



Wik'uuyam Heeta'

"Friend, Away from Here"

The Official Newsletter of
the Cow Creek Band of Umpqua Tribe of Indians



South Umpqua Falls

Volume 26, Issue 7
July 2016

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

Inside This Issue

Veterans Honored at the July Elder Luncheon

The July 1st Elder Luncheon focused on honoring those who've served (Page 4)

17th Annual Veteran's Dinner

Over 600 people attended the Independence Day celebration on July 4th (Page 5)

Cow Creek Artifacts at the Eagle Point Museum

The Tribe's partnership with the Eagle Point Museum had a grand start (Page 6)

The 2016 Annual Huckleberry Gathering

Check inside this issue to see details on when the Tribe will travel to harvest berries (Page 7)

The 2016 Culture Camp

See photos from this year's Culture Camp! (Page 11)

A Discount on Technology for the Tribe

One of the Tribe's distributors is giving discounts to Tribal members and employees (Page 13)

Cow Creek Health & Wellness Center Health Tip

Learn about keeping you and your family healthy with this tip (Page 14)

Cultural Outreach Program Report and Schedule

The Culture Department is traveling out to Tribal members to offer workshops (Page 15)

Special Services for Tribal Members

See special programs and services that can benefit Tribal members (Page 19 - 21)

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

January 1st -- New Year's Day

January -- Martin Luther King Jr. Day

February -- Presidents' Day

May -- Memorial Day

July 4th -- Independence Day

September -- Labor Day

October -- Columbus Day

November -- Thanksgiving Day (and next day)

December 24th & 25th -- Christmas

A Letter from the Chairman

Update on the Medford Casino

Great strides have been made in our Tribe's efforts to prevent the Coquille Indian Tribe from opening a casino in Medford, which would be located nearly 170 miles from their existing casino in North Bend on the Oregon Coast. Our team has been diligently working on three fronts that include local, state and federal politicians, the Department of Interior, and the White House. The team has been effective in securing opposition to the Coquille's Casino plan from the City of Medford, several Oregon State Legislators, Oregon's Governor, four of the Oregon US Congressional Representatives and both US Senators.

We have been working very closely with the Assistant Secretary of the Interior, who will ultimately make the decision as to whether the Medford casino will move forward. It is a general feeling that the Assistant Secretary will make his decision before the end of the year.



Legislative Update: July 13, 2016

The Senate Energy and Natural Resources Committee (ENR) approved several bills out of the committee on July 13, 2016, including The Cow Creek Umpqua Land Conveyance Act of 2016 (S. 815). This is the Cow Creek Reservation legislation that has been introduced several times by Senator Wyden. This time, before final passage out of the committee, the Cow Creek Bill was amended to include both the Coos, Lower Umpqua and Siuslaw Land Conveyance Act (S. 814) as well as the Amended Coquille Restoration Act regarding Forestry (S. 816). Both of those bills are now reclassified as (S. 815).

The House version of our bill was introduced by Congressman DeFazio and passed out of the House of Representatives in September 2015. While in the Senate ENR Committee, minor changes to the language of the bill were made that will require the legislation to return to the House of Representatives for concurrence or possibly to be reintroduced as a new bill that is identical and also includes the two other tribal bills that were amended into (S. 815). The return to the House could happen before or after the bill is considered by the full Senate.

Should the ENR Business Meeting proceed as scheduled, we expect that (S. 815) will pass out of that committee.

Other bills that are included in the ENR Business Meeting are a reservation area for the Coos, Lower Umpqua, and Siuslaw.

*Dan Courtney,
Tribal Chairman*

Tribal News

Elders Luncheon Honors Veterans and Their Spouses

The Elder Department honored Elder Veterans at the July Monthly Elder Luncheon with a 35-minute Patriotic Musical called "I Salute You" performed by the "South County Christian Singers" Choir.

After the music and a delicious meal, all present Veterans were called forward to be honored with a traditional pine nut necklace and red, white, and blue beading.

Then, the spouses of Veterans present were recognized for taking care of the Homefront while spouse were away. They were presented a long stem red rose wrapped in white baby's breath adorned with a blue ribbon.

The entire room was decked in red, white, and blue to celebrate Love of our Country. Chairman Dan Courtney and Board Members Tom Cox and Robert Van Norman were present, just to name a few. Board Member Luann Urban represented her late father Delbert Rainville for his years of service.



Elders, mark your calendars for the first Friday of each month!

See page 17 to get more information on the luncheons coming up in August and September!

Hundreds of Veterans Honored at the Annual Independence Day Dinner

The 17th Annual Veteran's Dinner, hosted on July 4th at the Seven Feathers Casino Resort, brought together over 600 people to honor the service of the many veterans in attendance.

The event opened with a performance by the Dancing Thunder drum group, featuring Shiela Rich, Becky Gaines, Courtney Buschmann, Cindy Grizzle, Clem Rice, Debbie Hendrick, Clara Keller, Anna Samey, and Beth Gipson. The group drummed Tribal music to introduce the Cow Creek Color Guard, which included Robert Van Norman, Rhonda Richardson, Fred Van Norman, Jerry Ledford, Ryan Bochart, Scott Hamrick, Tom Cox, and Tyler Jasper. They were followed by several performances and ceremonies, including bagpipe playing and the placing of a wreath to represent those soldiers who have fallen.

Michael Rondeau, Tribal CEO, sang the National Anthem and introduced Governor Kate Brown, who praised Native Americans and their tradition of noble service in the armed forces. She mentioned that Native Americans give more military service per capita than any other subgroup of America's population.

"Despite a long and complicated history between our tribes and the federal government, Tribal

members have never hesitated to stand up and protect our shared homeland," Governor Brown said. "Their service and sacrifice deserves our deepest gratitude."

Other speakers included Lee Patterson, the Master of Ceremony; Stan Speaks, Regional Director of the Bureau of Indian Affairs; and Bill Markham, a WWII combat pilot and former legislator.



The event also featured a model Navy ship, and the Traveling Veteran Wall, which can be seen behind the Dancing Thunder drum group above. Information was provided on the Kenny Rogers concert that would raise funding for a permanent replica of the Vietnam Memorial Wall to be built in Medford, Oregon.

Amy Clawson, national country music performer, sang "God Bless America" before the drummers and Color Guard retired the colors.



Tribal News

Cow Creek Artifacts at the Eagle Point Museum

Various Tribal members and Elders attended the debut of the display of Cow Creek Tribal artifacts at the Eagle Point Museum on June 11, 2016. Robert Russell, mayor of Eagle Point, Oregon, was in attendance, and joined Robert Van Norman in giving a welcome address and other opening remarks. Rhonda Richardson also offered a prayer in the Tribe's traditional Takelma language, accompanied by an explanation that even though we are Cow Creek Umpqua people, we traditionally speak the Takelma language.



Many Tribal members attended the opening festivities, including Garry Zimmerman, Roxy and Orv Guenther, Linda McAnelly, Chuck Jackson, Vera Jones, Clem Rice, Clara Keller, Loretta Corbett, Larry and Elaine Davis, and Stephen and Scarlett Guenther. The Culture Department would like to offer its thanks to Cindy Grizzle and Amber Lomascola for driving Elders down to the event. This display comes as a partnership between the Cow Creek Band of Umpqua Tribe of Indians and the Eagle Point Museum.



The celebration of the exhibit's opening went from 11 AM to 4 PM, and included food vendors, fiddlers, a performance from the Good Medicine Drum group, and the exhibits of Tribal artifacts. These artifacts include an arrow, an obsidian wealth blade, dentalia and pine nut necklaces, a woman's hair tie, a basket cap, a gambling drum and stick, and an abalone shell with two smudge sticks.



The Eagle Point Museum is open 8 AM to 5 PM at 202 N Royal Ave, Eagle Point, OR

The Tribal Garden Needs a Takelma Name!



The Tribal Garden has been in operation for approximately 4 years now and we think it needs a name! Listed below are four potential garden names. Please cast your vote by July 29th by calling Megan Taddei at 541-677-5575, ext. 5235, Cow Creek Tribe Natural Resources Department.

1. Tuú Xumá (good food) pronounced “Do hooma”
2. Yap’a Xuma (people food) pronounced “Yap ah hooma”
3. Haapke emna’s xumá (Creator Food) pronounced “Hob gee emm nas hooma”
4. Tuú Yap’a Xumá (good people food) “Do Yap ah hooma”

If you have questions please contact Rhonda Richardson at 541-677-5575, ext. 5513.

Cooperative Agreements for Tribal Behavioral Health

The Cow Creek Health & Wellness Center has applied for the Native Connections grant with the Substance Abuse and Mental Health Services Administration, Center for Mental Health Services (CMHS), and the Center for Substance Abuse Prevention (CSAP).

The purpose of this program is to prevent and reduce suicidal behavior and substance abuse, reduce the impact of trauma, and promote mental health among American Indian/Alaska Native

young people up to and including age 24. The program will help grantees reduce the impact of mental and substance use disorders, and will foster culturally responsive models to reduce and respond to the impact of trauma on American Indian/Alaska Native communities through a public health approach. The Clinic will know by September whether they have been awarded the grant. If so, they can begin implementing trauma-informed care for patients who have experienced adverse childhood experiences.

2016 Annual Huckleberry Gathering

The Annual Huckleberry Gathering will be on Saturday, August 13, 2016 at the regular meeting place on the Rogue Umpqua Divide. Prayer and Pot Luck lunch is at noon. There will be visiting, picking berries and storytelling until 3 PM. This is an all-day trip. Road travel is slow, steep and narrow, so a four-wheel-drive vehicle is suggested. For those who have not been to the huckleberry gathering before and would like to caravan, we will meet in the South parking lot of Seven Feathers, near the cemetery entrance at 8 AM. Bring your own tableware, drinks, lawn chairs, and a story to share. Any food is welcome. If you have a great huckleberry recipe (or any other) and would like to share it, please bring it along as well. BASKET WEAVERS, please bring your berry baskets to show others. If you have questions, please contact Rhonda Richardson at 541-677-5575 ex. 5513.



SUMMER FAMILY GATHERING

BBQ, Shiny, and Swimming



August 19th, from 11 AM to 3 PM (Swim time from 11 AM to 1 PM)

South Umpqua Memorial Pool
727 NE Orchard St, Myrtle Creek, OR 97457

For Cow Creek Tribal members, employees, their families, and other Natives

RSVP BY AUGUST 12, 2016

(So that we know how much food to get)

Contact Amber Gaines by phone at 541-672-5586 or by email at AGaines@cowcreek.com to RSVP so that you can attend.

Open to the first 100 to RSVP

“Don’t Let Tobacco Smoke You” Campaign: A Success Story

Did you know that 35 percent of American Indian and Alaska Native adults in Oregon smoke commercial tobacco, compared to 21 percent of white adults (Smokefree Oregon)? In addition, the CDC reports 55 percent of Native American women smoked before pregnancy. Although the rate dropped to 26% for Native American women who continued to smoke during pregnancy, the rate remains highest among other ethnic groups. After noticing such trends in early 2015, Dr. Sharon Stanphill instructed the

Cow Creek Behavioral Health Department’s Tobacco Prevention and Education Program to train medical staff in the evidence-based “5A’s” model in an effort to increase referrals to cessation options. In June, 2015, all clinic staff were provided an educational training about the “5A’s” and “2A’s and an

R” models, the Smokefree Oregon referral process, and the Tribal Tobacco Cessation Program. Each of the four medical teams were provided a Tobacco Cessation Referral folder for use with patients.

In November of 2015, four Cow Creek Behavioral Health staff were provided Basic Tobacco Intervention Skills Training for Native Communities, which includes evidence-based practices using the “5A’s” model to refer patients to tobacco cessation options. The Basic Intervention Skills for Native Communities was funded through Indian Health Serves. As a result of the new training, all clinic staff were re-trained in Basic Tobacco Intervention Skills for Native Communities by January 2016.

The training for clinic staff also included information on the new Smokefree Oregon web-based referral system.

The Cow Creek Behavioral Health Department Tobacco Prevention and Education Program requested a mini grant from Northwest Portland Area Indian Health Board (NWPaiHB) in an effort to obtain funding for incentives to implement a Tobacco Referral Incentive Program for a period of 4 months that ran from January 1, 2016 to April 30, 2016. Although the funding for incentives were paid for by NWPaiHB, funding was used out of the

Tobacco Prevention and Education Program to develop and implement strategies within the Tobacco Referral Incentive Program.

All clinic staff were provided an opportunity to participate in the Tobacco Referral Incentive Program.

Clinic staff who were

willing to participate were randomly selected and placed on the already positioned medical teams entitled Blue, Green, Yellow, and Red teams. Each team was provided an opportunity to run their own campaign in an effort to increase the number of screenings taking place in the medical clinic. Incentives were provided per participant and for the winning medical team. The incentives provided an opportunity for clinic staff to practice the newly acquired basic intervention skills for referring patients to cessation options over a four month period and to get used to the new web-based referral system for the Smokefree Oregon Quit Line.

Continued on Page 10



Tribal News

Continued from Page 9

As a result of the Tobacco Referral Incentive Program, there has been an increase in the number of tobacco screenings being conducted by clinic providers. Past quarterly results indicate an average of 107 patients screened monthly from April 1 to June 30, 2015, an average of 107 patients screened monthly from July 1 to September 30, 2015, and an average of 84 patients screened monthly from October 1 to December 31, 2015. Results from January 1 to March 31, 2016, indicate 136 average monthly screens in the last quarter, which is a 37% increase.

Data from Optum shows a total of 9 fax referrals to the SmokeFree Oregon Quit Line from July 1, 2015 to December 31, 2015. After training staff in Basic Tobacco Intervention Skills for Native Communities using the evidence-based “5A’s” model, and training in the web-based Quit Line referral process, there has been a 366% increase in the number of referrals to the Quit Line as of April 31, 2016. There have been 42 web-based referrals to the Quit Line from January 1, 2016 to April 30, 2016.

There has also been an increase in the number of patients accessing the Tribal Tobacco Cessation Program. Past quarterly results indicate 4 patients accessing the Tribal Tobacco Cessation Program from April 1 to June 30, 2015, 4 patients accessing the Tribal Tobacco Cessation Program from July 1 to September 30, 2015, and 4 patients accessing the Tribal Tobacco Cessation program from October 1 to December 31, 2015. There were 5 patients

who accessed Tribal Tobacco Cessation Program services from January 1 to March 31, 2016. A survey was conducted on May 20, 2016, to gather data to show the change in staff level of knowledge and level of change in comfort in referring patients to cessation options after being trained in Basic Tobacco Intervention Skills for Native Communities. A total of 26 clinic staff responded to the survey, and 88% of them reported that they felt more comfortable referring patients to tobacco cessation options. A total of 88.46% felt more knowledgeable about referring patients to cessation options.

The program is exciting because it heightened awareness of the need to screen and refer patients to tobacco cessation options. Talk about screening and referring patients to cessation options increased in meetings and among everyday work tasks and was integrated into the culture at the clinic. Many of the clinic staff became more knowledgeable about the differences between commercial and traditional uses of tobacco.

The most exciting part was that we made a noticeable difference in attempting to get Tribal members and others to think about quitting commercial tobacco. The program has made an impact on our clinic staff, and we will continue to help our Tribal members and others become commercial-tobacco-free.

For more information, contact Mark Barnstable at 541-672-8533 or MBarnstable@cowcreek.com.



Culture Camp 2016

What another great year of success!! We had a total of 89 families that totaled 284 participants. The Traditional oven was a huge hit and produced some amazing vegetables for Saturday's dinner.



One of the newest classes that we have now is the weaving class. This class was hosted by our very own Cow Creek Weavers. They featured cedar bark this year and made 85 headbands! This group of ladies has worked very hard with their skills and is continuing to grow as a group. We are looking forward to what next year will bring! We hope to see you there!

We are always looking for Tribal craftspersons to add to our growing camp. If you or someone you know is interested in teaching a traditional class for the next 3-day camp, give us a call at 541-677-5575! We are excited to hear from you!



Tribal Member Employee Highlight: Jami Johnson, Manager of the River Rock Spa in Seven Feathers

Born in Alaska, Jami lived in 9 states before she was 20, and has since been living in Oregon for the last 20 years. After various employments, she followed her dream and studied at the Roseburg Beauty School. After graduating, she worked as an independent contractor, working with hair care, nail treatments, and more. The Tribe aided her in accomplishing this dream, by paying for \$10,000 of her schooling costs.

When the Seven Feathers Casino Resort opened the River Rock Spa, she was hired as the Lead Nail Tech, where she worked for two years before becoming a Full-Time Aesthetician. Two years later, she was promoted to Spa Manager, where she has worked ever since.

Jami works hard in the River Rock Spa to mediate and direct spa staff, schedule appointments and events, order new and replacement products, and to stay up-to-date on the latest beauty techniques, products, and technologies. She also fills in as needed in the spa itself, as she is the first of the River Rock Spa Managers to be able to perform beauty treatments if an employee calls in sick or takes time off.

"I love it here, I really do. I feel like I come home every day," she says. "It's really awesome to have a goal, and to be able to reach it, and to have the support of family, Tribe, and the community. We have to rely on our co-workers and everybody, and it's amazing what you can achieve when you do that."



Discounts on Technology for Tribal Members and Employees

PC Connection, one of the Tribe's suppliers of technology, has opened up a portal on their website for all Tribal members and employees. This will allow Tribal members and employees to create an account to purchase technological items such as desktop or notebook computers, printers, data storage devices, cameras, HDTVs, iPods, and more at a reduced price. There is 24/7 access to discounts on more than 150,000 technology products from 1,400 leading brands.

The logo for PC Connection features a blue swoosh above the text "PC Connection" in a dark blue serif font, with a registered trademark symbol (®) to the upper right of the word "Connection".

PC Connection®

These prices are discounted, but they are also competitive with other vendors, such as www.amazon.com or www.overstock.com. Tribal members and employees who utilize PC Connection are encouraged to price check each item on various sites to ensure they get the best deal possible.

To access this discount, use a web browser to go to www.pcconnection.com/cowcreek. Once there, you can create your own login and password for future visits. All major credit cards are accepted, and the website features secure ordering and direct shipping to your home.

It should be noted that the Cow Creek Band of Umpqua Tribe of Indians is not responsible for transactions between PC Connection and Tribal members or employees.



Don't Keep Leftover Painkillers at Home

A Cow Creek Health & Wellness Center Tip

By Dennis Eberhardt, Clinic Director

Holding on to leftover prescription medicines you no longer need might not seem like such a bad idea, but it's actually pretty risky, experts warn. One concern? Those medicines could wind up in the hands of curious kids or their pals. According to a recent survey, many parents aren't properly disposing of leftover medications they have. Pain medicines can do a lot of good, but leaving

them in the home when they're no longer needed could contribute to dangerous drug misuse, researchers noted. Researchers also found that nearly half of patients with children at home that had been prescribed pain medicines, including powerful narcotic opioids, kept the unused portion in the home instead of returning it or disposing of it in a safe manner.

The Take-Home Message

If you have questions about what to do with your child's leftover medicines, ask your doctor. While flushing them down the toilet might seem like a good solution, doing that can harm the water supply.

Instead, Cow Creek Health & Wellness Center recommends that you:

- Bring them to us at either clinic and we will dispose of them for you.
- Take them to a medicine take-back program in your community. Our own Hometown Drugs of Roseburg is an official Controlled Substance Disposal Location.
- If they are liquid, you can mix them with dirt, kitty litter or used coffee grounds, and seal them in a plastic bag. Then throw them away.

It's also important to store medicines safely while they're in the home. A locked cabinet or other secured place out of a child's sight is a good location to store medicines. Call 541-672-8533 for more information.



**The Health of Our Tribe
Depends on Everyone.**

Your Clinics Are Here to Help.

Culture Corner



Cultural Outreach Program Travels to Grants Pass, Oregon

On June 26, 2016, Cultural Arts Outreach Specialist, Brittany Jones, traveled to Grants Pass to hold an interactive cultural arts workshop and teach Tribal members about the Cultural Arts Revitalization Project.

The workshop was focused on creating red cedar bark headbands. These workshops are a great opportunity, not only to learn new cultural arts, but also for Tribal members to get to know one another.

The Cultural Arts Revitalization Project Grant, awarded through the Administration of Native Americans, continues its last year by offering outreach to Tribal members located outside of Douglas County.

If you have interest in participating in a workshop and live outside of Douglas County, please call Brittany Jones at 541-729-4524.

Cultural Outreach Program Travel Itinerary for July - September 2016

July 10th, 2016 Cedar Headbands	Medford, OR (Jackson County)
July 23rd, 2016 Cedar Headbands	Boise, ID (Ada County)
July 30th, 2016 Baby Moccasins	Tacoma, WA (Pierce County)
August 6th, 2016 Cedar Headbands	Salem, OR (Marion County)
August 13th, 2016 Flat Stitch Beadwork	Longview, WA (Cowlitz County)
August 20th, 2016 Pine Nut & Dentalia Necklaces	Bend, OR (Deschutes County)
August 27th, 2016 Flat Stitch Beadwork	Chico, CA (Butte County)
September 3rd, 2016 Pine Nut & Dentalia Necklaces	Vancouver, WA (Clark County)
September 10th, 2016 Flat Stitch Beadwork	Portland, OR (Clackamas County)



Education Corner

Exciting Summer Activities with the Youth Education Program!

Our Round Circle Reading Groups are in full swing at the Education Workforce Center in Myrtle Creek. Parents with young children as well as teenagers are welcome during the summer. Groups meet



every Wednesday morning from 9:00-9:45. Each child receives a free book to take home. Come by, grab a snack, lay down one of our special Reading Rugs, and have a fun time reading with your children. Starting Tuesdays in July, there will be another group meeting at the Cow Creek Tribal Government Offices in the Library from 9:00-9:45. Please be sure to reserve your space for either location or ask questions by calling Mark Andrews at 541-677-5575.

The Vroom Project is fully underway. Parents with children ages 0-6 can participate in this FREE program, where parents receive daily texts and tips that help turn everyday activities into Brain Building learning activities. Research shows that the more connections that are formed in the brain between the ages of 0-5, the better likelihood of lifetime learning will take place. Contact Mark Andrews at 541-677-5575 for more information on how to receive a free Vroom Tote Bag!

The Youth Advisory Committee was in full swing during Culture Camp. Tables of activities ranging from creating Takelma Language T-shirts, making



edible Plank Houses, Beading, and other fun activities took place. Be sure to stop by next year to join in the fun! Parents may leave their children under the watchful eyes of the Committee in order to go to other classes themselves. Thanks to everyone who participated.

Our first Summer Field Trip took place on Thursday, June 23rd to the Science Works Museum in Ashland. Youth from grades 4-12 participated in a variety of educational and fun tasks and exhibits.



Further field trips will take place on: July 28 to the Mount Pisgah Arboretum in Eugene, August 4 to the Cascade Raptor Center in Eugene, and August 18 to the Butterfly Farm in Elkton and the Umpqua Discovery Center in Reedsport. Most trips are already booked. Call Mark Andrews at 541-677-5575 for more information.



FRIDAY, AUG 5TH

ELDERS MONTHLY LUNCHEON

Great Social Times

Cow Creek Tribal Elders gather together for fun, games, a cultural presentation, and a great feast!

RSVP by Friday, July 29th
cgrizzle@cowcreek.com or 541-677-5575

**Celebrate Summer with
a delicious lunch menu!**

Guest Speaker:
Tabbitha Johnson,
Cultural Educator/
Activities and Events Coordinator

**Elders Bingo
Fun Prizes!**

See you there!

When: Friday Aug 5th, 12 PM
**Where: 7 Feathers Resort,
Grape and Huckleberry Rooms**

Visit www.cowcreek.com for Elders Program information

September 2016

Monthly Elders Luncheon

Event Date: Friday, Sept 2nd
Time: 12 PM
Place: 7 Feathers Resort
Grape and Huckleberry Rooms

Cow Creek Elders Program
Cindy Grizzle cgrizzle@cowcreek.com 541-677-5575

RSVP & Sign Up by Friday, Aug 26th, 2016



Come join the fun with Family Movie Day

Featuring
Kubo and the Two Strings

August 19th
Show Starts at 10:00 AM at the
Roseburg Cinema

1750 NW Highwood Drive, Roseburg Oregon

**A small soda and popcorn along with free admission
will be provided to all Tribal Families**



To ensure adequate seating,
please RSVP to Kayla Knight at the
Cow Creek Government Offices
541-677-5575

Government and Programs

Special Services and Programs for Tribal Members

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.

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.

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 their 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 541-779-4357.



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 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

Elders Walking Club Coming Soon!

The Cow Creek Elders Program is happy to announce the Walking Club! It is available to all Tribal Elders, spouses or caregivers of Elders, and Affiliate Tribal Elders.

This club can help maintain mobility and independence, lower blood pressure, and decrease the risk of diabetes.

For more information, contact Adrionna Brim at 541-677-5575.



Government and Programs

Low-Income Housing Waiting List

If you are currently on the Cow Creek Tribal Housing Low-Income Housing Waiting List, please make sure that your address and phone number are up to date. If your name comes up on the list and we cannot get a hold of you, we will be forced to pass you by until we hear from you. Also remember that if you are on the waiting list, your application needs to be updated on an annual basis. The cycle begins on July 1st and individuals with an application submitted 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. Also, please 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, please 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.

Low-Income Rental Assistance Program

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.

Eligibility Requirements

- Must be an enrolled Cow Creek Tribal member
- Must qualify as Low-Income (provide verification of all income)
- Must attend a financial fitness program
- Cannot pay more than 30% of income for rent

Required Documentation

- Completed Tribal Rental Assistance Program application
- Last year's tax returns and proof of all other forms of income from all household members
- Credit and Criminal History Check: (Anyone over the age of 18, to be done annually)
- Release of information form
- Voluntary Payback form
- Financial Class Agreement (if already completed, copy of certificate)
- Signed copy of the Rental Assistance Contract
- Landlord Information, Lead-Based Paint and W-9 forms to be completed by the landlord
- Copy of the Lease/Rental Agreement for the unit/home in which you are living
- Tribal Member must provide photos of the residence for which they will be receiving assistance. (One interior, one exterior)
- Copy of Tribal ID Card for head of household, Copy of ID for every household member age 18+ and copy of Social Security Card for every household member

Applications can be obtained on the website at www.cowcreek.com or by calling the Government Office at 541-677-5575. For more information regarding this program, contact Sarah Thompson, Housing Resident Manager, at 541-863-3730 or by email at SThompson@cowcreek.com.

Government and Programs

Student Rental Assistance Program Open Enrollment 2016-2017

The Student Rental Assistance Program will be accepting applications beginning July 15, 2016, 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 Thompson, 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. For any questions, please contact Sarah Thompson, Resident Manager at 1-541-863-3730 or by email at sthompson@cowcreek.com.

Sittercise Class Returning in August

The Cow creek Band of Umpqua Tribe of Indians is happy to inform you of the Sittercise physical fitness class!



Sittercise effectively assists Elders to exercise and move without putting pressure or strain on their bodies. Movement within the joints helps keep them lubricated and flexible. It also helps increase blood circulation, restore balance, and strengthen and stabilize muscles. This class is perfect for Elders who have trouble standing for a long time, who are off-balance, or who use a wheel chair. This class will be held on Mondays, starting August 1st, from 11 AM to 11:30 AM. It will continue until September 12th of this year.

Behavioral Health Department Distributes “Prevention Warriors” Posters to Schools in Service Area

The Cow Creek Behavioral Health Department has distributed several powerful warrior posters to local high schools, featuring Tribal Members dressed in Tribal regalia, holding signs that urge Tribal youth to honor their heritage by avoiding destructive behaviors, such as drugs and alcohol, suicide, and more. For more information, contact Amber Gaines at 541-672-8533.



July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Elders Luncheon Tai Chi Yoga Class	2
3	4 <u>Tribal Government Offices CLOSED</u>	5 Senior Meal Tai Chi Reading Group Takelma Class 6-7 PM @ EWC	6 Senior Meal Reading Group	7 Takelma Class 10 AM-12 PM @ EWC	8 Tai Chi Yoga Class	9
10	11 Senior Meal Yoga Class	12 Senior Meal Tai Chi Reading Group Food Bank Open 1-4 PM @ GO	13 Senior Meal (Guest Speaker) Reading Group <i>2016 Tribal Election Ballot Mailed Out</i>	14	15 Tai Chi Yoga Class Pow-Wow	16 Pow Wow
17 Pow Wow	18 Senior Meal Yoga Class	19 Senior Meal Tai Chi Reading Group Cooking Class 10:30 AM @ GO	20 Senior Meal Tai Chi Cooking Class 10:30 AM at the Canyonville Clinic	21	22 South Umpqua Falls Traditional Intertribal Pow Wow Tai Chi Yoga Class	23 South Umpqua Falls Traditional Intertribal Pow Wow
24 South Umpqua Falls Traditional Intertribal Pow Wow	25 Senior Meal Yoga Class Diabetes Self-Management	26 Senior Meal Tai Chi Reading Group Food Bank 1-4 PM @ GO Wellbriety & Celebrating	27 Senior Meal Reading Group	28 Takelma Class 10 AM - 12 PM YEP Field Trip Wellbriety & Celebrating Families	29 Tai Chi (Last Day) Yoga Class (Last Day)	30

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Reading Group: 9 - 9:45 AM @ GO (Tues) and EWC (Wed)

Tai Chi: 8 - 9 AM @ Millsite Park in Myrtle Creek

YEP Field Trips: 8 AM - 5 PM, See pg. 16 for more details

Wellbriety and Celebrating Families: 4 - 5 PM @ GO

Yoga Class: 9:15 - 10:15 PM @ Yoga Studio 300 Pleasant Street, Myrtle Creek, Oregon

GO: Government Offices, Roseburg, OR

EWC: Education and Workforce Center, Tri-City, OR

For any questions regarding activities, please call the government offices at 541-672-9405.

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Senior Meal Takelma Class 6-7 PM @ EWC Sittercise	2 Senior Meal Walking Club Reading Group	3 Senior Meal Takelma Class 6-7 PM @ EWC Reading Group	4 Takelma Class 10 AM - 12 PM Walking Club YEP Field Trip	5 Elders Luncheon	6
7	8 Senior Meal Takelma Class 6-7 PM @ EWC Sittercise	9 Senior Meal Walking Club Cooking Demo 10:30AM-12PM @ Canyonville Food Bank Open 1 PM - 4 PM Reading Group	10 Senior Meal Takelma Class 6-7 PM Reading Group	11 Takelma Class 10 AM - 12 PM Walking Club Cooking Demo 10:30AM-12PM @ Roseburg	12 2016 Tribal Election Ballot Due by 4 PM Summer Family Gathering RSVP Deadline	13 Huckleberry Gathering Leave casino at 8 AM See pg. 7
14 General Council Election Meeting 10 AM Lunch provided Food Bank Open After Meeting	15 Senior Meal Sittercise	16 Senior Meal Walking Club Reading Group	17 Senior Meal Reading Group	18 Walking Club Takelma Class 10 AM - 12 PM YEP Field Trip Elder Trip: Leave Casino at 8 AM	19 Summer Family Gathering Family Movie Day 10 AM Elder Trip: Return to casino 8 PM	20
21	22 Senior Meal Takelma Class 6-7 PM @ EWC Sittercise	23 Senior Meal Walking Club Food Bank Open 1-4 PM @ GO Reading Group	24 Senior Meal Takelma Class 6-7 PM @ EWC Reading Group	25Takelma Class 10 AM - 12 PM Walking Club Farmers Market/ Garden Cooking Class: 10:30 AM @ Canyonville	26	27
28	29 Senior Meal Takelma Class 6-7 PM Diabetes Self- Management 5PM @ GO Sittercise	30 Senior Meal Walking Club Reading Group	31 Senior Meal Takelma Class 6-7 PM Reading Group			

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Sittercise Class: 11 - 11:30 AM @ Canyonville Clinic

Reading Group: 9 - 9:45 AM @ GO (Tues) and EWC (Wed)

Summer Family Gathering: 11 AM - 3 PM @ South Umpqua
Memorial Pool, 727 NE Orchard St. Myrtle Creek

YEP Field Trips: 8 AM - 5 PM, See pg. 16 for more details

Walking Club: 10:30 AM to 11 AM @ Millsite Park
in Myrtle Creek

Wellbriety and Celebrating Families: 4 - 5 PM @ GO

**Cow Creek Band of
Umpqua Tribe of Indians**

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