



Wik'uuyam Heeta'

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

Volume 26—Issue 3

March 2016

Inside This Issue

Native American Mascots

Get the latest on the issue of local schools using Native American mascots (Page 4)

A Look Inside Anvil NW

Learn more about the Tribe's graphic design business and the work they perform (Page 5)

Helping Youth to Learn

The Tribe's Education Department has been working hard to teach the youth (Page 6)

Important Information

Tribal members need to know these important updates to Tribal Programs (Pages 8 & 9)

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

2015 Annual Programs Report

During 2015, the Cow Creek Tribal membership received \$12,677,637 in direct benefits. The funding for these services came from gaming revenue, grants, and federal funding. A direct benefit is a program or resource that provides payment for the direct benefit of a Tribal member. Examples of direct benefits are paid health claims, health care visits, education benefits, down payment assistance, and repairs to a home.

Social Services Department:

Project Warmth

In 2015, Project Warmth was not utilized as much as it was in the previous year. There was \$767.79 spent in service area and \$1031.86 for the out of service area. Total Spent: \$1799.65

Social Service Block Grant:

The Social Service Block Grant has assisted multiple families. Beds were purchased for families in need with children placed with them or taking on children from other family members. Children that were taken into care were assisted with bedding, clothing vouchers and necessary toiletries. Four families received assistance with rental evictions. Children in foster care and those with disabilities were assisted with summer camps. Funding was used for family visits of those in foster care. Movie Club was held for the summer. Parenting tips were shared and books to read for the summer were given. Families with higher energy bills that didn't qualify for LIHEAP or still had a significant balance facing turn offs were assisted. Foster children were helped with school clothes. 85 Tribal members were served through this grant.

System of Care

Love & Logic parenting materials were purchased for conducting parenting classes and to assist those seeking help with parenting skills. 8 beds purchased for

3 families for children without beds. Baby supplies were purchased for foster baby that was newly taken into care. Assistance was given to a mother with a child that was stranded in another state without any means to get home. Energy assistance to multiple families. Home visits to foster care families. Helped send children to summer camps that were in foster care. Assisted two families that were in crisis with terminally sick children that needed help with gas to hospital. Assistance for our Chief Miwaleta days with brightly colored T-shirts to participating members, fun prizes, trophies, food, activity supplies and morning snacks. There was also assistance with t-shirts for Culture camp, tablecloths and crafting supplies.

Low Income Heating and Energy Assistance Program (LIHEAP)

Over the 2014/2015 year (spanning 10/1/14 - 9/30/15), Tribal LIHEAP was able to help 22 households with heating, 2 households with cooling, 11 households for year-round crisis, 1 household for summer crisis, for a total of 36 Tribal households served with LIHEAP funds. 13 more households were served through Government Operations and the Social Services Block Grant when LIHEAP funds were unavailable. For the 2015/2016 year, we have already served 9 Tribal households with energy assistance.

Family Preservation

This grant also assisted with summer movie club, parenting tips, and summer books to read. Financial peace curriculum was purchased and a class was held at the workforce center. Funding was used for accommodations for instructors in Culture Camp to stay at Seven Feathers. This grant also assisted in financing the purchase of our new cultural language books. One child was sent to camp through these funds.

Indian Child Welfare Act (ICWA)

We have had 14 active child protection cases this last year. Attended 52 court hearings, family planning meetings, and Citizen Review meetings. There have been many reports to read through and calls made to and from DHS. Certified letters come from other agencies requesting whether they are an enrolled Tribal member. 21 letters were received and replied to by mail. Assisted DHS with an observed family visit for our children. 19 home visits were performed. Three of these cases have gone into guardianships in December; this is after there has been extensive work to the families and they have failed to comply with court orders. Three children have been placed in loving Native homes. Two young boys participate as much as they can in Cultural events and are now in the process of being adopted. A Tribal child was placed with his grandmother.

Child Care Development Funds

Currently there are nine families utilizing the child care program.

Education Department:

Workforce Development

Education and Workforce Center is fully operational. Trained new center staff. Employed 6 youth through the summer in the Government Office, Gardens, Rivers West, and the Casino Spa. As of January 2016, the Tribe employs 48 Cow Creek Tribal Members and 10 Spouses through UIDC, 48 Cow Creek Members in the Government office. In 2015, 7 tribal members became employed in UIDC and 2 Tribal Spouses. Helped develop resumes and provided interview coaching, mentoring, training, and support for Tribal Members. Provided program administration, support, and management of the Electrician, Waste Water, IT and in house apprentice programs. Added a new clinic trainee program – CMA trainee. Direct Employment Program: Used by tribal members within first 30 days of employment to help purchase uniforms, supplies, and needed equipment for their new position. Transportation

Assistance Program: Used by tribal members within first

30 days of employment and provides up to \$50.00 in gas cards or a one month bus pass depending on their transportation needs. Enrolled Tribal Member in Core Skill Mastery program to develop basic reading, writing, math and comprehension skills. Enrolled Tribal Member in Digital Skill Literacy program to assist with building computer skills. Lead and Facilitate Tribal Youth Expanding Horizons Leadership program. Tribal youth meet twice a month on Saturdays and we explore leadership curriculum, experiential activities, field trips, connections with tribal youth and the community. The program officially started in May of 2014.

Education Programs (Adult Vocational Training, Adult Education and Higher Education)

During 2015, a total of 42 adult tribal members were assisted with funding from the Education Programs. Areas of study include Agriculture Science, Anthropology, Biology, Chemistry, Computer Science, Communications, Childhood Development, Education, English Literature, Environmental Sciences, General Engineering, Graphic Arts/Design, Horticulture, Nursing, Psychology, Veterinarian Medicine and General Studies. Six students were assisted in the Adult Vocational Training Program. 137 tribal students received direct services from the YEP Program which included parental costs assistance, youth activities and school supplies.

Tribal Multidisciplinary Team (MDT)

The Tribal Multidisciplinary Team (MDT) is composed of people from Human Resources, Housing, Behavioral Health, Leadership, Workforce Development, and Education, who work to prevent and intervene in serious social cases. They tracked and supported 34 Tribal members and 2 Non-Tribal members during 2015. The MDT has connected to 43 services within the Tribe and community, helping 69 people in total since 2013.

Domestic Violence/Sexual Assault Joint Grant

Overall activity within the program has increased with the inclusion of the Jackson County area and our new partner agency of Community Works. In total, 18 adults, 4 teens, and 6 children (all Native American or Alaskan Natives) were aided in finding safety from domestic violence and/or sexual assault.

Administration on Aging (AOA) title 6 Grant

This year, 2015 totaled at 137 eligible participants who took part in activities, including the Nutrition Services Incentive Program (which served over 1400 meals to over 50 Elders), the Caregiver Services Program (which helped 150 participants), and the Grants for Native Americans,

including Transport (which served 37 participants).

Elders Program and Tribal Food Bank

During 2015, this program has reimbursed \$157,168.90 through the Medicare Part B Reimbursement Program, gave 18 jackets to Tribal Elders, took 3 trips with the Tribal Elders, and provided themed monthly lunches for the Tribal Elders, as well as senior meals, exercise classes and 15 Pendleton Blankets (given at the Elder's Annual Honor Dinner and Blanket Ceremony). 80 people participated in a Medicare benefits educational event. The Chief MiWaleta Day event was well-attended, as was the Jim Pepper Project.

Tribal Housing Department:

Tribal Housing Program

In 2015, the Housing Department has been working through HUD requirements to potentially purchase 82 acres of land in the Roseburg area. If acquired, the property would be able to support future housing developments that would provide low rent, home ownership and assisted living. The Housing Department also sent out surveys to determine housing services they would like to see the Tribe provide. To date, they have received 297 surveys back, and the data will be used in planning the new development. The Housing Department also acquired a new pickup as well as an upgrade for property management software for tracking tenants, projects and inventory.

Tribal Down Payment and Repair Assistance Program

During 2015 fiscal year, 52 applications were received by Tribal Members for this program. During the year 41 members were assisted. During 2015, this program awarded grants to 41 Tribal families totaling \$132,883.22 and 21 Tribal families received assistance for repairs to their home. 20 Tribal families received down-payment assistance for purchasing a home.

IHBG Down Payment and Repair Assistance Program

During 2015 fiscal year there were 4 applications received by Tribal Members for this program during the year. There were no Tribal members assisted with Down payment Assistance, but there were 2 assisted with the Repair Assistance program in the amount of \$9,999.00.

Emergency Assistance Program

During 2015 fiscal year, we assisted 3 lower income Tribal individuals/families to maintain or receive housing. This program was designed to assist Tribal members that are in jeopardy of losing their homes, or need assistance with deposits, unforeseen emergent situations. This program was designed to help those individuals to maintain or gain residency. We will be looking to try and expand on this program during 2016. The three Tribal members were

assisted in 2015 with assistance in the amount of \$1,839.30

Wi'it' Low-Income Rental Housing

There was one home purchased in Winston. This was a 4 bedroom 2 bath home. We are currently accepting applications for the program and maintaining a waiting list for residency. There are currently 2 families that are currently approved for housing through the Wi'it' Housing Program. There was 1 person that turned it down and asked to be removed from the list during the 2015 program year. There were 5 individuals that were denied for various reasons. There was also 1 non-Cow Creek Tribal member that was placed on a separate waiting list. We received a total of 19 applications for the year and 9 were approved and housed after prescreening by the Housing Review Board.

Safe Houses

During 2015, the housing program was able to assist 2 victims of domestic violence to escape the unfortunate situations they were in by utilizing the safe houses. We coordinated with our Social Service Coordinator and BPA on both of these matters. Both women have been placed back into their homes and can once again continue on with their lives in a safe place. During 2015, the Housing Department was also able to utilize one of the safe houses as a transition home to relocate a Tribal family to our area. Both the Tribal member and her spouse were able to gain employment at the Casino.

Student Rental Assistance

During 2015-2016 school year, this program has assisted 12 students to date. The budget remained the same for the year and will be reviewing the budget on a bi-annual basis to see how many students we will be able to assist. During the 2015-2016 school year to date, we have spent \$16,200.00 assisting our Tribal Students. This year it was approved to increase the amount of assistance for students from \$250/month to \$300/month. We feel that education is extremely important and if we can help students to not have to worry as much about housing costs, they can instead focus on their education plan.

Low-Income Rental Assistance

During 2015, this program assisted 15 people with Rental Assistance and Extended Rental Assistance in the amount of \$23,854.78. To try to promote self-sufficiency in regards to only allowing assistance for a period of one year, we created the Extended Rental Assistance program last year to give individuals an additional year at half the rate as the year prior. So that we are not just cutting people off when

they are trying to get back on their feet, we are allowing tenants to apply for this program once their first year of assistance has ended.

BIA Housing Improvement Program

During 2015, there has been no activity for this program. At this time, we have a no Tribal Members who have applied for or met the criteria for this program. There is an application on the Tribal website for this program and the Housing Department can also mail out to members as requested.

IHS Sanitation Program

During 2015 there were two individuals that received assistance installing water and sewer hookups in the amount of \$32,702.77.

Natural Resources Department:

Natural Resources Program

During 2015, the Natural Resources Department finalized the Natural Resource Department's Five Year Strategic Plan, finalized cultural monitoring agreement with Williams/PCGP, finalized Local Operations Plan with Douglas Forest Protective Association, completed Environmental Analysis for Coquille Medford Casino Project, and finalized data sharing MOU with Medford BLM. The Water and Environmental Resources Program secured \$942,768.93 in grant and contractual funds to support the WERP

program, achieved a 100% grant success rate for 2015, developed strong relationships with a new partners (Medford BLM, Rogue Basin Partnership.), was nominated for the Oregon Chapter American Fisheries Society Fisheries Team of the Year Award for the West fork Cow Creek project, and surveyed 40 wetlands in the Deadman Creek Watershed within the proposed Land Bill area. The Land and Wildlife Resources Programs made changes to management of Tribal hunts to give Tribal members more hunting opportunities, lead the Lilja Project, took steps toward the NEPA process, completed the Elk Management Report, and continued to work with State/Federal agencies. The Cultural Program completed a five-year strategic plan, added a full-time employee, implemented the first year of the ANA Cultural Arts Revitalization Project, hosted 355 participants at the Culture Camp, and negotiated \$78,646 in reimbursements. The Language program developed and produced the *Takelma Together* book, developed a new language curriculum, hosted language classes, participated in reburials of ancestors, and produced Veteran's Coin. The Tribal Garden Program hired Mary Laurence as the new Contract Garden Manager, upgraded the irrigation system, increased production to more than 30,000 lbs. of produce, and started a Pilot sales program. The Graphics Information System (GIS) Program completed the 2015 Tribal Lands Map Atlas, created over 370 maps (21 vicinity maps), completed riparian timber stand analysis, worked on the Medford Casino mapping, and coordinated effort to develop easement boundaries for Tribal lands.

A Tribute to Indigent Soldiers

Tribal Board member Robert Van Norman and Cultural Development/ Language Coordinator Rhonda Richardson attended the quarterly funeral service, which honored seven indigent US veterans. At the conclusion of the service, Mr. Van Norman presented a donation of \$5,000 to the Military Honors With Pipes. The donation was made in accordance with requirements established in the State/Tribal Gaming Compact.



A Controversial Name for Mascots

In 2012, the Oregon State Board of Education prohibited school districts from using Native American mascots on or after July 1st, 2017. This was amended in 2014 by a rule that allowed agreements to be made between school districts and Oregon's federally recognized tribes regarding the appropriate use of Native American mascots.

These rules allow a public school to continue to use a mascot that represents, is associated with, or is significant to a Native American tribe only if the school district enters into an approved written agreement with the Tribe whose traditional area of interest includes the school district. A district cannot ask more than one Tribe for an agreement. A public hearing must be held prior to the signing of the agreement between the Tribe and the school district. This allows both parties to agree on an acceptable use of the mascot, along with how American Indian and/or Alaska Native history and culture will be included in the curriculum of the district.

Roseburg High School changed its mascot image from an Indian's profile to a feather, but kept the nickname of "Indians." The Cow Creek Tribe is currently working with the Roseburg School District towards an MOU (agreement) regarding the use of the mascot and the "Indians" name.



Tribal Member Employee Highlight

Tribal member Scott Van Norman currently works as the Cow Creek Tribe's Wildlife Technician, where he administrates the Tribe's hunting programs, conducts wildlife surveys, wildlife nuisance control, habitat improvement, and fuel reduction projects. He works together with Federal and State agencies to manage wildlife within the Tribe's Ancestral Territory. With the Tribe's financial assistance, he studied Criminal Justice and later Wildlife Management. In his free time, he likes to hunt and roam the mountains and rivers of the Umpqua Valley. In the photo to the right, you can see him with the cougar he killed with a bow and arrows. The cougar has been mounted, and will be on display at the Seven Feathers Big Game Room, and later at the K-Bar Restaurant.



A Look Inside ANVIL (NW)

Many Tribal members don't understand what Anvil Northwest does, but that doesn't make them any less important. As the graphics design arm of the Tribe's businesses, Anvil Northwest has been helping the Cow Creek Tribe's influence and reputation to grow in ways that extend beyond the local Roseburg area.

At the time of the company's first founding, it was known as Creative Images, but it could never really take off, due to struggles with the current technology, management, and other issues that had gone unresolved for too long. In 2012, however, Cam Campman came to the company and began to reinvent it. In 2013, he and his staff rebranded the company as Anvil Northwest, and changed the business' image with it.

"Saying it has come a long way is an understatement," said Campman. "We have a crew in now that gets along with each other, that has skills, and that is hungry to do their work. I'd put my crew up against any shop in the state of Oregon."

Anvil Northwest works in graphic design, web design, and corporate identity; basically, they create branded collateral for businesses. "That can stretch the entire gamut," he said. "To start from the very beginning, we help create and maintain a business' very identity. Our job is to take this mish-mash of ideas and how they envision themselves, and distill it down into what is the absolute essence of a brand."

From there, the brand goes onto everything that the business makes, from products on the shelf to billboards, letterheads to videos or advertisements, and more. In cases where the business already has an established brand, Anvil Northwest takes that brand and creates new designs based around that core feeling. In addition to making designs for tangible items, they also can apply these skills to websites. By keeping up-to-date on the latest technologies and skills in their field, including the new digital press with expanded capacity, they are ready to handle any job that comes their way. Some of their biggest clients have included Ride snowboards, Hyperlite, K2, Cosmos, Costco, local wineries, the Yurok Tribe, Mt. Bachelor, Old 99 Brewing, and many more.

"It adds legitimacy to what the Tribe is doing," he says. "It's not under the umbrella of the casino, or in the closed Tribal world; it's out in the real world, and the more 'real world' jobs we do, the more good ink there is for the Tribe. I wish more Tribal members knew about what we do here. I wish they would take a genuine interest in the Tribe's businesses. I encourage Tribal members, the public, anybody to come and see what we do, any day of the week. I want nothing more than to show off this space, my crew, and what we've accomplished here. I invite one and all to stop by anytime."

Proudly Flying the Flag

Jesse Spain, a Cow Creek member, attended the February General Council Meeting and presented a letter of thanks from the Native American Rehabilitation Association (NARA) for the Tribe's support and contribution of a Tribal flag to their residential substance treatment and prevention program. Jessie is a certified councilor at NARA and recently lead the honoring and placement of the Cow Creek flag at the NARA program in Portland. NARA has been a longtime partner of the Behavioral Health Department, and reserve two beds for Tribal members at their location.



Youth Drumming at the Expanding Horizons Youth Center

The Cow Creek drum group Dancing Thunder attends the EHYC monthly. With just over a year of practice with the youth drummers, Sheila Rich has provided the students with a vital link to the emerging Takelma Language. The students here at the Youth Center have begun recognizing Takelma words from Rhonda Richardson's Takelma Language class in the songs learned from the drum and vice versa. They have made excellent progress in the Takelma Language, as well as in learning the traditional uses of sage and sweet grass and proper drum etiquette. Each youth drummer was gifted with their very own drum stick. For more information about Expanding Horizons Youth Center Activities or to receive a brochure and calendar please contact Amber Lomascola at 541-860-7322.



Youth Education Activities

There is lots to learn and do in the Education Department. Every Wednesday from 10:00-10:45, parents and children (ages 0-5) meet at the Education Workforce Center to participate in our Parental Reading Groups. These groups show children the fun they can have with reading. We use a reading program that is easy for any adult to learn during our 45 minute class, plus you get a free book every week. New participants are welcome at any time. If you are interested in meeting at the Government Offices on Tuesday mornings from 10-10:45, please RSVP with Mark at 541-677-5575.

Do you have a child entering Kindergarten next fall? If so, please enroll in our Kindergarten Readiness Program! We meet once a month on Wednesday nights at the Education Workforce Center in Myrtle Creek from 6:00-7:30 PM and provide dinner and childcare. You can still join in the education fun on March 30, April 27, and June 1 and receive free materials and supplies as well as learn how to instruct and play with your children using an easy to learn method. Are Tuesday nights better? Then be sure to call so we can open another class in Roseburg. Call Mark at 541-677-5575 to reserve your place in either class. RSVP's for our March Meeting Date must be made by Friday, March 25.

Also check out a new Application on your Smartphone called "VROOM", or go to www.joinVroom.org. Daily tips on fun activities that you can do with your child to help their brain's development are texted to you daily.

Why Can't I Skip My 20 Minutes of Reading Tonight?

Here's an example:

- Student "A" reads 20 minutes each day, equivalent to 3600 minutes in a school year.
- Student "B" reads 5 minutes each day, equivalent to 900 minutes in a school year.

By the end of 6th grade, Student "A" will have read the equivalent of 60 whole school days, while Student "B" will only have read the equivalent of 12 school days. Which student would you expect to have a better vocabulary? Which would you expect to be more successful in school...and in life?

Change in Parental Reading Groups

The Parental Reading groups held on Tuesdays at the Government Office have been cancelled. Those classes held on Wednesdays at the Education Workforce Center in Myrtle Creek from 10-10:45 AM will continue as normal.

Is Your Child Ready for Kindergarten?

Please join the Cow Creek Educational staff to learn and prepare for the upcoming school years. Learn what your child needs to know to be a successful student entering kindergarten, and how you can help them prepare. There will be 3 fun-filled evenings to prepare your child for kindergarten with activities like Literacy and Print-Logic, and Numbers-Positive Relationships. There will be free childcare, free materials and toys, and free dinner! **RSVP with Kayla Knight by March 24th** at 541-677-5575 or KKnight@cowcreek.com.



Tuesdays: March 29, April 26, May 31 in the Roseburg GO Board Room, 6—7:30 PM

Wednesdays: March 30, April 27, June 1 at the Education and Workforce Center, 6—7:30 PM

What is This? Why is it Important?

Traditional Native American clothing varied widely from tribe to tribe, but one nearly universal element was the moccasin, a sturdy slipper shaped type of shoe, sewn from tanned leather. All American Indian moccasins were originally made of soft leather stitched together with sinew. Though the basic construction of Native American moccasins was similar throughout North America, moccasin patterns were different in nearly every tribe, and Indian people could often tell each other's tribal affiliation simply from the design of their shoes. Tribal differences included not only the cut of the moccasins but also the extensive bead work, quill work, and painted designs many lavished on their shoes. In some tribes hardened rawhide was used for the sole for added durability, and in others rabbit fur was used to line the leather moccasins for added warmth.



Spring Break Culture Days

The Cow Creek Tribe has partnered with Coyote Trails Nature Center, who specializes in many survival skills that range from fire starting, shelter building, identifying edible plants, how to filter water safely, and much more. It will be a great opportunity to add to your tool belt.

There will be four days of interactive fun! Each day will feature something new and exciting. We will learn together as a group and individually. Please come prepared as the weather is unpredictable. There will be transportation to all the activities again this year. Please call in advance to arrange what you will need in regards to pick up and drop off areas. Our very own native plant nursery is coming alive! Our last day together will focus on planting the native plants that the membership chose through the Native Plant survey.

Date	Time	Location	Pick-Up A	Pick-Up B	Pick-Up C
Tuesday, March 22	10:00 am - 3:00 pm	South Umpqua Falls	Roseburg 8:00 am	Tri City 8:30 am	Canyonville 8:45 am
Wednesday, March 23	10:00 am - 3:00 pm	Bare Park	Roseburg 9:30 am	Tri City 9:30 am	Canyonville 9:45 am
Thursday, March 24	10:00 am - 3:00 pm	Bare Park	Roseburg 9:30 am	Tri City 9:30 am	Canyonville 9:45 am
Friday, March 25	10:00 am - 3:00 pm	Tribal Garden	Roseburg 9:30 am	Tri City 9:45 am	Canyonville 9:45 am





SAVE THE DATE!

COW CREEK CULTURAL ARTS CONFERENCE

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

Date: Friday, April 15, 2016

Time: 9:00 am - 4:00 pm

Location: Seven Feathers Convention Center
Canyonville, Oregon



Takelma for Beginners

In addition to the regular Takelma classes held on Thursdays, Rhonda Richardson is also introducing a new, shorter class for beginner students. It will be held over 3 weeks in 6 classes, on the following dates:

April 6, 8, 11, 13, 18, 20

When: 6–7 PM

Where: Education and Workforce Center

Health Advisory Committee Member Vacancy

The Tribal Board of Directors has established a self-standing Health Advisory Committee to help the Tribal Board of Directors ensure that the Tribal Health Administration provides efficient and effective health care to Tribal members and other eligible persons. The Tribal Health Advisory Committee shall have eight members with a majority of the Committee being Cow Creek Tribal members at least 18 years of age. One vacancy on the committee needs to be filled:

Vacant Position: One Tribal member, who resides within the service area, who has an interest in the area of healthcare and furthering healthcare services to tribal members.

The purpose of the Tribal Health Advisory Committee is as follows:

- To consider the application of scarce health care resources among competing health care priorities.
- To provide an advisory body to Tribal Board of Directors and Tribal Administration that is both responsive to the needs of the Tribal members and eligible clinic users representative of their interests with respect to the allocation of available resources.
- To promote the delivery of quality health care to Tribal members and eligible clinic users in a manner that accords with Cow Creek's Tribes needs and values.
- To represent the interests and desires of all Tribal members and eligible clinic users.

The Tribal Health Advisory Committee meets the first Monday of each quarter and receives both a mileage stipend and mileage reimbursement. To apply, please send a letter of interest with any supporting health related information to Sharon Stanphill, Health Director, by March 31, 2016.

Opening on UIDC Board

There is an open position on the Board of the Umpqua Indian Development Corporation for a Tribal member. UIDC board members meet the 4th Monday of each month to review financial progress and policies about Tribal businesses. To apply, send a resume to Vanessa Pence, who can be contacted for more information at VPence@cowcreek.com or 541-672-9405. Applications must be received by March 31, 2016.

Medicare Part "B" Reimbursement Program

If you have not sent in your 2016 Benefit Statement or your SSA 1099 form to receive reimbursement of your Medicare part "B" insurance premiums, please send them to Cindy Grizzle as soon as possible. Our records show that some have not yet been received.

You may choose either Monthly or Annual reimbursement payments. Please write your choice on your documents, which can be faxed to 541-677-5565, scanned and emailed to CGrizzle@cowcreek.com, or mailed to 2371 NE Stephens St, Ste 100, Roseburg OR, 97470. If you do not receive your benefit Statement or your SSA 1099 form, you may call the Social Security Administration at 1-800-772-1213 or go online at www.ssa.gov. Our office works diligently to get all payments mailed out by the 10th of each month. If you prefer direct deposit for your payment please indicate this on your documents.

Note: It is the responsibility of the Tribal member to notify the Tribe of any changes in your benefits from Social Security Administration SSI/SSD program. Failure to notify the Tribe may result in an obligation to repay ineligible benefits received. Low Income Households may qualify for State Reimbursements; please contact Cindy Grizzle if you have any questions regarding this matter.

Tribal Down Payment and Repair Assistance Reporting Requirement

The majority of Housing Programs are funded with the 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 the program. These rules come from both the Tribe and the regulations from 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.** Tribal members that received assistance in the last 5 years should contact the Tribal Housing Program to verify possession of the properties where they have received assistance. For more information, email

Nesika Open Enrollment Approaching

Nesika Health Group is the self-funded health insurance that is provided to all eligible employees and Tribal members that choose to participate and pay the monthly premium. The Annual Open Enrollment Month for Nesika Health Group is in the month of June.

Annual Open enrollment is the one time of the year that you can make changes without having a qualifying event. (The qualifying events are: marriage, birth, adoption, divorce, and death.) The changes that you can make are to add or delete your spouse or dependents to or from the plan, or change the coverage that has been elected. Newly-elected Plan coverage will become effective on July 1, 2016.

If you are interested in receiving enrollment information, please call the Nesika office at 541-677-5508 or 800-284-9917. A packet will be mailed to you. The required information must be returned no later than June 20, 2016 for coverage to take effect on July 1.

Working Toward a Settlement with the IHS

The Tribe's attorneys are working toward negotiating a settlement with the Indian Health Service (IHS) regarding the funding owed for indirect support costs of the Cow Creek Health & Wellness Center. After the success of the court ruling in *Salazar v. Ramah Navajo Chapter*, the Cow Creek Tribe is pressing for 100% of the contracted amounts of money promised by the government for running the clinic. Dr. Sharon Stanphill, Health Director of the clinic, is optimistic; she hopes that the settlement can be reached during April.

Food Bank Hours

The Food bank is located at the Cow Creek Government Offices in Roseburg, Oregon. For more information, contact Cindy Grizzle at 541-677-5575 or CGrizzle@cowcreek.com.

- Second Tuesday of each month: 9 AM — 12 PM
- Fourth Tuesday of each month: 1 PM — 4 PM
- Immediately following Quarterly Council meetings (the second Sunday in February, August, and November, and the third Sunday in May).

Tobacco Cessation Referral Incentive Program

The Cow Creek Health and Wellness Center is currently implementing a revised Tobacco Cessation Referral Incentive Program at both clinics. Our clinic staff has made a commitment to help you reach your goal to quit smoking. If you are serious about quitting smoking, but need additional support, you can come visit us at either clinic and we will help you look at your options and the various support available to you. We are currently offering a valuable gift bag to those who sign up. There are three main areas to consider:

1) The Smokefree Oregon Quit Line. 2) Communication with our medical staff about medications that can help you stop smoking. 3) Enrolling in the Tribal Tobacco Cessation Program. Research shows that enrolling in one of the above listed programs can increase your chances of quitting by over 20 percent. Each program offers a unique service. Communicating with your medical provider about your desire to quit smoking may result in important information about physical and/or other conditions you can prevent by stopping smoking. And, some stop-smoking aids have been known to be very effective.

The Tribal Tobacco Cessation program is provided by a Licensed Clinical Social Worker using evidence-based curriculum originally developed by the American Lung Association, called *Freedom from Smoking*. This program includes 8 sessions that are typically completed in 4 in-person sessions which are covered by your insurance. The Tribal Tobacco Cessation Program provides an immense amount of information to help you on your journey to a tobacco-free lifestyle, including the three-link chain of addiction, relaxation, support, increasing healthy alternatives, and prevention of relapse.

The Smokefree Oregon Quit Line offers nicotine replacement products such as nicotine gum and lozenges and other written material to help you quit. The Quit Line is not a service that will harass you; they simply offer 24/7 access via phone if you are having an urge to smoke. Please contact Aimee Wilhite, Becki Zwiefelhofer, Rayna Fullerton, or Julie Hargraves at 541-672-8533 or come to either clinic for your valuable gift bag and to get more information about the program. Don't Let Tobacco Smoke You!

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 12 PM @ Gathering Place Buffet in 7F	5 Moccasin Workshop 10 AM–2 PM @ EWC
6	7 Senior Meal Sittercise 11–11:30 AM @South Clinic	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. 7–9 PM	12 Washington State Informational Meeting Port Angeles, WA, Red Lion Hotel. 1–3 PM
13	14 Senior Meal Sittercise 11–11:30 AM @South Clinic (Last Class)	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) Breakfast with Warm Springs Tribal Elders 8–10 AM @ 7F 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 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>	

April 2016

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday											
<div>Regular Activity Times & Places</div> <div>Senior Meals: 12 PM @ Seven Feathers Casino</div> <div>Yoga Class: 9:15–10:15 AM @ Yoga Studio 300 Pleasant Street, Myrtle Creek, Oregon</div> <div>Water Aerobics: 9–9:45 AM, 10–10:45 AM @ South Clinic</div> <div>Takelma Class: Adult: 10 AM–2 PM Youth: 3–5 PM @ Expanding Horizons Youth Center (EHYC)</div> <div>Reading Group: 10 – 10:45 AM Wed: @ EWC</div> <div>Entrepreneurial Workshop: 6–8 PM @ EWC (Education Workforce Center)</div>			3 Takelma Class			4 Senior Meal Yoga Class			5 Senior Meal			6 Senior Meal Reading Group Takelma Beginner Class 6–7 PM @EWC			7 Takelma Class			8 Takelma Beginner Class 6–7 PM @EWC			9			1 Elder’s Luncheon			2		
			10			11 Senior Meal Yoga Class Takelma Beginner Class 6–7 PM @EWC			12 Water Aerobics Senior Meal Youth Drum Activity 4:30–6 PM @EWC Food Bank Open 9 AM–12 PM @ GO			13 Senior Meal (With Guest Speaker) Reading Group Takelma Beginner Class 6–7 PM @EWC			14 Water Aerobics Takelma Class			15			16								
			17			18 Senior Meal Yoga Class Takelma Beginner Class 6–7 PM @EWC Love and Logic Class 5–7 PM @ South Clinic			19 Water Aerobics Senior Meal Diabetes Self-Management Class @ Canyonville Clinic 5:15 PM– 6:15 PM			20 Senior Meal Reading Group Takelma Beginner Class 6–7 PM @EWC			21 Water Aerobics Takelma Class Love and Logic Class 5–7 PM @ South Clinic			22			23								
			24			25 Senior Meal Yoga Class (Last Class) Love and Logic Class 5–7 PM @ South Clinic			26 Water Aerobics Senior Meal Kindergarten Prep Class 6–7:30 PM @GO Youth Cultural Activity 2 PM–5 PM @EWC Food Bank Open 1 PM–4 PM @ GO			27 Senior Meal Reading Group Kindergarten Prep Class 6–7:30 PM @EWC			28 Water Aerobics Takelma Class Love and Logic Class 5–7 PM @ South Clinic			29			30								

**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



To find jobs online, go to uidchr.com

Visit us online at cowcreek.com