



Wik'uuyam Heeta'

"Friend, Away from Here"

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



Rogue River

Volume 27, Issue 11
November 2017

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

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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)

Senate Bill 13 - Native American History in Oregon Schools

The 2017 Legislative season for the State of Oregon brought about a large win for Native American Tribes, as Senate Bill 13 was passed into law, unanimously supported by Governor Brown and both the House and the Senate.

Senate Bill 13 requires all school districts in the State of Oregon to work with Oregon's nine federally recognized Tribes and state education programs to develop a curriculum that teaches the history of Native Americans in a way that truly reflects their histories. This curriculum will be developed for 4th, 8th, and 10th grades. Each of the nine federally recognized Tribes of Oregon will be given funds from the state (SB 13) to create their own place-based curriculum in the 4th, 8th and 10th grades. For more detailed information, please see <http://gov.oregonlive.com/bill/2017/SB13/>.

The bill will also provide professional development and offer technical assistance to school districts on implementing this curriculum in Oregon classrooms. Oregon schools will have implemented this new classroom material by the 2019–2020 school year,



Governor Brown Signs Senate Bill 13
(Photo Courtesy of University of Washington Bothell)

after working closely with Tribal representatives to provide a correct and appropriate history of Native American Tribes.

"This is a historic opportunity for our people to tell their story in an authentic and contemporary manner," said April Campbell, Indian Education Advisor for the Oregon Department of Education.

Oregon Universities' Students Honor Indigenous People's Day

In response to Governor Brown naming October 9th as Indigenous People's Day, students at two Oregon universities held special events to honor the occasion.

The Native American Student Union (NASU) at the University of Oregon held a special flag-raising ceremony, featuring speakers and lunch.

Students at Oregon State University also held a celebration of the event, honoring the history and legacies of native ancestors.

Many who attended felt it was important to recognize Native American heritage, not just that of pioneers. One attendee said that too many Native Americans feel like they're disappearing or ignored, which can lead to tragedy. Acknowledging their heritage can help young Native Americans feel pride in their past.



Photo courtesy of KESI News

Tribal News

Cow Creek Dietitians Focus on Improving Native American Health

Jill Boyce and Erin Audiss, the dietitians at the Cow Creek Health and Wellness Center, are working hard to help Native Americans make better choices for their health, one step at a time. A study by the Center for Disease Control (CDC) indicated that Native Americans have a greater chance of diabetes than any other racial group in the United States. Another CDC study showed that kidney failure is recognized as a health concern among Native Americans. In fact, 2 out of 3 cases of kidney failure are linked to diabetes.

“We’ve built our programs to combat diabetes and decrease chronic diseases,” says Erin. “It is a very important part of what we do to improve health in the Native American population.”

The two dietitians offer nutritional advice and therapy in one-on-one sessions, family sessions, and also via many classes and events for clinic users. They coordinate on a yearly basis with the Casey Eye Mobile Unit through Oregon Health and Science University to offer free eye exams and reduced-cost glasses to Tribal members and affiliates with diabetes. They have also provided frozen meal menus for the Elders program, diabetes-friendly cooking classes, Diabetes Self-Management Education classes, and more.

One common misconception about the clinic’s dietitians is that they will impose harsh dietary restrictions, and force people to exercise, but the truth is much less intimidating. Jill and Erin focus on helping their patients learn about healthy options and empower them to make healthy choices.

“We’re not going to judge the food that you already eat, or tell you that you can’t have ‘junk food’ anymore,” says Erin. Jill agrees: “Most people have a routine that they’ve gone through most of their lives, so we focus on meeting people where they’re at and



Jill Boyce (left) and Erin Audiss (right) with Cow Creek Health & Wellness Director Sharon Stanphill (center) at a Special Diabetes Program for Indians conference.

helping them make small, healthy changes.”

Jill and Erin can help formulate what works best for each patient, and often help people make good choices at supermarkets, where there can be lots of overwhelming options for what food to get.

These small changes can not only help with preventing chronic diseases, but they can improve the quality of life in general. While the dietitians support the medication management of health care providers, they have found that patients who follow their advice for diet and exercise can, in many cases, reduce the dose or eliminate the need for a medication as their bodies become healthier.

To learn more, or schedule an appointment with Jill and Erin, please call the Cow Creek Health and Wellness Center at 541-672-8533 or 541-839-1345.

Elders Trips 2017

Many Tribal Elders were able to experience quite a few exciting events this year, including the three Elders Trips. While normally only two of the three yearly trips are overnight trips, all three of the 2017 trips had overnight stays, meaning there was more enjoyment to be had.

The first trip this year was a tour of the beautiful Oregon Gardens. Elders also enjoyed a visit to the historic Shelton McMurphey Johnson House in Eugene, Oregon.

The second trip featured the amazing Newport Aquarium and the Newport Wax Works.

The final trip this year, a favorite of the Elders, was a trip on a jet boat along the historical mail boat route, courtesy of Jerry's Rogue Jets.

Aside from the events, perhaps the most enjoyable part of the trips was the chance for Tribal Elders to socialize with other Elders they haven't seen in a while, and the opportunity to meet some new Elders.

Each year, Tribal Elders have the chance to give the Elders Program ideas for where to take the Elders Trips. Adrionna Brim, the Tribe's Administration on Aging (AOA) Coordinator, who organized this year's trips, says that getting feedback from the Elders was essential to making these trips such great experiences.

"Feedback from the Elders is very important," she says. "The more we hear back from the Elders via our surveys and voting sheets, the better we can make these trips."



Tribal News

Halloween at the Tribal Gardens

The Youth Activities Committee planned an amazing Halloween party. The Tribal youth showed up in their best Halloween costumes that ranged from scary to downright funny.

To start of the festivities, kids were welcomed into the greenhouse and given a passport. Every time they finished an activity, they were given a sticker to complete their passport.

Michael Bochart planned many fun Halloween themed activities, such as pumpkin bowling, monster math, a memory game, a toilet paper mummy race, monster freeze, and a balloon pop game. Guests ate food and visited, children went on a ride in the side by side, and everyone was able to pick a pumpkin.

Once all of the children finished getting their stickers, everyone headed over to the pavilion to see who won the raffle. After that, all of the children lined up for their turn at hitting the piñata. The piñata lasted through all the children until Nick Lowell had his turn, allowing the younger children to fill their bags with candy and toys.

To end all of the fun, winners were chosen for the costume contest. Leon, the winner for ages 0-3, was a robot. Kage Kennington, the winner for ages 4-7, was Jake from State Farm. Cadence, winner for ages 8 and up, was a bee. Kids turned in their passports and got to pick out a fun prize.



Bringing Cultural Information to the Casino

For the past several years, the Seven Feathers Casino Resort has been working with the Cow Creek Cultural Program to incorporate cultural values throughout the casino, such as the murals near the Kabi Café that were featured in last month's issue of this newsletter. The latest addition is one that Tribal members can be particularly proud of: a series of displays along the hallway connecting the casino to the hotel.

These displays feature information on the Tribe's traditional lifeways in four categories: Land, Resources, People, and Culture. Each display has a beautiful plaque with information, screens with rotating images of culturally significant locations and animals, and several Tribal artifacts.

"It is not only a place for Tribal members, but a place where anyone can learn more about us," says Jessie Plueard, Cow Creek Cultural Programs Manager. "We want to outreach to a wider audience."

Plueard and her team worked closely with Seven Feathers Staff and I-5 Designs to design the displays, and have further plans to use the displays to teach resort guests more about the Tribe. Since screens were implemented instead of printed surfaces, each display will be able to show images, videos, or anything they wish as time goes on.

"I want to thank the Cow Creek Tribal Board for authorizing us to display cultural information and artifacts," says Plueard. "This wouldn't have been possible without their support."





Culture Corner

Takelma Language Corner

Takelma: Wilihàwt^{hek} k'emee'n

Pronunciation: We-lee-how-tek Keh-eh-meh-nnn

Translation: My friend I did it.



Hazel Stick Burden Baskets

Burden baskets were an essential tool made for everyday life. This basket pictured is made from unpeeled hazel shoots. The bottom is tightly woven for materials to not slip through. The ribs on the sides are closely spaced as well. A leather strap was attached for positioning on the forehead with the basket being placed on the back. The carrier could skillfully toss objects over her head and into the basket.

This basket would be ideal for picking up and transporting acorns and camas bulbs. It was definitely a multipurpose basket that could be used for collecting basketry materials or other gathering items. Line it with some big leaf maple leaves, and you have an instant berry transporter. Caught a bunch of salmon and need to bring them home? Here you go!



White Oak Acorns

Fall is in the air; it must be time to start gathering Oregon white oak acorns. You can spot a white oak by looking at the leaves. White oak will have leaves with rounded lobes and will create acorns with “hats” on the top of the nut. These trees are sometimes confused with the California black oak, which has leaves with pointy lobes and acorns with “hats” that are half way down the nut. The California black oak acorn can be consumed, but is not as prized as the Oregon white oak.



This traditional first food was plentiful in the oak savannahs of the Umpqua Valley. As fall set in, we spent more time close to home and gathered nearby resources. Acorns would be gathered in large quantities to process. First the nut would be cracked to extract the meaty inside, which would be ground to meal on a mortar and pestle. Acorns have tannic acid that must be extracted prior to eating. If large amounts of the tannic acid are consumed, it may cause kidney damage. The tannic acid was extracted by placing the ground meal onto clean sand and rinsing it with cold water. If there was still a bitter taste, more rinsing was needed. The finished product was dried and stored for later use. This meal provided many bowls of delicious mush or porridge.



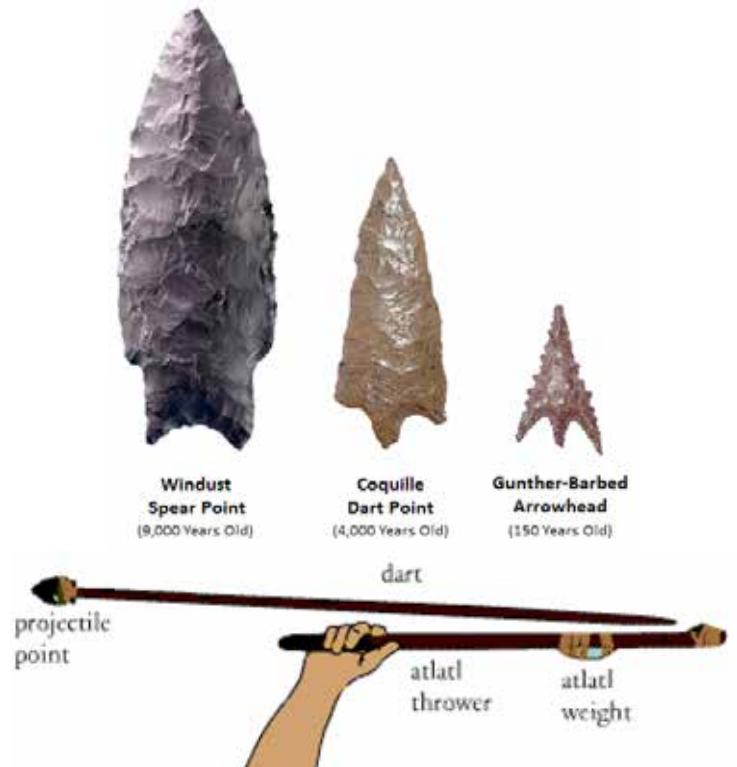
Culture Corner



The Projectile Point

Probably the most recognizable artifact in archaeology is the projectile point (archaeologists don't really like the term arrowhead except for use on arrows). Cleverly named, these artifacts were hafted onto the ends of projectiles (spears, darts, or arrows), creating a point, for hunting and weaponry. Projectile points are important to archaeology because they are good at indicating a site's time period, or the age of the site.

As technologies changed over time, so did the size and shape of projectile points. The earliest types of points were large spear points, and these are typically over 8,000 years old. About 8,000 years ago, the atlatl replaced the spear, and was essentially a modified stick that threw darts, three to four feet long, at targets. The bow and arrow was introduced about 2,000 years ago. With each new technology, a general reduction in projectile point size is seen, as smaller tips were needed for projectile weight and accuracy.



Anatomy of an atlatl, a weapon used to throw darts

Cedar Berries

Cedar berries, also known as juniper berries or ghost beads, are used on women's regalia. They can be used on women's traditional aprons and on necklaces. The berries are hollowed out and dried. Sometimes the berries are lightly smoked to help preserve them. The cedar berries represent an interconnection of the earth, trees, animals, and humans. It is also believed that cedar berries bring peace, harmony, and safety.



Education Corner

Teach My Preschooler Kits Available

The Cow Creek Education Department is excited to announce a new Early Learning Program for all households with Preschool and Kindergarten aged Tribal Youth.

The Teach My Preschooler Kit (ages 3-4) has everything necessary for encouraging reading for kids and teaching preschoolers the basics. It is designed to give preschoolers an early head start, develop fine motor skills, encourage parent-child interaction, and increase school readiness skills.

The Teach My Kindergartener Kit (ages 4-5) is an all-in-one learning kit that contains unique and coordinated tools to teach spelling, money, telling time, sequencing and logic, and beginner reading. Detailed instructions come with each kit, and the Education Department is also available to answer any questions regarding how to best implement this new and effective learning resource.

Both of these kits are interactive and require adult and child interaction. Please contact Kayla Knight at 541-677-5575 to request a kit be shipped to your home. One Preschool and one Kindergarten kit limit to each household. Both the kits and shipping are free of charge.



Work with Tribal Children and Families

A new job posting is available that lets you work with Tribal children and families. Help our children succeed now for a brighter future!

Title: Tribal Attendance Pilot Project Family Advocate

Description: Work directly with our full-time family advocate with Tribal students, Tribal families, school staff, administration, and the Cow Creek Band of Umpqua Tribe of Indians to resolve attendance and behavior issues and recommend programs, resources, and in such cases discipline according to school guidelines. Monitor student attendance and systems such as check in/check out and behavior contracts. This position works under the supervision of the Director of Student Achievement at the South Umpqua School District, and enforces school regulations and district policy. Secondary case manager for Tribal families that are at-risk for attending elementary schools within the district. Provides in-home instruction and resources to parents and children which will enhance the parents' ability to ensure that their children attend school on a daily basis and succeed academically as well as socially. Maintain ongoing contact with families, and work with other components (health, nutrition, family services, mental health, special services, parent education, Tribal resources, etc.) to integrate services into the family setting. Provide training to district staff.

Application Deadline: Until Filled

For complete details and to apply online, contact Tabitha Roberts at 541-863-3115 x1013, K'Ehleyr McNulty at 541-677-5575 or kmcnulty@cowcreek.com, or visit the South Umpqua School District website: <http://www.susd.k12.or.us/job/tribal-attendance-pilot-program-tapp-family-advocate-5-fte/>

This position is hired through the South Umpqua School District, but works closely with the Youth Development Specialist in the Cow Creek Education Department. Please feel free to reach out to K'Ehleyr (listed above) with any questions.

Messages from the Clinic

5 Fast Facts about the Flu

Flu season is upon us again, and it's time for just about everyone ages 6 months and older to get a flu vaccine. The Centers for Disease Control (CDC) says that this year's strain is particularly nasty. It usually takes a couple weeks after the shot to build up immunity, so don't wait! Cow Creek Health & Wellness Center is ready once again to offer Flu Vaccines to our patients. No appointment necessary. Just ask. Really.

In the meantime, here are five facts about the flu that you might not know, courtesy of Aspirius Health.

5 FAST FACTS ABOUT THE FLU

2 Flu season starts in fall, but it can peak any time from late November through March.



1 You can infect another person with the flu a day before you have symptoms—and 5 to 7 days after you become sick.



3 There is no such thing as "stomach flu." If you're ill with nausea, vomiting or diarrhea, you probably have one of the many different viruses and bacteria that can cause gastroenteritis.



4 There are three different influenza virus families. Type A viruses can infect people, birds, pigs, horses and other animals. Type B viruses usually only infect humans. Type C viruses cause only mild—if any—symptoms.



5 Millions of Americans get the flu each year. Between 3,000 and 49,000 of them die from the flu and its complications.



Sources: American Lung Association; Centers for Disease Control and Prevention

Government and Programs

Purchased & Referred Care News and Information Corner

*****Urgent Care*****

If you have OHP as your primary insurance, make sure you go to an urgent care that accepts OHP and will bill OHP primary. If you go to an urgent care that does not bill OHP, you may be responsible for the bill. Please use Evergreen Urgent Care whenever possible. For questions about this policy, please call PRC at (541)677-5515.

*****PRC*****

PRC will begin paying all claims at a Medicare Like Rate (MLR) per Federal Regulations. This is now called Purchased & Referred Care Rates.

All claims will be processed at this rate. Most all of our providers/vendors we pay are already accepting Medicare so this should not be much of a transition. We have a letter going out to all providers with the regulations attached.

*****OTC*****

Remember that all Over the Counter receipts and requests need to be into the government office no later than 12/15/2018 in order to be reimbursed. Do not let this money go to waste. It is a great benefit for Tribal members. This will be the last year OTC will be processed in the current manner. Starting in 2018, checks will be issued to each Tribal member. More to come.

*****2018 PRC Applications*****

PRC applications are on the way. You may have already received them. If so please complete and send back as soon as possible. If PRC does not receive your application by 1/01/2018 we will not be able to issue you PO numbers.

*****Reminders*****

- It is the members' responsibility to call for PO 2-3 days before your appointment.
- Remember to always make sure the provider has your PRC billing information.
- If you receive a statement, please call the provider and make sure they have your billing information and

12 ask them to bill PRC. We are a payor of last resort.

Low Income Rental Housing

The Cow Creek Housing Program is accepting applications for the Tribe's Low Income Rental homes. This program is federally funded through the Housing and Urban Development (HUD) Indian Housing Block Grant (IHBG), and is administered by the Tribe.

This program can assist eligible Tribal members who are willing to reside in one of the Tribe's 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 a hold of you, we will be forced to pass you by until we hear from you. 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 541-863-3730, or SThompson@cowcreek.com, or the Housing Admin Assistant, Mel Johnson at the number above or MJohnson@cowcreek.com.

In Search of Tribal Volunteers

Volunteers are needed to assist in habitat restoration projects and the wildlife data collection process. Volunteers will need to be available at all times and able to respond on a very short notice. Must be available throughout the week and possibly on weekends. Volunteers should be in good physical shape to walk on or up uneven terrain during inclement weather conditions or during night hours.

To join the volunteer list, please contact Scott Van Norman at the Tribal Government Office. Deadline to apply is December 1, 2017.

Government and Programs

Elders Water Aerobics

Elders water aerobics classes are back! These classes are great for getting exercise, improving blood circulation, and socializing with other Tribal Elders.

These classes will be held on Tuesdays and Thursdays from 9 - 9:45 AM at the Seven Feathers RV Resort pool. The last of these classes will be held on December 14, 2017. For more information, please contact Adrionna Brim at 541-677-5575.



Energy Assistance

The Tribe's Low Income Heating and Energy Assistance Program (LIHEAP) has received its funding for the 2017-2018 Program Year.

At this time, the program is open to Elders, Individuals and families with disabilities, and households with children where energy assistance is an emergent need, where without assistance there is a health and/or safety risk. Our State LIHEAP Grant requires that we hold open a certain amount of time for those Households listed above to utilize assistance prior to opening the funding up for all other Households.

On December 1st, the LIHEAP Program will open up for all eligible Tribal Households. Please remember this program is on a first-come, first-serve basis, and is dependent on funding available for providing assistance once per year to Tribal Members living 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, please contact Sarah Thompson, Resident & Self-Sufficiency Manager at 541-677-5575 or SThompson@cowcreek.com.

Food Bank Holiday Hours — Save These Dates! Don't Miss Out on Holiday Boxes

Due to the holidays, Food Bank hours will be different for November and December. We want clients to come to get Holiday food boxes before the Thanksgiving & Christmas rush!

DECEMBER OPEN DATES

Tuesday, Dec. 5th 9 AM - 12 PM

Tuesday, Dec. 12th 1 PM - 4 PM

(The week before Christmas)

FOOD BANK WILL BE CLOSED:

CLOSED - Tuesday, Dec 19.



Medicare Part B Reimbursements

Tribal families who choose a monthly payment will need to submit the new Benefits Statement for 2018. Watch your mail for 2018 benefit statements from your Social Security Office stating the amount you pay for your Medicare Part B Insurance premiums. The Social Security office usually mails out these between October and November the previous year, even if the premium amount remains the same.

For others who request an Annual Reimbursement Payment, please submit a copy of your 1099 to our office as soon as you receive them. Please also watch your mail for your 1099 forms. These should be mailed out by your Social Security Office around January 31, 2018, or later.

Please send your statements to our office ATTN: Cindy Grizzle via email, fax or regular mail as soon as you receive your copy. To avoid a delay in your January 2018 reimbursement payment, please submit a copy of your documents as soon as you receive them.

If you need assistance signing up to begin receiving Medicare Part B Insurance, or for further questions, please call Cindy Grizzle at 541-677-5575.

November 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--|-----------------------------|---|------------------------------------|---|
| | | | 1 | 2 Senior Meal Takelma class | 3 Elders Luncheon 12 PM @ 7F | 4 Basketball Skills/Prevention Clinic @ Boys & Girls Club in Roseburg 10 AM - 12 PM (Registration 9:30 AM) |
| 5 | 6 | 7 Senior Meal Reading Group Food Bank Open 9 AM - 12 PM Water Aerobics | 8 | 9 Senior Meal Takelma Class Water Aerobics | 10 | 11 Annual Tribal Elders Dinner and Blanket Ceremony 3:30 - 6 PM @7F Youth Pow Wow Dinner 4:30 PM Grand Entry 6 PM |
| 12 General Council Meeting 10 AM @ GO Lunch provided Food Bank open after meeting | 13 | 14 Senior Meal Reading Group Food Bank Open 1 PM - 4 PM Water Aerobics | 15 | 16 Senior Meal Takelma Class Water Aerobics | 17 | 18 |
| 19 | 20 | 21 Senior Meal Reading Group Food Bank Closed Water Aerobics | 22 GO Closing at 2 PM | 23 THANKSGIVING DAY - GO Closed | 24 GO Closed | 25 |
| 26 | 27 | 28 Senior Meal Reading Group Water Aerobics | 29 | 30 Senior Meal Takelma Class Water Aerobics | | |

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class: 10 AM - 12 PM @ TCC

Sittercise Class: 1 - 1:45 PM @ South Clinic

Reading Group: Tuesdays 10 - 10:45 AM @TCC

Water Aerobics: 9 AM - 9:45 AM @ 7F RV Resort

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.

December 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|--|-----------|---|---|---|
| | | | | | 1 Elders Holiday Luncheon 12 PM @ 7F | 2 |
| 3 | 4 | 5 Senior Meal Reading Group Food Bank Open 9 AM - 12 PM Water Aerobics | 6 | 7 Senior Meal Takelma Class Water Aerobics | 8 | 9 |
| 10 | 11 | 12 Senior Meal Reading Group Food Bank Open 1 PM - 4 PM Water Aerobics | 13 | 14 Senior Meal Takelma Class Water Aerobics (Last Day) | 15 Last day for YEP Reimbursements for 2017. | 16 YEP Festival of Lights Trolley Call Kayla Knight at 541-677-5575 for more info |
| 17 | 18 | 19 Senior Meal Reading Group Food Bank Closed | 20 | 21 Senior Meal Takelma Class | 22 GO closing at 2 PM | 23 |
| 24 | 25 CHRISTMAS DAY GO Closed | 26 GO Closed | 27 | 28 Takelma Class | 29 | 30 |

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Senior Meals: 12 PM @ Seven Feathers

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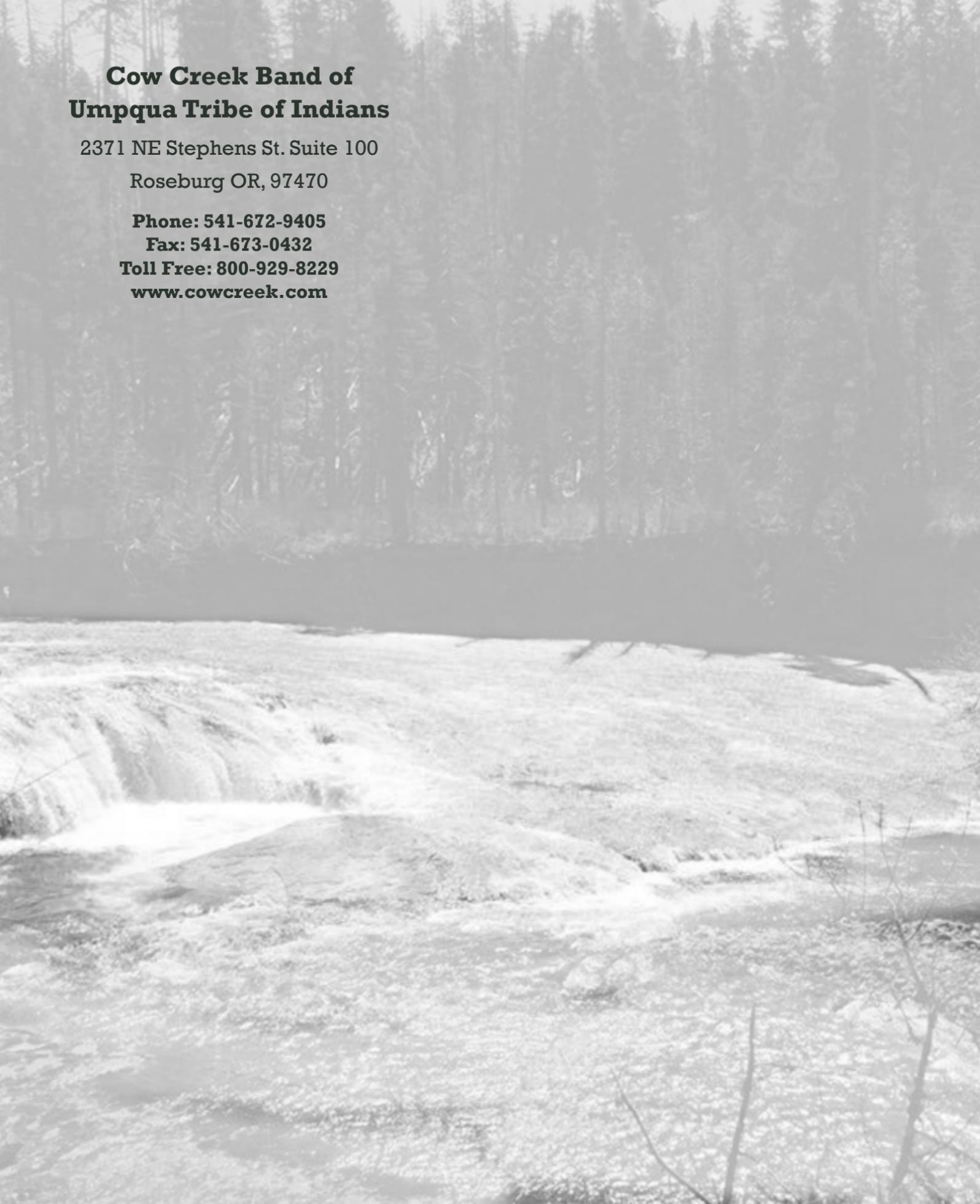
GO: Government Offices, Roseburg, OR

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

7F: Seven Feathers Casino Resort

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



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