervention (for children & adults), Education, Health & Wellness, and Community Support. To learn more about the Cow Creek Foundation, visit their website at www.cowcreekfoundation.com.

Environmental Assessment Update

The Tribe is updating their Environmental Assessment on noxious weeds management. If you would like to review the scoping notice, please visit the government office, where a copy of the scoping letter will be at the front desk. Comments should be addressed to the Natural Resources Director, Jason Robison, at 541-677-5275.

Tribal Board to Travel to Washington State

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 11th, at 5:30 PM–9:30 PM in the Spruce Room. The second will be in the Port Angeles Red Lion Hotel on Saturday, March 12th, at 12 PM–5 PM in the Juan de Fuca Room.

Scholarships for Tribal Members

If you plan to apply for the Cow Creek Educational Scholarship for the 2016 - 2017 school year, you will be required to show proof that you applied to at least one outside scholarship in order to be considered for a tribal scholarship. Here are a few that may be of interest.

Scholarships for High School Seniors - The Douglas Farm Bureau will award up to five \$1,000 scholarships for certain graduating seniors. Homeschooled students can also apply. Deadline is March 15. For more information or an application, call 541-825-3760.

UCC Scholars Program- Eligible students must apply by 5 p.m. on Feb. 12. Visit www.umpqua.edu/scholarships/ucc-scholars or contact Marjan Coester at marjan.coester@umpqu.edu or call 541-440-7749 to learn more.

Expanding Horizons Youth Center's New Year Update

There are many new opportunities at the Expanding Horizons Youth Center. With the New Year came a new application process. If your family has not completed a new application in 2016, come in and obtain our new enrollment packet.

The Center Assistant and resident chef Megan Taddei has remodeled the food program to cater to the likes of each student from a food survey. Daily meals will be posted and dedicated to the student who requested the food item.

Center students have been participating in a program called the Canoe Journey, led by Amber Gaines, Cow Creek Tribal Prevention Specialist. Each youth gained confidence in saying NO during uncomfortable situations and in bettering their conflict management skills. Students learned harmful effects and signs of drug use. The class discussed bullying and techniques to overcome tough times.

A birthday calendar is now posted, and the students learned about each other's birthdays. Students shared stories of their past birthdays and family traditions.

With the addition of a sewing machine to the Center, youth are learning new skills. Our first sewing project was a combination of hand- and machine-sewn felt bean bags. Several sewing projects will be incorporated into daily activities in the months to come.



Important Reminder for Scholarship Applications

If you plan to apply for a Cow Creek Educational Scholarship for the 2016 – 2017 school year, you will be required to show proof that you applied to at least one outside scholarship in order to be considered for a tribal scholarship. Many students ask, *"Why the change?"* The Education Department is very aware of how expensive an education can be. This requirement comes because we wanted each student to graduate college or university with as little debt as possible.

Why are we letting you know so early? Because most scholarships have a closing date early in 2016 for the 2016 – 2017 school year. Most scholarships require you to have completed the [FAFSA](#). The Cow Creek website (www.cowcreek.com) has direct links to scholarship websites. If you cannot log into the Cow Creek Website, please contact Brick Andreasen at 541-672-9405 for help.

Here are a few sites to look at:

Oregon Residents:

<http://oregonstudentaid.gov/scholarships.aspx> - OSAC
Early Bird Deadline February 15, 2016
Final Deadline March 1, 2016

www.tfff.org — The Ford Family Foundation
Early Bird Deadline February 15, 2016
Final Deadline March 1, 2016

California Residents:

www.calgrants.org California Grants
Deadline to file March 2

All Residents:

<http://www.collegescholarships.org/search/helpful-reviews.htm>
<http://www.aigcs.org/> - American Indian Graduate Center

Don't Forget to File Your FAFSA

The sooner you file, the more money you are eligible for. You can submit your information at <http://www.fafsa.ed.gov> beginning January 1, 2016. You will use your FSA ID to sign your completed information on the FAFSA.

You can find the FSA ID on the FAFSA website. Click the TAB marked FSA ID before you complete your FAFSA. If you have questions, please contact Tammie Hunt at 541-677-5575 or thunt@cowcreek.com.

Reading Group Cancellation

Due to a lack of attendance, the Reading Group Classes held at the Government Offices on Tuesday mornings have been cancelled for February and March. The Wednesday classes, held in Myrtle Creek, will continue as normal. For more information, please contact Mark Andrews at 541-677-5575.

What is This? Why is it Important?

A mortar and pestle are the items featured in the picture. So, what are they used for? They are used to grind up food to make flour and cakes. So, which one is the mortar and which is the pestle? The mortar is the bottom piece used as a bowl and the pestle is the hand tool used to grind the food into powder.

Mortar and pestles are good for mashing acorns, which are a traditional staple food. A staple food is a food that is gathered and always kept on hand. Acorns are used to make acorn soup, mush, and flour for cakes and bread. Acorns also had medicinal uses. Tannic acids in the acorns are used for drying, tightening, and are used as a diuretic.

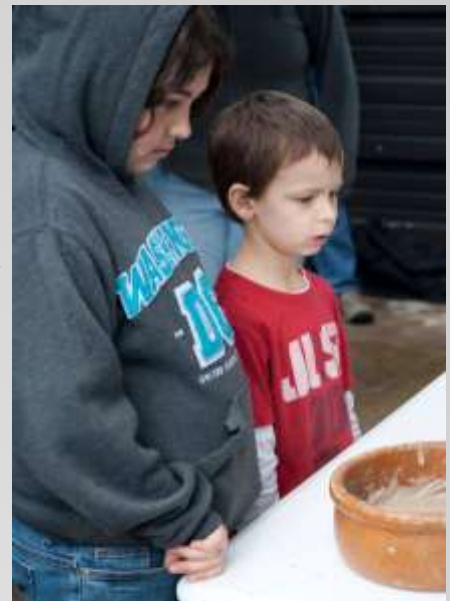


Winter Gathering 2016

This year's Winter Gathering at the Block House was a great success!

In all, 35 participants and seven chili's entered this year. The 1st place winner was Beth Gipson with "Not Your Sweet Chili." 2nd place went to Will Ramirez and Kristal Haro with "Elk and Venison Kick Butt Chili." 3rd place winner was Christina Witt with "C-Dub." Thank you to all that participated!

With funding from the CARP grant, the Culture Department was also able to contract with Jim Rich, who gave a fascinating acorn mush/soup demonstration. This demonstration gave our Tribal members a small taste of a staple food that our ancestors ate. Again, thanks to everyone that came out to make it a fun day.



Hand Drum Class

Elder Butch Bochart will be teaching us how to make our very own hand drums. This class will feature drum frames made by Butch and hands-on instruction on how to work with rawhide to form your drum. To RSVP or learn more, contact Tabbitha Johnson at TJohnson@cowcreek.com or 541-677-5275.

Saturday, February 20th, 2016. 10 AM - 2 PM at the Education Workforce Center.



Research, Research, Research!

Do you have interest in reading? Do you like to learn about history? This may be the opportunity for you! We are seeking individuals that will join us at the Douglas County Museum Lavola Bakken Library to collect information about our Tribe. There will be 2 days of research available with limited seating.

If you are interested please RSVP to secure your seat! Contact Tabbitha Johnson at 541-677-5275 or TJohnson@cowcreek.com.

- Thursday, February 25th: 1 - 4:30 PM

- Friday, February 26th: 1 - 4:30 PM



Diabetes Self-Management Group

What Should I Eat? - Knowing what to eat to control your blood sugars can be confusing. Jill Boyce, RD will be going over what carbs to eat more of, and what carbs to eat less. Join us for some great meal ideas and recipes! There will be dinner provided for all class participants and prize drawings! Pre-registration is required so please call Jill at 541-672-8533 to sign up.

- February 29th 5:15 PM
Canyonville Clinic



Coping with a Chronic Disease - Having diabetes or other chronic diseases can be overwhelming and stressful. Join us for a presentation by one of our Behavioral Health Department's Licensed Clinical Social Workers to learn healthy ways to cope with the stress, anxiety, and other emotions that can accompany managing a chronic disease. We will have dinner for all class participants. Pre-registration is required so call Jill at 541-672-8533!

- March 21st 5:15 PM Canyonville Clinic

Savor the Flavor of Eating Right

March is National Nutrition Month and we are celebrating it with a cooking demo! Join Jill Boyce, RD for a simple menu packed with flavor.

We will be making Tomato Basil Soup, Quick Comfort Chicken & Rice Bake, and Blueberry Lemon Mousse! These dishes are diabetic friendly, low fat, and heart healthy! Prizes will be given away at each class.

Space is limited, so registration is required. Please call Jill at 541-672-8533 to register for the class by March 23rd. If not enough participants are registered by March 23rd, the class will be cancelled.

Tuesday March 29th 10:30am-12:00pm Canyonville Clinic

Wednesday March 30th 10:30am-12:00pm Roseburg Clinic

Parenting the "Love and Logic" Way

The Cow Creek Government Offices want to invite you to a fun-filled way of parenting: The "Love and Logic" way, from Jim and Charles Fay, PH.D! Join us for dinner and prizes, and learn simple parenting strategies to avoid power struggles over chores, to use techniques far more effective than spanking, to keep parenting easy and fun, and much more!

When: 5:30 - 7:30 PM on March 2nd, 3rd, 9th, 10th, 16th, and 17th (Childcare is provided).

Where: Roseburg Government Offices (South Building conference room)

A small fee of \$25 is required that will be reimbursed upon completion of all six sessions.

Please RSVP with Kayla Knight at 541-677-5575 or KKnight@cowcreek.com.

Complete Health Improvement Program

CHIP is a scientifically proven lifestyle program that can help you prevent, slow, and even reverse many chronic diseases such as obesity, heart disease, type 2 diabetes and high blood pressure!



The Cow Creek Health & Wellness Center is now offering this program at our clinics! If you want to join one of the most scientifically validated lifestyle medicine programs in the world, call our Registered Dietitian, Jill Boyce at 541-672-8533 for more information. Classes will start in February and March.

Cow Creek Cultural Arts Conference

Save the Date! The Cultural Arts Revitalization Project grant has given the Cow Creek Cultural Department the ability to hold our first ever Cultural Arts Conference! The conference will feature presentations about our history, culture, and traditional lifeways.

Date: Friday, April 15th, 2016

Time: 9 AM — 4 PM

Location: Seven Feathers Convention Center



2016 Youth Drum Dates

These sessions will be the second Tuesday of each month from 4 - 6:00 PM and will be held at the Education and Workforce Center in Tri-City, Oregon.

January 12	February 9
March 8	April 12
May 10	June 14

Contact Rhonda Malone- Richardson at 541-677-5575 extension 5513 for additional information.



St. Patrick's Day Elder Bingo

This month's Elder Luncheon will be held at the Seven Feathers Casino Resort, but will—for March only—be held in a private dining room in the Gathering Place Buffet. If you come dressed in green, you will be entered in a drawing!

There will be festive corned beef, free bingo with fun prizes, and more! We will be recognizing Elder birthdays and announcing new Elders who have just turned 60 that month. Please RSVP by Friday, February 29th, by contacting Cindy Grizzle at 541-677-5575 or CGrizzle@cowcreek.com.

When: March 4th 12 PM (Lunch) 1 PM (Bingo).

Oregon Promise: Are You Qualified for Free Tuition at an Oregon Community College?

Students in the class of 2016 may be able to have some or all of their college tuition covered through the state-sponsored Oregon Promise program.

The program is available to high school students graduating this spring. Students must have at least a 2.5 cumulative GPA and must have resided in Oregon for at least a year prior to enrolling in community college. They must also enroll at least half-time in community college in the fall of 2016.

Douglas Educational District Superintendent Michael Lasher says the program is a great opportunity for students and families. He says the program is expanding the percentage of students who will now see college as affordable.

To apply, students must complete the Oregon Promise application, submit their high school transcript and complete the FAFSA form. Students must accept all state and federal grants they are awarded to qualify for the Oregon Promise.

Students have to apply before March first. More information is available at www.OregonPromise.org.

Low-Income Rental Assistance Available

The Cow Creek Tribal Housing Program is currently accepting applications for the Low-Income Rental Assistance Program. This program is made possible through an Indian Housing Block Grant from the Department of Housing and Urban Development (HUD) and is administered by the Tribe. It can provide rental assistance for low-income Cow Creek Tribal members who are willing to rent homes within Douglas County. Tribal members can only use this program for a one-year period. Funding is limited for this program, and is on a first-come, first-serve basis.

To see the full list of Eligibility and Documentation Requirements, and to obtain an application, go to www.cowcreek.com. You can also call the Government Office at 541-677-5575. For more information regarding this program, contact Sarah Thompson, Housing Resident Manager, at 541-863-3730 or at SThompson@cowcreek.com

Tribal Low-Income Housing Waiting List

If you are currently on the Cow Creek Tribal Low-Income Housing Waiting List, 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 contact 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 an annual basis. The new cycle began on January 1st and individuals with a submitted application need to update their information at this time to stay on the list.

Reminder: When submitting applications for any of the Cow Creek Tribal Housing Programs, please remember that applications are not counted as complete until all forms have been filled out in their entirety and signed and all documentation has been provided. Remember to identify yourself clearly on your application using your FULL name and Tribal ID number as many Tribal Members share the same name. If you have any questions during the process of filling out your application, do not hesitate to contact the Housing Department at 541-677-5575 to ensure that all forms are filled out properly the first time. This will ensure a timely process and will get your application in front of the Board for approval in a timely manner. Funds cannot be utilized on your behalf until the entire process is complete.

Notice about May's General Council Meeting

Though most Tribal General Council Meetings are held the second Sunday of the quarterly month, the Tribal leadership would like to remind you that May's meeting will be on the third Sunday (the 15th), so as to not conflict with Mother's Day, which falls on the second Sunday.

Getting Ready for Kindergarten

Is your 4 or 5-year old ready for kindergarten? Join the Cow Creek Education Staff for fun nights of learning how to prepare your child. There will be free childcare, materials, and dinner available. You will learn about literacy and print-logic, and number-positive relationships.

It will be held once per month for four months, at two different locations.

Government Offices Board Room: Tuesdays (Feb 23, Mar 29, Apr 27, May 31)

Education and Workforce Center: Wednesdays (Feb 24, Mar 30, Apr 28, Jul 1)



To RSVP or learn more, contact Mark Andrews at MAndrews@cowcreek.com or 541-677-5575.

Special Services and Programs for Tribal Members

For more information on any of these services or programs, or to find services or supports in your area, please contact Matt Droscher, Government Office Social Worker, at 541-677-5575 or MDroscher@cowcreek.com.

Free Douglas County Bus Passes! - The Bus Pass program is offering free monthly passes for Tribal adults, students, Elders, and disabled in Douglas County. These passes are refreshed every month, but there are a limited amount, so request yours today!

Reimbursing for a Safer Tomorrow - The Safety Program is offering reimbursement for car seats and bicycle helmets for each enrolled Tribal youth within the seven county service area.

Energy for Those In Need - The Tribe's Low Income Heating and Energy Assistance Program (LIHEAP) is offering energy assistance for those who need it. This is offered once a year for Tribal members in the seven-county service area who meet the qualifications on income and status. Resource and referral information can also be provided.

An Advocate for the Bruised and Battered - The Tribe has obtained a Crime Victims' Services Division grant, and is using that money to partner with several co-located advocates from the Battered Persons Advocacy at the Government Offices, from the Women's Crisis Support Team in Grant's Pass, and from Community Works at the new Government Offices in Medford from 12–1 PM on Thursdays. An advocate is someone to whom you can speak privately and confidentially, and who can help you stay emotionally and physically safe. They can meet with and offer services for those affected by or interested in domestic violence, sexual assault, stalking, and human trafficking. If interested in making an appointment, please call 541-677-5575 for the Roseburg office, or the 24/7 Community Works Help Line at 541-799-4357.



Resources for Those in Unbalanced Relationships - Does your partner control who you see, including friends, family, and spiritual leaders? Does your partner make you have sex when you don't want to? Do you feel respected by your partner? Does your partner shame you in front of your family? Does your partner allow you to spend your money freely? Does your partner make you drink or take drugs? If you answered "yes" to even one of these questions, then your health, spirit, and safety may be in danger. Our Tribe supports you in your well-being through a partnership with domestic violence and sexual assault advocacy centers in the Douglas, Josephine, and Jackson Counties:

Battered Persons' Advocacy (Douglas County): 541-673-7867 or 1-800-464-6543

Women's Crisis Support Team (Josephine County): 541-479-9349 or 1-800-750-9278

Community Works (Jackson County): 541-779-4357 or 1-855-216-2111

Need employment? Check out www.cowcreek.com and www.uidchr.com.

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Senior Meal	2 Senior Meal Water Aerobics	3 Senior Meal Reading Group	4 Takelma Class Water Aerobics	5 Elder's Luncheon	6
7	8 Senior Meal	9 Senior Meal Water Aerobics Entrepreneur Workshop Food Bank Open 9 AM—12 PM @ GO	10 Senior Meal Reading Group	11 Takelma Class Water Aerobics Entrepreneur Workshop	12	13
14 Tribal Board Meeting General Council 10 AM @ GO Food Bank Open Following meeting	15 Senior Meal	16 Senior Meal Water Aerobics Entrepreneur Workshop Adult Town Hall Meeting 5:30—7:30 PM @ GO	17 Senior Meal Reading Group	18 Takelma Class Water Aerobics Entrepreneur Workshop Youth Town Hall Meeting 5:30—7:30 PM @ GO	19	20 Hand Drum Class 10 AM—2 PM @ EWC
21	22 Senior Meal Diabetes Self- Management Class @ Canyonville Clinic 5:15 PM— 6:15 PM	23 Senior Meal Water Aerobics Kindergarten Prep Class 6—7:30 PM @GO Food Bank Open 1 PM—4 PM @ GO Youth Cultural Activity 2 PM—5 PM @EWC	24 Senior Meal Reading Group Kindergarten Prep Class 6—7:30 PM @EWC	25 Takelma Class Water Aerobics Tribal History Research 1—4:30 PM @ Lavola Bakken Library (Douglas County Museum)	26 Tribal History Research 1—4:30 PM @ Lavola Bakken Library (Douglas County Museum)	27
28	29 Senior Meal	<div>Regular Activity Times & Places</div> <p>Senior Meals: 12 PM @ Seven Feathers Casino</p> <p>Yoga Class: 9:15—10:15 AM @ Yoga Studio 300 Pleasant Street, Myrtle Creek, Oregon</p> <p>Water Aerobics: 9—9:45 AM, 10—10:45 AM @ South Clinic</p> <p>Takelma Class: Adult: 10 AM—2 PM Youth: 3—5 PM @ Expanding Horizons Youth Center (EHYC)</p> <p>Reading Group: 10 – 10:45 AM Wed: @ EWC</p> <p>Entrepreneurial Workshop: 6—8 PM @ EWC (Education Workforce Center)</p>				

March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meal Water Aerobics Entrepreneur Workshop	2 Senior Meal Reading Group Love and Logic Class 5:30—7:30 PM @ GO	3 Water Aerobics Entrepreneur Workshop Love and Logic Class 5:30—7:30 PM @ GO	4 Elder's Luncheon	5 Moccasin Workshop 10 AM—2 PM @ EWC
6	7 Senior Meal	8 Senior Meal Water Aerobics Youth Drum Activity 4:30—6 PM @EWC Food Bank Open 9 AM—12 PM @ GO	9 Senior Meal Reading Group Love and Logic Class 5:30—7:30 PM @ GO	10 Takelma Class Water Aerobics Entrepreneur Workshop Love and Logic Class 5:30—7:30 PM @ GO	11 Washington State Informational Meeting Kelso, WA, Red Lion Hotel. 5:30—9:30 PM	12 Washington State Informational Meeting Port Angeles, WA, Red Lion Hotel. 12—5 PM
13	14 Senior Meal	15 Senior Meal Water Aerobics Entrepreneur Workshop	16 Senior Meal (With Guest Speaker) Reading Group Love and Logic Class 5:30—7:30 PM @ GO	17 Takelma Class Water Aerobics (Last day until 4/12) Love and Logic Class 5:30—7:30 PM @ GO	18	19 YEP Easter Egg Hunt 12:30—2:30 PM @ Bare Park
20	21 Senior Meal Yoga Class Diabetes Self- Management Class @ Canyonville Clinic 5:15 PM— 6:15 PM	22 Senior Meal Food Bank Open 1 PM—4 PM @ GO Spring Break Culture Days TBA @South Umpqua Falls	23 Senior Meal Reading Group <u>RSVP Deadline for Cooking Demo</u> Spring Break Culture Days TBA @South Umpqua Falls	24 Takelma Class	25	26
27	28 Senior Meal Yoga Class	29 Senior Meal Kindergarten Prep Class 6—7:30 PM @GO Cooking Demo 10:30 AM—12 PM @South Clinic	30 Senior Meal Reading Group Kindergarten Prep Class 6—7:30 PM @EWC Cooking Demo 10:30 AM—12 PM @GO	31 Takelma Class	<div> Want to stay up-to-date on all events? Check out the Events page at www.cowcreek.com/events! </div>	

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