

## Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 27, Issue 2 February 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)

#### Food, Games, and Prizes at the 2017 Winter Gathering

The 2017 Winter Gathering started off right with a Takelma prayer given by Tribal Elder Joyce Sertain and written by Cindy Grizzle. Following that, attendees began testing the four chilies submitted for the cook-off.

Christina Witt won first place for her Deer Meat Chili. Cindy Grizzle got second place with her Mild Elk Burger Chili, and Joyce Sertain pulled into third place with her Nana's Chili. Each winner was awarded a prize of cooking utensils, and guest Sharlee Andreasen won the raffle drawing for a pressure cooker.

For lunch, attendees an excellent meal of chili, home-baked corn bread, and chips for dipping.

After lunch, Jennifer Bryant, the Cultural Activities Specialist, instructed the Tribal members in attendance on how to play Shinny, a traditional Cow Creek game, before leading them out to enjoy the game on the grass near the Block House. Meanwhile, Tribal Elders led aa class on Bear Grass Braiding.





Four chili recipes were submitted for the attendees to judge



Tribal members enjoy a traditional game of Shinny



Darlene Diaz Chapman with her Behavioral Health display



Christina Witt won the chili cook-off

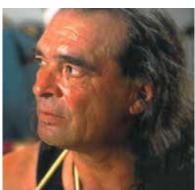
#### **Cow Creek Foundation Spreads Local Aid**

In accordance with the gaming compact, 6% of all gaming revenue must be donated to worthy causes in the community, which the Tribe does in part through the Cow Creek Umpqua Indian Foundation. In January, the foundation awarded these funds to 77 non-profits in seven southwestern Oregon counties, the latest in nearly 20 years of giving these donations.

Foundation Executive Director Carma Mornarich said "In my mind, to put it simply, I have the best job in the world. We believe those grants have improved lives and improved community. We appreciate and respect all the non-profits that help bring solutions to community concerns in this seven-county area. It's a lot of work, and we're proud to partner with each of them."



#### Tribal Member Obituary: Delbert Jerry "Red Hawk" Ansures



Delbert Jerry Ansures, age 62, crossed over after a short battle with cancer on Thursday, January 26<sup>th</sup>, 2017, in his home with his loving wife, Stormy Ansures and two dogs, Bruiser and Ike. He is survived by his wife, Stormy Ansures, his two sons, Josh and Drew Ansures, his granddaughters, Jordan and Taylar Ansures, his sister, Teri Hansen, his nieces, Heather Vick and Crystal Ansures, and his nephew, Jake Ansures. Red Hawk was born in Medford, Oregon, on May 23<sup>rd</sup>, 1954. Immediately following his graduation from Rogue River High School, he joined the Coast Guard and fought for his country in the Vietnam War. He served in the US Coast Guard Search & Rescue Division. After serving his four years, he was honorably discharged from his unit. Coming home to Oregon, he attended

college, receiving a Bachelor's degree in Natural Science. It was then he began work in the Oregon Caves, as a tour guide. Loving the work, he moved to New Mexico and began working for Carlsbad Caverns. Missing home, he returned to Oregon and became certified as a White Water Raft Guide. He opened his own business, Red hawk Expeditions, and loved guiding people through the wild rivers of Oregon. Red hawk spent the last of his years enjoying his family, teaching youth to drum, leading his drum "Little Eagle" and facilitating as Arena Director and Traditional Dancer for Native American Pow Wows.

Photograph and obituary courtesy of Hull & Hull Funeral Home. There will be a service on March 4, 2017, at 1 PM at South Umpqua Falls. It will be a potluck, and it is requested that everyone bring their own chairs. For more information, contact Teri Hansen at 541-821-4893.

#### **Tribal Board to Travel to Washington State**

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



## Tribal Member Highlight: Justin Rondeau

Justin Rondeau grew up in Forks, Washington, where he spent much of his childhood hunting and fishing with his father Jim, brothers, cousins, and uncles Ed and Chuck, who all instilled in him an awe for



nature. During those excursions, Justin saw his first few birds, such as hawks, falcons, and eagles, which stirred a passion for predatory birds in him. He read through *My Side of the Mountain* and all the books on falconry that the Forks public library had to offer.

All his life, he had a passion for falcons, but work, school, and hunting and fishing with his family meant that he didn't have time or resources to pursue his dream right away. In college, he studied Fisheries and Biology with the help and encouragement from the Tribe's Higher Education Funds.

"The Tribe encourages higher education for youth, and I can't say enough about how important that is," says Justin. "All of my study of biology during college has helped me in this endeavor. The Tribal encouragement to attend college helped push my learning and passion for biology into the state where I felt confident enough to pull off my dreams. I wanted to get a bird my whole life, but never felt like I could put the time, effort, and resources into it until I was 23 years old. I trapped my first hawk, a redtail I named Pearl, on my 24th Birthday."

To become a falconer, he had to have an established falconer agree to sponsor him as an apprentice for two years. During this time, he met his wife Bethany, who was also passionate about falconry. After two years, he became a general-class falconer, and after five more years, he became a Master Falconer with the permissions to breed falcons. He and his wife befriended one of the country's largest falcon breeders and producers in Spokane, Washington, and

were able to buy a few purebred birds of a high-quality bloodline to use in breeding.

"It was having her around that made me think that I could accomplish these bigger goals in life. My wife probably deserves more credit than I do."

After a four-year long process of paperwork and maneuvering with the U.S. Department of Fish and Wildlife and the Certified International Trade of Endangered Species, he and his wife became the youngest international gyrfalcon breeders in the world. They breed the powerful gyrfalcons, as well as the swift peregrine falcons and gyr-peregrine



A nearly adult gyrfalcon

hybrids. They also keep goshawks that they use while hunting. Last year, they sold their first birds to a client in Dubai in the United Arab Emirates.

The main market for falcons is in the Middle-East, where the birds are a huge part of culture. The desert climate limits the population of prey to be hunted, but some of the royalty recently began falcon racing. It has become a more and more popular sport in the Middle-East, thus increasing the demand for falcons. Justin hopes that as their birds race more, he and his wife will gain more international recognition.

"We're standing on the shoulders of giants," he says. "There have been a lot of dedicated falconers and falcon breeders in the last four decades that have really set everything up for us to do what we're doing now. It's a dedication and a lifestyle. There's no mastering of something like this; it will be a lifetime of enjoying the learning."

"You really can follow your dreams and be what you want to be," encourages Justin. "Dream big, and don't be afraid to go for it. Accomplishing life goals and dreams is not easy. It takes so much hard work. It's exhausting. But if you put in the time, keep your passion alive, and be smart, you can do it."

#### **Tribal Members Administer K-Bar Ranches**

K-Bar Ranches have always been a fairly large agricultural operation, but since the acquisition of the Rogue River Ranch four years ago, the business has grown tremendously, and is now able to run as many as 3,800 head of cattle and produce up to 10,000 tons of hay on the two properties. In October, the retirement of Tim Bare left an opening in the administration of the business that has been filled in an exciting way. Now, Tribal members Nathan Jackson and Rob Estabrook, along with Jeff Jones, work as a team to manage K-Bar Ranches.

"I clear the path so that Rob and Jeff can get things done," says Nathan Jackson, the General Manager of Sales and Administration.

In response to the fact that the ranch is now run by Tribal members, he said "We have a tremendous amount of skilled and talented people within the Tribe, and Tribal leadership has made a commitment to hire qualified Tribal members into management positions wherever possible. The ranch was one of those places where they decided we had qualified Tribal members to take over that position."

The ranch's general business model so far has been to sell hay, both wholesale or resale, and to run a large stocker cattle operation, meaning that they purchase weaned calves in late fall, raise them to 800 to 900 pounds, then sell them in early summer to feedlots.

#### A Tasty New Business Endeavor

The Canyonville businesses alone utilize a lot of coffee, and Kyle Kennington recently wondered, why not make our own, and keep the profits in the Tribe?

In April or May, Kennington's project will come to fruition, and Takelma Roasting Company coffee will be served in the Canyonville businesses. Kennington chose the name to reflect its Tribal roots, and to show that it is a Tribally-owned business.

Though it will start in Canyonville, the goal is to get as diverse as possible. In time, Takelma Roasting Company coffee could be sold online, in local grocery stores, and local coffee shops.

However, the new management is working on new ways to expand and diversify the ranch's operations.



"We're reexamining the business decisions that we have always operated under. We're looking at how we can diversify the production base for the ranch, and how we position ourselves for moving forward," said Jackson. "With the addition of the Rogue River Ranch about four years ago, it puts us on a different level of agricultural operations, and gives us a lot more flexibility in what we can do. There are a lot of opportunities. We're looking at different cropping options, and we're looking at different options for the livestock operation."

Jackson claimed that some of these opportunities could be things like diversifying out of strictly hay production to other crops, purchasing a small set of mother cows to take advantage of some pastures not suited to the young calves, and more.



#### The 2<sup>nd</sup> Annual Cow Creek Cultural Arts Conference

On February 8, 2017, the Cow Creek Culture Department held the 2<sup>nd</sup> annual Cow Creek Cultural Arts Conference at the Seven Feathers Convention Center. Displays of regalia, Tribal artifacts, and informational posters covered tables along the walls, setting the tone for the Dancing Thunder drum group and Cow Creek color guard that opened the conference.

Culture Department staff spoke about the Tribe's history and their attempts to rediscover what had been lost over the years, starting with Jessie Plueard's recounting of our Tribe's history. Rhonda Richardson spoke about the efforts to re-learn Takelma, the Tribe's traditional language, and Tammie Hunt elaborated on the process of creating Takelma Together, a simple book for teaching children Takelma. Brittany Jones shared her experience of bringing Tribal arts to those that live outside of Douglas County, and Jeremy Johnson spoke of the Tribe's archaeological endeavors. Finally, Housing staff told of their experience using traditional construction methods to create the gazebo at the Tribal gardens in a plank house style.

After lunch, those in attendance broke into three groups that rotated through three interactive presentations. One focused on traditional methods of basketry, another demonstrated the meaning and creation of Tribal regalia, and the last centered on hunting and fishing traditions and the weapons or methods used therein.

A special thanks goes out to Tribal Youth Ambassadors Logan Houston, Nicholas Lowell, Samantha Bryant, Molly Yeust, Alyssa Rainville, Elizabeth Bryant, and Melissa Bryant, who provided invaluable assistance through the whole conference.



Woven basket artifacts



Jessie Plueard elaborates on Tribal history



Kelly Coates shows a class a traditional fishing spear design



## Messages from the Clinic

#### 2<sup>nd</sup> Health Behavioral Risk Factor Surveillance System (BRFSS)

It has been five years since we last surveyed our Tribal membership regarding their health status, and it's time again to update our healthcare plans.

Beginning mid-February 2017, we as a Tribe will again participate in a health survey of all Tribal members to assure we can continue to improve our Cow Creek healthcare system, Nesika Insurance plan, Tribal programs and other vital health-related services. We will survey every adult 18 or older, by phone, between February and May 2017. Each Tribal member who participates will receive a \$60 gift card. Highlights of the survey will be published in the September 2017 newsletter and a summary of the results available at the November council meeting.

This survey will be administered by our Northwest Portland Area Indian Health Board (NPAIHB) staff. They are trained in conducting these surveys and all information is confidential – no names will be given or other identifying data included in the survey results. Surveys will be conducted via a prescheduled appointment time. Surveys completed with the assistance of the NPAIHB by phone will take approximately 50-60 minutes. Gift cards will be mailed within 5 working days of taking the survey.

Please be watching for a letter from the Health Advisory Committee and Board of Director's Chairman in the next month explaining the process and a more detailed explanation of the survey.

#### A Special Offer for Tribal Members from Current Orthodontics

Current Orthodontics in Roseburg has partnered with the Cow Creek Tribe to offer our Tribal members a whopping 20% discount on their orthodontics services.

Dr. Jon Petersen purchased the practice from Dr. Roman last year and has brought a lot of cutting edge orthodontic skills and technology to offer. The practice has the latest X-Ray machine on the market that emits less radiation than a day in the sun.

Tribal members can choose from a multitude of braces options, such as Invisalign, clear brackets, traditional metal brackets with colored bands, and new self-litigating ceramic bands.

For more information, call Current Orthodontics at 541-672-5721.



# SPECIAL OFFER for Cow Creek Tribal Members



- · Braces & Invisalign For All Ages
- Free Consultation
- · No Down Payment Options
- Most Insurance Accepted



## **Education Corner**

## **Higher Education Benefits for College** for 2107-2018

If you plan to apply for a Cow Creek Higher Education Scholarship for the 2017 - 2018 school year, you will be required to show proof that you applied to at least one outside scholarship in order to be considered for a Tribal scholarship. The intent of this requirement is to help you offset any possible loans that you may need to complete your education. We want all of our Tribal members to receive their degrees with as little amount of debt as possible.

Please keep some form of documentation that you applied for the scholarship (email, copy of scholarship application, etc.). You do not need to receive the scholarship, you just need to apply for one. You will continue to receive your Tribal benefits if you receive an outside scholarship.

Check with the college or universities that you are thinking about attending and ask about a "Diversity Scholarship." This scholarship will be open to a diverse population including Native Americans. You can usually find other scholarship information in the Financial Aid Department of your college or university.

These couple of links may be helpful for you:

- www.collegefund.org/scholarships
- Oregon Residents OSAC: www.OregonStudentAid.gov
- A List of Scholarships Available for Oregon and other States: <a href="https://app.oregonstudentaid.gov/Catalog/Default.aspx">https://app.oregonstudentaid.gov/Catalog/Default.aspx</a>

Contact Tammie Hunt, Education Director at 541-677-5575 or thunt@cowcreek.com if you would like more help, or need further information on your Tribal benefits for continuing your education after high school.



#### **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.

## Coming Soon in March: New Cow Creek Education Department Website

Several months ago, the Cow Creek Education Department began putting together a new website for Tribal members and families to access. The site is broken down into 9 Different areas.

For young children, different learning initiatives and resources are made available for different ages and grade levels. For those who are getting ready for, or who are going to college or vocational school, there are many links and information to help you get ready for school as well as necessary information regarding what to expect while going to college and living away from home. If you need assistance with workforce and career related matters, there will be information on gaining job readiness skills, interviewing, and other aspects regarding workforce placement. There will also be a calendar listing events, scholarship and application deadlines, and other educational initiatives.

Article continues on Page 10

## Government and Programs

#### New Cow Creek Education Department Website, Continued from page 9

The goal of the site is to provide resources and information for all Tribal Families, within and outside of our service area. The site is only available to Cow Creek Tribal Members. Access can be gained to the site after logging onto the Cow Creek Website. Forms for all the different educational programs listed in the Service Directory are also featured and readily available for download.

Be sure to check out the website weekly for new events and articles. For more information regarding the site, please contact Mark Andrews, the Youth Development Specialist at 541-677-5575, or at <a href="mailto:mandrews@cowcreek.com">mandrews@cowcreek.com</a>.

#### **Food Bank Hours and Requirements**

The Food Bank will be open on the following days and times of each month:

Second Tuesday each month: 9 AM - 11 AM Fourth Tuesday each month: 1 PM - 4 PM

The Food Bank is also open following each quarterly General Council meeting on the second Sunday of the following Months (some exceptions due to holidays): February, May, August, and November, from approximately 12:30 PM- 1:30 PM

To qualify for the food bank, you must meet these requirements:

- Household must have at least one enrolled Cow Creek Tribal member per household.
- Total household income level at or below Federal Poverty Guidelines of Income Levels (see right)

#### Free Tax Preparation through the AARP

The AARP is offering free tax preparation services at the following local addresses:

- 440 SE Grape Ave, Winston, OR;
- 210 E Central Ave, Sutherlin, OR,
- 215 SE Court Ave, Roseburg, OR.

For more information, or to schedule an appointment, please call 541-492-2101.

#### Potential "Sales" Scam

A Tribal Member was recently contacted by a "Cal State Medical" call center company that sells indoor pollution products and also offers a wide range of medical supplies. They ask to come to your home and show you their equipment and tell you that you can win a paid trip to Las Vegas. They may claim to be from "Cow Creek Medical". That is not how we refer to our clinic.

We wanted to let you know that the Cow Creek Umpqua Tribe and its Health & Wellness Center is in no way associated with this call center so beware if you receive a call from them.

#### 2016 Federal Poverty Guidelines

For the 48 contiguous States and the District of Columbia

Persons in Household	Annual Income Poverty Levels		
1	\$17,820		
2	\$24,030		
3	\$30,240		
4	\$36,450		
5	\$42,660		
6	\$48,870		
7	\$55,095		
8	\$61,335		

For households with more than 8 Persons, add \$4,160 for each additional person (annual amount).

## Government and Programs

## Medicare Part "B" Reimbursement Program

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

You may choose either Monthly or Annual reimbursement payments. Please write your choice on your documents and mail to the address below, fax or e-mail. If you choose to begin Direct Deposit, please complete the direct deposit form which was mailed to all Medicare Part "B" recipients, and attach a cancelled check to send to us as well.

If you do not receive your benefit Statement or your SSA 1099 form, you may call the Social Security Administration at 1-800-772-1213 or go online at <a href="https://www.ssa.gov">www.ssa.gov</a>.

Our office works diligently to get all payments mailed out by the 15<sup>th</sup> of each month. We appreciate your patience, as each January we have to hold payments until the new 2017 Documents are sent to us. With these documents straggling in at different times, we are now running a batch of Medicare Part "B" Reimbursement checks each week, rather than once a month.

Note: It is the responsibility of the Tribal member to notify the Tribe of any changes in your benefits from Social Security Administration SSI/SSD program. Failure to notify the Tribe may result in a delay of reimbursements and or in an obligation to repay ineligible benefits received.

Low Income Households may qualify for State Medicare Part "B" reimbursement. Please contact Cindy Grizzle at 541-677-5575 or <a href="mailto:cgrizzle@cowcreek.com">cgrizzle@cowcreek.com</a> if you have any questions regarding how to apply. If you qualify through the state Medicare Part "B" reimbursement program, this saves the Cow Creek Tribe dollars that could be used on other needs.

Please mail all copies to:

Attention: Cindy Grizzle, 2371 NE Stephens St, Ste 100,

Roseburg, OR 97470

#### **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, 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. 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 <a href="mailto:SThompson@cowcreek.com">SThompson@cowcreek.com</a>, or the Housing Admin Assistant, Mel Johnson at the number above or <a href="mailto:MJohnson@cowcreek.com">MJohnson@cowcreek.com</a>.





- <u>Karaoke @ Elements Lounge</u> Mon., & Tue. 6 - 11 PM Hosted by Charlie Govault
- Land & Sea Art Exhibit @ Gallery 7 January 13 - March 20, 2017
- 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
- Chad Freeman & Redline @ Elements Lounge March 1 - 12, 2017 Wed., Thurs., Sun. 7 - 11 PM Fri. & Sat. 8:30 PM - 1:30 AM
- UFC 209 @ Elements & Steelhead Lounges
  March 4, 2017. 7 PM
  Must be 21 or Older
- That Other Band @ Elements Lounge March 15 - 19, 2017 Wed., Thurs., Sun. 7 PM & 9 PM Fri. & Sat. 9 PM, 10:30 PM, 12 AM
- Amy Clawson @ Elements Lounge March 22 - 26, 2017 Wed., Thurs., Sun. 7 PM & 9 PM Fri. & Sat. 9 PM, 10:30 PM, 12 AM
- <u>Jessie Leigh @ Elements Lounge</u>
  March 29 April 2, 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 25<sup>th</sup>, March 11<sup>th</sup>, April 8<sup>th</sup>, April 29<sup>th</sup>, and May 20<sup>th</sup> (location TBD on this last date).

#### **Cooking Demonstrations**

As part of both the Nutrition and Diabetes programs, Erin Audiss, RD, and Jill Boyce, RD, offer cooking demonstrations. All of the recipes are full of flavor, low-fat, and diabetic friendly! Please come hungry because we eat everything we make! All attendees will have a chance to win a prize. We do require registration for all of our cooking demonstrations, so that we prepare enough food. For more information, please contact Erin Audiss, RD at <a href="mailto:eaudiss@cowcreek.com">eaudiss@cowcreek.com</a> or 541-672-8533, or Jill Boyce, RD at <a href="mailto:jboyce@cowcreek.com">jboyce@cowcreek.com</a> or 541-839-1345.



#### **Orchard Pruning Class**

The Tribe's Natural Resource Department is partnering again this year with the OSU Extension office to provide a free orchard pruning class at the Tribal gardens. The class will be held on March 9<sup>th</sup> from 1 - 4 PM. If you are interested in participating in this class, please RSVP by March 2<sup>nd</sup> with Janet Cooper, NR Administrative Assistant. Janet can be reached at 541-677-5575.



#### **Elders' Water Aerobics Are Back!**

Water Aerobics classes for Tribal Elders started up again on February 14, 2017, and will occur each Tuesday and Thursday until April 27, 2017. Class #1 runs from 9 - 9:45 AM, and Class #2 runs from 10 -10:45 AM.



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

#### Pine Needle Medallion Class

There will be a class on making pine needle medallions held in Salem, Oregon on May 20<sup>th</sup> from 9 AM - 2 PM. If you are interested in attending, please contact Megan Taddei at 541-677-5575.

#### **Cow Creek Culture Days**

Culture Days are coming on March 27 - 29, 2017!

Monday the 27<sup>th</sup> is Archaeology Day in the Umpqua National Forest, where you can learn about Cow Creek history and search for artifacts in reserved soil! It will be held from 11 AM to 5 PM.

Tuesday the 28<sup>th</sup> is Lamprey Day at Amacher Park, where you can learn about our traditional first food and how we caught them! It will be held from 11 AM to 4 PM.

Wednesday the 29<sup>th</sup> is Hike Day at Medicine Creek, where you can view rock shelters and hike to see rock paintings! It will be held from 9 AM to 4 PM.

Each day, participants will meet at the Government Offices in Roseburg before traveling to the location for that day. For more information, please contact Jennifer Bryant, Cultural Activities Specialist, at 541-677-5575.

#### **Healthy Living with Diabetes**

Cow Creek Health & Wellness Center's diabetes selfmanagement classes are for those living with diabetes who want to learn how to be the healthiest they can be! In these monthly classes we review a different topic, have group conversation, eat a diabetic friendly meal and have giveaways! Our next class topic is Healthy Eating. Registration is required, so please call either clinic to sign up.

These classes will be held at 5 PM at the Roseburg clinic on the following dates: February 27<sup>th</sup>, March 27<sup>th</sup>, and April 24<sup>th</sup>.





## February 2017

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	4
5	6 Senior Meal  Also on the 7th: DPP Graduation Celebration. Call Erin at 541-672- 8533 for info.	7 Senior Meal Round Circle Reading Group DPP Class @ North Clinic	8 Senior Meal  Cultural Arts Conference 9 AM - 4:30 PM @ 7F Convention Center	9 Takelma Class Family Drum Practice 5-7 PM @ BH DPP Class @ South Clinic	10	11 Regalia Class 10 AM - 2 PM @ GO
12 General Council Meeting 10 AM @ GO Lunch provided Food Bank open after meeting	13 Senior Meal  Takelma Class 6 - 7 PM @ TCC  Nahankuotana Weavers Group 2 - 4 PM @ BH	14 Senior Meal Water Aerobics Round Circle Reading Group Youth Drum 4 - 6 PM @ TCC Food Bank Open 9 AM - 12 PM	15 Senior Meal  DPP Class @  North Clinic	16 Takelma Class Water Aerobics DPP Class @ South Clinic	17 Cooking Demonstration 10:30 @ North Clinic	18
19	20 GO Closed: No Senior Meal or Takelma Class Today	21 Senior Meal Water Aerobics Round Circle Reading Group	22 Senior Meal DPP Class @ North Clinic	23 Takelma Class Water Aerobics	24	25 Regalia Class 10 AM - 2 PM @ GO
Also on the 27 <sup>th</sup> : Nahankuotana Weavers Group 2 - 4 PM @ BH	27 Senior Meal Takelma Class 6 - 7 PM @ TCC Diabetes Self- Management 5 PM @ North Clinic	28 Senior Meal Water Aerobics Round Circle Reading Group Food Bank Open 1 - 4 PM				

## 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.

## March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Senior Meal  DPP Class @  North Clinic	2 Takelma Class Water Aerobics DPP Class @ South Clinic	3 Elders Luncheon 12 PM @ 7F	4
				RSVP Deadline for Orchard Pruning Class		
5	6 Senior Meal  Nahankuotana	7 Senior Meal Water Aerobics Round Circle Reading Group	Also on the 9 <sup>th</sup> : Free Orchard Pruning Class 1 - 4 PM @ Tribal Gardens	9 Takelma Class Water Aerobics Family Drum Practice 5-7 PM @ BH	10 Tribal Board Informational Meeting 7 PM - 9 PM	11 Tribal Board Informational Meeting 1 PM - 3 PM @ Red Lion Hotel
	Weavers Group 2 - 4 PM @ BH	DPP Class @ North Clinic		DPP Class @ South Clinic	@ Red Lion Hotel in Kelso, WA	in Port Angeles, WA Regalia Class 10 AM - 2 PM@ GO
12	13 Senior Meal Takelma Class 6 - 7 PM @ TCC	14 Senior Meal Water Aerobics Round Circle Reading Group Youth Drum 4 - 6 PM @ TCC Food Bank Open 9 AM - 12 PM	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 - 4 PM @ BH	21 Senior Meal Water Aerobics Round Circle Reading Group DPP Class @ South Clinic	22 Senior Meal DPP Class @ North Clinic	23 No Takelma Class Today Water Aerobics DPP Class @ North Clinic	24	25
26	27 Senior Meal Takelma Class 6 - 7 PM @ TCC	28 Senior Meal Water Aerobics Round Circle Reading Group	29 Senior Meal	30 No Takelma Class Today Water Aerobics	31	
Also on the 27 <sup>th</sup> : Cow Creek Culture Days: Archaeology Day	Diabetes Self- Management 5 PM @ North Clinic	Food Bank Open 1 - 4 PM Culture Days: Lamprey Day	Cow Creek Culture Days: Hike Day	DPP Class @ North Clinic		

## 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

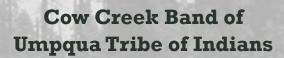
Diabetes Prevention Program (DPP) South clinic: 10 AM, North Clinic: 9 AM GO: Government Offices, Roseburg, OR

**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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