



Wik'uuyam Heeta'

"Friend, Away from Here"

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



Cow Creek Board Room Mural

Volume 27, Issue 1
January 2017

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

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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 -- New Year's Day

January -- Martin Luther King Jr. Day

February -- Presidents' Day

May -- Memorial Day

July -- Independence Day

September -- Labor Day

October -- Columbus Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

Letter from the Chairman



The Cow Creek Tribe never received the reservation our Treaty promised, but we remained on our homelands and continued to hold council as our ancestors had always done.

In the 1970's, our Tribe began the path to restoration, and in 1982 it was the second Oregon Tribe to re-establish a

formal government-to-government relationship with our Federal and State government with the Tribe's Restoration Act. However, the act did not restore any of the Tribe's ancestral lands.

This is important for this context, because since 1982, the Tribe has spent the last 34 years pursuing a land restoration policy and economic development strategy that focuses on both direct purchase of land as well as repatriation through congressional acts.

When we learned of the State's decision to transfer ownership of the Elliot Forest, we were immediately interested, because we wanted to see that ownership of the forest remained local, not transferred to an out-of-state or even international entity. We were also interested because it aligned with our long-term land acquisition, management, and investment goals. We thought that with the right partners, we could all win.

Our Tribal priorities to restore our land base could be advanced. The state could sell the forest to a loyal, trusted partner with deep ties to the community and a commitment to the state. The public policy goals to fund education and ensure sustainable protection of the forest could be achieved. And the citizens of Oregon could feel secure that the public interests could be protected in the future of the Elliot Forest.

When the state set the market value and announced the price, we began seeking investment partners that shared our commitment and values. We met with many parties, but when we met with Lone Rock Timber Management Company, we knew they were the right

entity to join our effort. They are local to Roseburg, and have a record of sustainable and environmental protections we all want to see in our forest. Like us, their roots in Oregon are deep, and they want to see this asset carry forward for generations.

We are also pleased to partner with the Confederated Tribe of Coos, Lower Umpqua and Siuslaw Indians. This Tribe has a unique connection to the Elliot forest, and they play an important role in holding the conservation easement.

The Conservation Fund will join us in advising and offering expertise in cultural resource management, fish and wildlife habitat, water quality, public access, and responsible economic development, which they have done nationally. In addition, the Confederate Tribes of the Grand Ronde, and the Confederated Tribes of the Siletz are also interested in the opportunity to advise and oversee the management of the Elliot.

With expanding Tribal membership and with the transition of the Baby Boomers into the Elder population, the cost of Tribal services continue to grow. This opportunity could yield revenue to fund important programs for generations to come. While there is still a lot of work to be done to evaluate the details of the investment, we anticipate returns exceeding 15%, which is triple standard investment returns.

In February, we expect the State to make a decision regarding our proposal. They will either accept the proposal or they may choose to initiate a new process to resolve their ownership challenges of the Elliot State Forest. We are proud of this unique partnership and our proposal. Through this process, this special asset can be protected for the public good, the state can fulfill its commitment to the common school fund, and we can carry out a Tribal priority to advance the restoration of a land base after it was taken away more than 100 years ago.

Daniel Courtney
Cow Creek Tribal Chairman

Tribal News

What to Expect from 2017 at the Seven Feathers Casino

2016 was a busy year for the casino, as it saw several large renovations, a state-of-the art development in gaming technology, and several huge and unprecedented events. According to John McCafferty, Business Operations Officer for the Tribe, 2017 will likely be a little calmer.

“We’re going to focus on efficiency,” said McCafferty. “We want to make sure that we’re using our resources in a smart and appropriate way.”

Aside from routine maintenance of the casino and its grounds, such as repaving the parking lots or completing the renovations at the Truck and Travel Center by moving the gas lines, there will likely not be

any big changes occurring at the casino. However, he did mention that they had plans for implementing a new coffee business, since initial observation showed that they could produce higher quality coffee at a lower price than current suppliers. More details will come on this venture in the February newsletter.

With no big renovations coming up, guests at the Seven Feathers Casino Resort will have no distractions from the continuing exciting events, great hospitality, excellent dining opportunities, and one of the finest gambling experiences around.

Tribe Presents Checks to Douglas County Food Banks to Help Feed the Hungry

As part of fulfilling the Tribal Gaming Compact, which mandates that the Tribe donate 6% of its gaming revenue, the Cow Creek Tribe gives donations to worthy local causes. One such donation happened on December 14th, 2016, where the Tribe donated a total of \$36,000 to food banks in Douglas County.

Recipients included the A.A.R.P. Pantry, the Community Care Food Pantry, Willard/Winston Food Pantry, FISH Drain, Glendale/Azalea Christmas Bureau, Glide Helping Hands, ROLWOC Provision Food Pantry, St. Francis Community Kitchen, St. Vincent de Paul Myrtle Creek, St. Vincent de Paul, Sutherlin/Oakland Emergency Pantry, UCAN Food Bank, South Douglas Food Bank, St. Joseph’s Community Kitchen, the FISH, the Friendly Kitchen, the Salvation Army, and the Roseburg Rescue Mission.



Tribal Board Treasurer Robert Van Norman said, “Presenting these checks to assist with feeding the hungry is one of the most gratifying things I get to do as a Tribal Board Member. Thank you to all of you for what you do every day to feed hungry people and strengthen the fiber of our community.”

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 10th, from 7 PM to 9 PM. The second meeting will be in Port Angeles at the Red Lion Hotel on Saturday, March 11th, from 1 PM to 3 PM.



Tribal Hunting

Many hunters were successful this year on their Tribal hunts. For some, it was their first successful hunting experience, and for others it was an opportunity to create new hunting memories with family. This year, hunts seemed very special, with many hunters having multi-generation family members come out to support or assist in the hunt.

A special thanks goes to Kamy Rondeau and the Rondeau family. Kamy was successful in this year's Ceremonial elk hunt, which provides elk meat for the Tribe and many Tribal functions, such as Elder luncheons, Chief Miwaleta Day, and Culture Camp. Tribal elk and deer hunts run from October through December, so look for opportunities during spring 2017 to fill out a hunting application.



Kamy Rondeau and family harvest the ceremonial elk



Jimmy and Roxy Guenther happy to have elk meat this year



Robert and Luke Van Norman were able to tag these nice bucks



Kelly Coates proudly shows her elk on a very cold morning

Tribal News

Internship Opportunity: Engineering

The Bonneville Power Administration's high voltage transmission lines help deliver the Northwest's power. Throughout the region, BPA operates over 15,000 circuit miles of high voltage lines. During the AISES Summer Internship Program at BPA, student interns will assist senior engineers working on drawings, performing planning functions, design, testing equipment, participating in field visits and other activities related to project development.

In all three primary fields of engineering at BPA, students may be involved with communication equipment, substation equipment, line design, and other electrical related systems. The three are:

Electrical Engineering

Activities may include: Developing schematics, testing electronic equipment, gathering data for performance reports, and field visits to substations, radio sites, and wind generation plants

Civil Engineering

Activities may include: Support for transmission line placement, reviewing substation layout, drainage, footings, etc., Access Road design/review, and field visits to substations, radio sites, and plants

Mechanical Engineering

Activities may include: Transmission line design, tower design, HVAC related items for facilities, and field visits to substations, radio sites, and wind generation plants

Internship dates/location

10 weeks, usually June – August. Internship location is in Vancouver, Washington.

Intern is provided round-trip airfare or mileage to internship site, lodging, a weekly living stipend, and a weekly local transportation stipend.

How to apply

To apply for the AISES Summer Internship program at BPA, please visit the AISES website at www.aises.org/scholarships/internships before the deadline: February 28, 2017.

Internship Opportunity: Fish & Wildlife

Hydroelectric dams supply over 60 percent of the electricity to the Pacific Northwest each year, one third of the electrical power is generated from the 31 federal dams on the Columbia and Snake River. Bonneville Power Administration was created by Congress to market and transmit this emission-free electricity. The BPA has the largest fish and wildlife program in the nation, and is committed to working with Tribes, states and non-profit organizations to mitigate for the impacts of federal dams on fish and wildlife in the Columbia Basin.

BPA is partnering with the AISES to provide a 10-week practice-based fisheries internship. Hands-on experience & skill building gained during internship includes: Performing fish culturist duties, assisting fish technicians, and learning basic hatchery operations and maintenance; understanding how hatcheries contribute to basin-wide fish management goals; building collaborative work skills in a diverse team environment; and improving professional communication and networking skills.

Internship dates

10 weeks, usually June–August, can be adjusted to accommodate student's school calendar.

Internship locations

Week 1: BPA Headquarters, Portland, OR

Week 2–9: Cle Elum Supplementation and Research Facility, Cle Elum, WA

Week 10: BPA Headquarters, Portland, OR

Intern is provided round-trip airfare or mileage to internship site, lodging, a weekly living stipend, and a weekly local transportation stipend.

How to apply

To apply for the AISES Summer Internship program at BPA, please visit the AISES website at www.aises.org/scholarships/internships before the deadline: February 28, 2017.

For more information about either of these internships, contact Kelly Warner, Tribal Workforce Development Manager, at 541-677-5575.

Messages from the Clinic

More than Half of Americans Haven't Had a Flu Shot Yet

By Dennis Eberhardt, Clinic Director

Did you forget to get a flu shot for you and your kids this fall? Maybe something kept bumping it down, down, down your crowded to-do list. If so, you're not the only one, according to a U.S. Centers for Disease Control and Prevention (CDC) report (<https://www.cdc.gov/flu/fluview/nifs-estimates-nov2016.htm>).

As of early November, fewer than half of all Americans had received a recommended flu vaccine, CDC reported this month. The estimates are based on national health surveys that looked at how many people in the U.S. had been vaccinated so far.

The figures are a kind of early warning to take action. Since flu season can stretch far beyond the holidays, it's still well worth your time to get yourself and your family vaccinated.

Getting the Flu Can Be (Very) Bad

Flu vaccines are recommended for everyone ages 6 months and older. Most people who get the flu get better. But some people get very sick. In some cases, flu complications—such as pneumonia—can result in hospitalization or even death.

Flu shots are the best way to help you prevent the flu and serious consequences, and you will be less likely to miss work or school.

Many children remain unprotected

Just slightly more than 37 percent of children up to age 17 have been vaccinated so far. And yet children younger than 5 years (but especially those younger than 2 years) are at higher risk of flu-related complications. That means more than half of eligible and vulnerable kids were unprotected.

Getting a flu shot is especially important for people at high risk and those who have contact with them including older adults, pregnant women and those with certain health problems (including asthma, heart disease and diabetes).

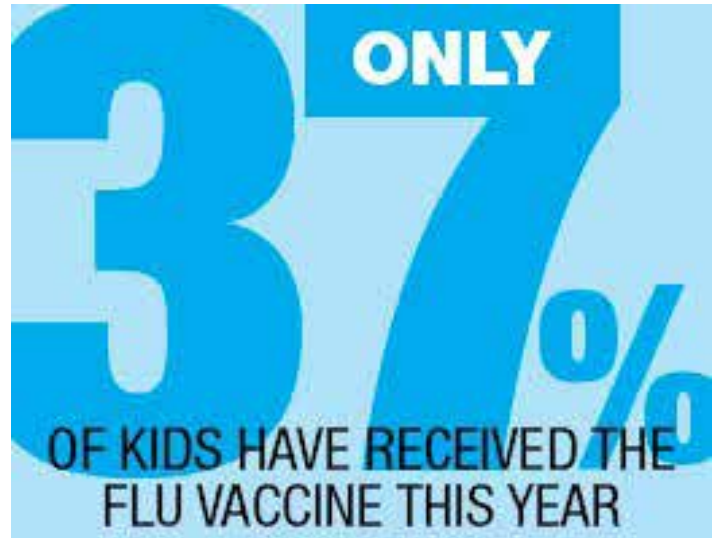
Make it a point to get covered

Although it's best to get a flu shot in the fall, it's not too late. Flu season most often peaks between December and February.

Cow Creek Health & Wellness Center has been offering Flu Vaccines for a couple of months and still has vaccine available. It is not too late.

While the nasal spray vaccine isn't an option this year, the traditional shot is. And getting that shot of protection is well worth it for you and your kids.

To learn more, please contact the Cow Creek Health and Wellness Center at 541-672-8533 (North Clinic) or 541-839-1345 (South Clinic).



Government and Programs

Employment Opportunities at the Cow Creek Government Office

Are you seeking employment? The Government Offices and the Umpqua Indian Development Corporation always have positions opening up that you can fill. Currently, we're looking for qualified individuals to fill the following positions at the Government Offices:

- Orchard and Gardens Technician
- Tribal Garden Program Manager
- Native Connections Project Coordinator
- Clinic Administration Receptionist

To view the job descriptions for these positions, and to apply for employment, please go to www.cowcreek.com/employment. Once there, please print the available application and send the completed application with a resume to this address:

Cow Creek Government Office
Attention: Human Resources
2371 NE Stephens Street
Roseburg, OR 97470

To view a complete listing of openings with the Umpqua Indian Development Corp., please go to www.uidchr.com.

*** Please be aware that positions posted in this newsletter may be filled prior to this newsletter's publishing, mailing, or delivery to your address. ***

For questions about any Cow Creek Government Office positions, please contact the offices' Human Resources Department at 541-677-5575.

For questions about any UIDC positions, please contact the UIDC Human Resources Department at 541-839-1221, extension 2.



Youth Education Program Benefits

The Youth Education Program has changed slightly. In the past, Tribal youth could receive \$250 for educational activities and \$25 for school supplies. Starting in 2017, there will be just one amount of \$275 that you can use on educational activities as well as school supplies. If your school supplies are in excess of \$25, you can spend whatever amount you want up to \$275.

Costs can include sports fees & equipment, school fees, and other educational activities. So, save your receipts! Updated forms can be downloaded on the Cow Creek Website under Forms and Contacts. Look for the YEP Application, and the YEP Parent Request Forms. Please allow 30 days for payment. For more information, call Mark Andrews, Youth Development Specialist, at 541-677-5575, or refer to the Tribal Services Directory.

Youth Activities Committee

The Youth Activities Committee has a vacant position. The committee puts on fun activities for our Tribal Youth throughout the year. They meet monthly at the Government Offices. If you are interested in being a part of this committee, please submit in writing a brief paragraph of why you would like to join the committee and how being a part of it will affect you. Submissions must be e-mailed to Mark Andrews, Youth Development Specialist, at mandrews@cowcreek.com. Please be sure to attach your contact information. Submissions will be accepted until noon on February 6, 2017.

Diabetes Prevention Program Classes

The Diabetes Prevention Program (DPP) is a 16-week intensive course focused on diabetes prevention. Participants meet once per week. Recruitment for this program happens every 4 months, and there are specific requirements for eligibility. For more information, please contact Erin Audiss, RD at 541-672-8533 or eadiss@cowcreek.com or Jill Boyce, RD at 541-839-1345 or jboyce@cowcreek.com. See the calendars on pages 14 and 15 for dates and times.

Government and Programs

“Aftercore” Diabetes Prevention Class

These classes are for those who have graduated from the 16-week DPP program and would like continued support, education, and accountability to maintain their weight loss and continue to prevent diabetes. For more information, please contact Erin Audiss, RD at 541-672-8533 or eadiss@cowcreek.com or Jill Boyce, RD at 541-839-1345 or jboyce@cowcreek.com.

Diabetes Self-Management Classes

These classes offer education and support for managing diabetes. Any diabetic patient actively participating in the Diabetes Self-Management Education Program can receive a pair of shoes (Dr. Comfort shoes or Nike Air Native shoes) every year if they are maintaining clinic visits. For more information, please contact Erin Audiss, RD at 541-672-8533 or eadiss@cowcreek.com or Jill Boyce, RD at 541-839-1345 or jboyce@cowcreek.com.

2017 Tribal Election Procedures

With the Tribal Council Nominations and Elections approaching respectively in May and August, Tribal members should be sure that they are registered to vote in the Tribe. See the inserted Voter Registration Form.

Even if you are registered to vote in Federal, State, and local elections, you must also register to vote with the Tribal Government Offices, as the Tribe is a sovereign entity with its own elections.

The Board of Directors nomination election procedures are as follows: Any registered voter of the Tribe who is physically present at the Nomination Meeting may nominate one (1) eligible Tribal member for election to the Tribal Board. Reminder: Persons nominated must also be physically present at the Nomination Meeting for the nomination to proceed. A nomination is considered complete when the nominee has accepted the nomination in writing by signing the acceptance form furnished at the meeting. Tribal Board Members may not be employed by the Tribe or Umpqua Indian Development Corporation (UIDC). If elected, a nominee must resign employment with the Tribe or

UIDC before serving as a Tribal Board Member.

Candidate names will be placed on the ballot with nominated incumbent Tribal Board members listed first, in alphabetical order, followed by any other nominees, listed in alphabetical order. Ballot packets including instructions will be mailed out to registered voters of the Tribe from Wicks Emmet, CPA, by July 12th, and are due back to Wicks Emmet by August 11th. If you are a registered Tribal voter and do not receive a ballot, contact the Government Office at 541-672-9405 or 1-800-929-8229 to request one to be mailed to you.

Tribal members are encouraged to maintain an updated registration card including a signature, as well as keeping an up-to-date address on file. Any new or updated voter registration cards need to be completed and turned in to the Government Office by May 19th, 2017. If you have updated your voter registration card in the last three years, there is no need to complete another application. Reminder: Voter Registration is closed from May 20th to August 13th, 2017.

As with Federal, State, and local elections, Tribal members must register to vote in the Tribal Board of Directors elections. Registration is only required once. If you have changed your name via marriage, divorce, or for other reasons, a new registration form needs to be completed and turned in to the Government Office. In that case, please call the Government Office to request that a Registration Form be sent to you.

2017 Tribal General Council Meetings

The 2017 meetings have been scheduled at 10 AM on the following dates:

- February 12th
- May 21st (Nominations Meeting)
- August 13th (Annual Elections Meeting)
- November 12th.

All General Council meetings are held in the Board Room at the Government Offices: 2371 NE Stephens Street, Roseburg, Oregon. A buffet lunch will follow the meetings. The Food Bank will be open 1 hour before and after each meeting.

Government and Programs

Reporting Tribal Distributions

If you are a member of a Federally recognized Tribe and have received income from Tribal per capita distributions or from Indian Gaming proceeds, here is some important information. Reported on a 1099-MISC income statement, this income should be included on Line 21 of Form 1040, with a description. The correct description will allow the return to process as quickly as possible! For paper or e-file returns, please enter one of the following descriptions on Line 21:

- Indian Gaming Proceeds
- Indian Tribal Distrib
- Native American Distrib

You may obtain additional information by calling 800-829-1040 or from the Indian Tribal Governments' Web site at: www.irs.gov/tribes.



Internal Revenue Service

What to Know About Health Care Coverage Information Statements You May Receive in 2017

Many individuals will receive ACA information statements from their employer or coverage provider by early March 2017 about their 2016 health insurance coverage:

- Form 1095-B, Health Coverage - Form 1095-C, Employer-Provided Health Insurance Offer and Coverage
Here is more information on these forms:

1095-B	
Sent to	Individuals who had health coverage for themselves or their family members that is not reported on Form 1095-A or Form 1095-C.
Sent by	Health Coverage Providers <ul style="list-style-type: none">• Insurance companies outside the Marketplace• Government agencies such as Medicare or CHIP• Employers who provide certain kinds of health coverage, which is sometimes referred to as "self-insured coverage," but are not required to send Form 1095-C. Other coverage providers
What to do with this form	<p>This form provides information about your 2016 health coverage. Use Form 1095-B for information on whether you and your family members had health coverage that satisfies the individual shared responsibility provision. (See https://www.irs.gov/affordable-care-act/individuals-and-families/individual-shared-responsibility-provision)</p> <ul style="list-style-type: none">• If Form 1095-B shows coverage for you and everyone in your family for the entire year, check the full-year coverage box on your tax return.• If there are months when you or your family members did not have coverage, determine if you qualify for an exemption or must make an individual shared responsibility payment. <p>You don't need to wait for your Form 1095-B to file your tax return. Do not attach Form 1095-B to your tax return - keep it with your tax records. Contact the issuer if you have questions about your Form 1095-B.</p>

Government and Programs

New Employee Highlight: Jennifer Bryant, Cultural Activities Specialist

Tribal member Jennifer Bryant, originally from the Sutherlin area, has taken up the job of Cultural Activities Specialist for the Cow Creek Tribe. She has worked in banking for Umpqua Bank for most of her career. However, as her five girls are approaching the teen years, she felt like she wanted to help them become involved in their Tribal heritage, and took the position. Now she will be heavily involved in the planning and execution of upcoming cultural events that emphasize traditional methods and beliefs.



Low Income Rental Housing

The Cow Creek Housing Program is accepting applications for the Tribes Low Income Rental homes. This program is federally funded through

the Housing and Urban Development (HUD), Indian Housing Block Grant and is administered by the Tribe.

This program can assist eligible Tribal members whom are willing to reside in one of the Tribes low-income rental units. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc.

Reminder: If you are currently on the waiting list for a house please make sure that your address and phone number are up to date. If your name is coming up on the list and we cannot get ahold of you, we will be forced to pass you by until we hear from you. Also remember that if you are on the waiting list your application needs to be updated on a biannual basis.

For more information contact Resident & Self-Sufficiency Manager, Sarah Thompson at 1-541-863-3730, or SThompson@cowcreek.com, or the Housing Admin Assistant, Mel Johnson at the number above or MJohnson@cowcreek.com.



Tribal Self-Sufficiency Program

Are you unemployed, under-employed or looking for a career path? Do you need assistance acquiring the skills needed to become employed? Are you homeless or under-housed? Do you have goals you are trying to attain, but have no idea how to get there? Do you need help managing a budget? Or trying to get out of debt? Are you interested in homeownership and credit counseling? If you answered yes to any of these questions, the Cow Creek Tribal Self-Sufficiency Program may be the help you need to break down your barriers and set you on course to your desired goals.

Sarah Thompson has been working with the Cow Creek Tribal Housing Program since 2013. She has recently become certified to teach home-buyer and credit counseling classes as well as perform one-on-one coaching. She is dedicated to helping Tribal Members overcome barriers in their lives that are keeping them from attaining self-sufficiency. These activities include but are not limited to: access to Employment, Financial Counseling, Homeownership, and General Life Skills.

For more information regarding this program, or to request a Client Intake Form, contact Sarah Thompson, Resident & Self-Sufficiency Manager, at 541-677-5575 ext. 5282 or by email at SThompson@cowcreek.com.

Events



- Karaoke @ Elements Lounge
Starting January 2, 2017
Mon., & Tue. 6 - 11 PM
Hosted by Charlie Govault
- Jimmy Stare @ Elements Lounge
January 11 - 15, 2017
Wed., Thurs., Sun. 7 - 11 PM
Fri. & Sat. 8:30 PM - 1:30 AM
- Land & Sea Art Exhibit @ Gallery 7
January 13 - March 20, 2017
Featuring Paintings by Andrew
Duclos & Vinita Pappas
- Heavy Chevy Band @ Elements Lounge
January 18 - 22, 2017
Wed., Thurs., Sun. 7 - 11 PM
Fri. & Sat. 8:30 PM - 1:30 AM
- Bump in the Road @ Elements Lounge
January 25 - 29, 2017
Wed., Thurs., Sun. 7 - 11 PM
Fri. & Sat. 8:30 PM - 1:30 AM
- Kid & Nic @ Elements Lounge
February 1 - 5, 2017
Wed., Thurs., Sun. 7 - 11 PM
Fri. & Sat. 8:30 PM - 1:30 AM
- Littletown @ Elements Lounge
February 15 - 19, 2017
Wed., Thurs., Sun. 7 - 11 PM
Fri. & Sat. 8:30 PM - 1:30 AM
- The Brothers Reed @ Elements Lounge
February 22 - 26, 2017
Wed., Thurs., Sun. 7 - 11 PM
Fri. & Sat. 8:30 PM - 1:30 AM

Regalia Classes

Come learn how to make your own Tribal regalia! Classes are held from 10 AM - 2 PM at the Government Offices Board Room in Roseburg on the following dates: February 11th, February 25th, March 11th, April 8th, April 29th, and May 20th (location TBD on this last date).

2017 Lep^hnixa (Winter) Gathering

Plan on coming to the 2017 Winter Gathering, held on January 28th from 11 AM - 3

PM at the Blockhouse in Canyonville, OR. Lunch will be provided! Please RSVP with Megan at 541-677-5575 or MTaddei@cowcreek.com.



Bring your best chili recipe for the annual chili cook-off competition! Extra points will be given for a recipe that uses traditional meats, such as elk, venison, and so forth. There will also be the traditional game "shinny", as well as a bear grass braiding workshop.

Cooking Demonstrations

As part of both the Nutrition and Diabetes programs, Erin Audiss, RD, and Jill Boyce, RD, offer cooking demonstrations. These are done "Food Network" style, where the instructor demonstrates how to prepare tasty recipes in front of the class, who are then able to try the food. For more information, please contact Erin Audiss, RD at eadiss@cowcreek.com or 541-672-8533, or Jill Boyce, RD at jboyce@cowcreek.com or 541-839-1345.



Cow Creek Cultural Arts Conference 2017



ATTENTION EMPLOYEES & TRIBAL MEMBERS!

As a part of the Cultural Arts Revitalization Project, the Cow Creek Cultural Program is excited to host the 2nd Annual Cultural Arts Conference! Please join us for educational cultural presentations, traditional music, hands on demonstrations, good food, fun raffle items, and so much more!

We are thrilled to offer this opportunity to Cow Creek Tribal Members and all Cow Creek employees!

See you there!

When: Wednesday, February 8th, 2017

**Where: Seven Feathers Convention
Center**

Time : 9:00 am - 4:30 pm

For more information and to RSVP contact Megan Taddei at 541-677-5575 or

Email: MTaddei@cowcreek.com

RSVP by February 3, 2017

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Government Offices Closed No Senior Meal Today	3 Senior Meal Takelma Class 6 - 7 PM @TCC	4 Senior Meal DPP Class @ North Clinic	5 Takelma Class DPP Class @ South Clinic	6 Elders Luncheon 12 PM @ 7F	7 Regalia Class 10 AM - 2 PM @ GO
8 Also on the 9th: "Aftercore" Diabetes Class 9 AM @ North Clinic	9 Senior Meal Takelma Class 6 - 7 PM @ TCC Nahankuotana Weavers Group 2-5 PM @ BH	10 Senior Meal Water Aerobics starts again Round Circle Reading Group Food Bank Open 9 AM - 12 PM	11 Senior Meal DPP Class @ North Clinic	12 Takelma Class Water Aerobics Family Drum Practice 5-7 PM @ BH DPP Class @ South Clinic	13	14
15	16 No Senior Meals or Takelma Classes today Government Offices Closed for MLK Jr. Day	17 Senior Meal Water Aerobics Round Circle Reading Group Youth Drum 4 - 6 PM @ TCC	18 Senior Meal DPP Class @ North Clinic	19 Water Aerobics No Takelma Class Today DPP Class @ South Clinic	20	21
22	23 Senior Meal Takelma Class 6 - 7 PM @ TCC Nahankuotana Weavers Group 2-5 PM @ BH	24 Senior Meal Water Aerobics Food Bank Open 1 - 4 PM Round Circle Reading Group	25 Senior Meal DPP Class @ North Clinic	26 Takelma Class Water Aerobics DPP Class @ South Clinic	27	28 Winter Gathering Contact Rhonda Richardson at 541-677-5575 for more information.
29	30 Senior Meal Takelma Class 6 - 7 PM @ TCC Diabetes Self-Management Time TBA based on registration	31 Senior Meal Water Aerobics (LAST DAY) Round Circle Reading Group				

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Water Aerobics: 9 - 9:45 AM, 10 - 10:45 AM @ Seven Feathers RV Resort, Canyonville

Takelma Class: 10 AM - 12 PM @ Tribal Community Center

Round Circle Reading Group: 10 - 10:45 AM @ TCC

Diabetes Prevention Program (DPP)

South clinic: 10 AM, North Clinic: 9 AM

GO: Government Offices, Roseburg, OR

TCC: Tribal Community Center (formerly the Education and Workforce Center), Tri-City, OR

7F: Seven Feathers Casino Resort

BH: Block House, Canyonville

For any questions regarding activities, please call the Government Offices at 541-672-9405.

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Senior Meal DPP Class @ North Clinic	2 Takelma Class DPP Class @ South Clinic	3 Elders Luncheon 12 PM @ 7F RSVP Deadline for Cultural Arts Conference	4 Regalia Class 10 AM - 2 PM @ GO
5	6 Senior Meal Also on the 7th: DPP Graduation Celebration. Call Erin at 541-672-8533 for info.	7 Senior Meal Water Aerobics Round Circle Reading Group Food Bank Open 9 AM - 12 PM DPP Class @ North Clinic	8 Senior Meal Cultural Arts Conference 9 AM - 4:30 PM @ 7F Convention Center	9 Takelma Class Water Aerobics Family Drum Practice 5-7 PM @ BH DPP Class @ South Clinic	10	11
12 General Council Meeting 10 AM @ GO Lunch provided Food Bank open after meeting	13 Senior Meal	14 Senior Meal Water Aerobics Round Circle Reading Group Youth Drum 4 - 6 PM @ TCC	15 Senior Meal DPP Class @ South Clinic	16 Takelma Class Water Aerobics DPP Class @ North Clinic	17 Cooking Demonstration 10:30 @ North Clinic	18
19	20 Senior Meal Takelma Class 6 - 7 PM @ TCC Nahankuotana Weavers Group 2-5 PM @ BH	21 Senior Meal Water Aerobics Food Bank 1-4PM Round Circle Reading Group DPP Class @ South Clinic	22 Senior Meal DPP Class @ North Clinic	23 Takelma Class Water Aerobics	24	25 Regalia Class 10 AM - 2 PM @ GO
26	27 Senior Meal Takelma Class 6 - 7 PM @ TCC Diabetes Self-Management Time TBA based on registration	28 Senior Meal Water Aerobics (LAST DAY) Round Circle Reading Group				

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Water Aerobics: 9 - 9:45 AM, 10 - 10:45 AM @ Seven Feathers RV Resort, Canyonville

Takelma Class: 10 AM - 12 PM @ Tribal Community Center

Round Circle Reading Group: 10 - 10:45 AM @ TCC

Diabetes Prevention Program (DPP)

South clinic: 10 AM, North Clinic: 9 AM

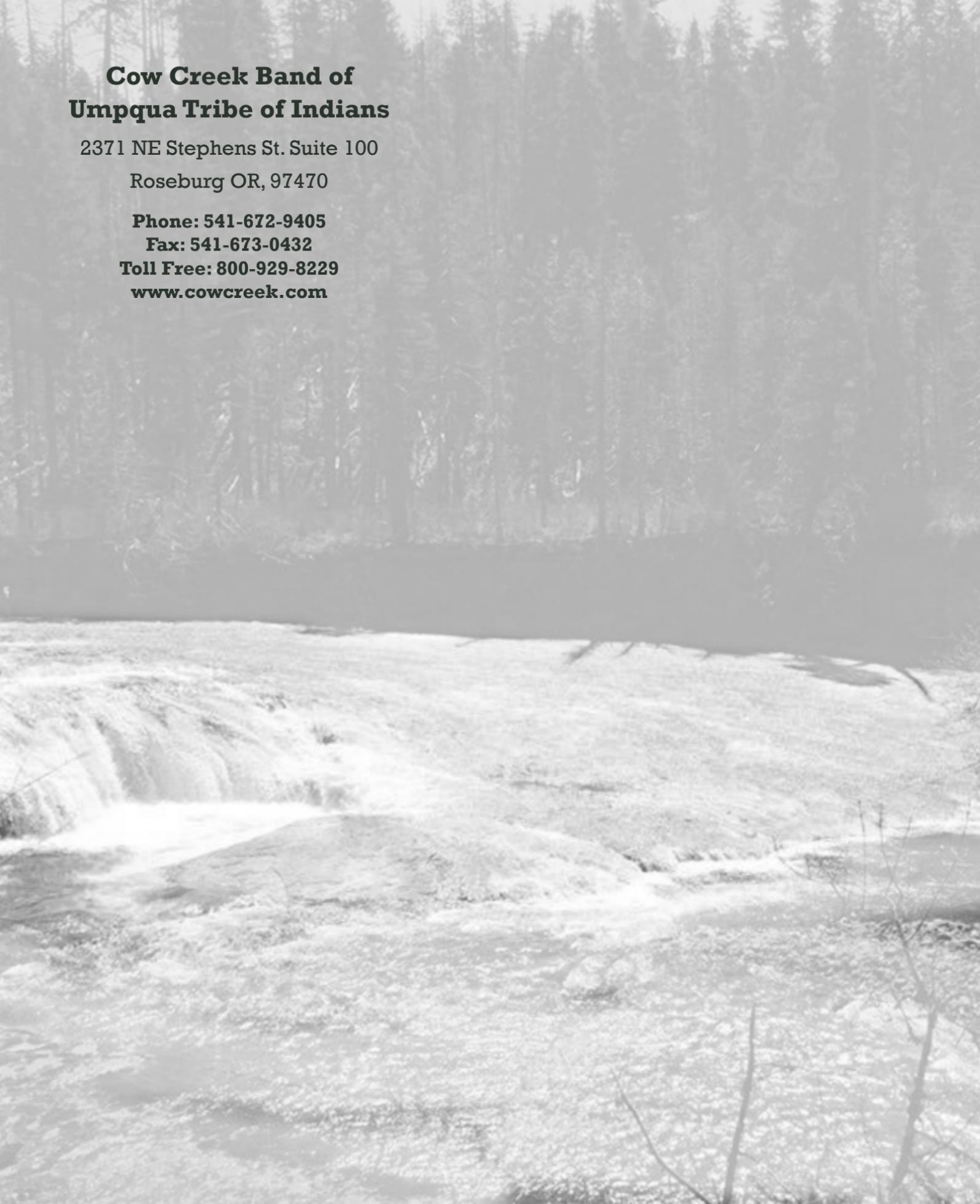
GO: Government Offices, Roseburg, OR

TCC: Tribal Community Center (formerly the Education and Workforce Center), Tri-City, OR

7F: Seven Feathers Casino Resort

BH: Block House, Canyonville

For any questions regarding activities, please call the Government Offices at 541-672-9405.



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