

Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 27, Issue 3 March 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)

During 2016, the Cow Creek Tribal membership received many direct benefits. The funding for these services came from gaming revenue, grants, and federal funding. A direct benefit is a program or resource that provides payment for the direct benefit of a Tribal member. A few examples of direct benefits are paid health claims, health care visits, education benefits, and down payment assistance.

Education Department

Youth Education Program

There were a total of 8 events, as well as the Culture Camp and the annual Backpack Giveaway, in which over 127 youth participated. Parental costs were utilized by over 187 different youth.

Notebook Program

16 post-secondary students were admitted to the program in 2016.

Educational Benefits Program

12 youth utilized this program to go to school trips to Washington D.C., France, Bible and Science camps, choir competitions in Seattle, and with educational costs. Each student was awarded \$500 towards their activities.

Higher Education Program

There were 15 graduates of higher education in 2016, and there will be 13 or more by spring of 2107.

Adult Vocational Training

There are currently 11 AVT students obtaining certifications for 7 different fields.

Round Circle Reading Groups

About 15 families consistently attend this program each week and receive a free book every time.

Vroom Grant

Over 175 education kits were provided to help foster early learning in young children.

Preschool and Kindergarten Readiness Program

Over 15 parents participated in this program to help prepare their children for learning in school.

Summer Field Trips

Over 36 members went on 5 summer field trips.

Summer Food Service Program

Over 425 lunches and 325 snacks were provided over the summer months.

<u>Tribal Community Center & Expanding Horizons Youth</u> Center

On average, 14-16 children participate at the center daily for various activities, and over 40 total youth have been served. Many crafts are offered 2-3 times a week. Over 24 youth participated in the Science, Engineering, Technology, Art, and Math camps during the summer.

Educational Website

This program also worked with Tribally-owned graphic design company Anvil NW to produce new web pages for the Education Department. For more information, see page 10.

Emergency Preparedness Program

56 Elder Preparedness starter kits were distributed in person, and 115 more were sent via mail. Approximately 4100 cans (683 kits) of dehydrated food were distributed to Tribal members. 125 3-day survival kits for 4 people were distributed.

Housing Department

Low Income Rental Units

There are 39 rental units at present time. During 2016, we received 23 applications, had 13 denied applications, 10 approved applications, 7 families that moved in, 9 families that moved out, and 1 person on the waiting list.

<u>Down Payment and Repair Assistance Program</u> 35 individuals received assistance from this program, for a total of \$129,741.15.

IHBG Down Payment Assistance Program

1 individual utilized this program in 2016, for a total of \$5,000.

Repair Assistance Program

16 individuals received assistance from this program.

Student Rental Assistance Program

For the 2016-2017 school year, 8 students received assistance between January and May, and 10 students received assistance between September and December, for a combined total of \$22,500.

Emergency Assistance Program

3 individuals received assistance from this program.

Tribal Rental and Extended Rental Assistance Program 7 individuals utilized the Rental Assistance Program, and 5 individuals utilized the Extended Rental Assistance Program during 2016, for a combined total of \$13,690 in aid.

IHS Sanitation Assistance Program

2 Cow Creek Tribal members and 1 Karuk Tribal member were assisted by this program in 2016 for a total of \$53,073 in water and sewer projects.
6 Cow Creek members have pending files from 2016 that will be completed if approved by IHS in 2017.

Emergency Shelter Program

1 victim of domestic violence was helped to escape the unfortunate situation they were in by utilizing a safe house. This individual has been assisted with transitioning back into a residence.

2 families were able to utilize the safe houses as a transition home to relocate into our area. Both have gained employment, and are working to find housing.

<u>Tribal Housing Program</u>

A total of 22 lots were purchased for use as low- to moderate-income rental units.

Human Services Department

Nutrition Services Incentive Support Program

Tribal Elders were provided with congregate meals and frozen home delivered meals, all in compliance with Dietary Guidelines for Americans (DGAs) and required Dietary Reference Intakes (DRIs) for well-balanced meals, of a combined total worth of \$42,317.33. During 2016, a total of 1,614 congregate meals were provided to 62 individual Tribal Elders, and 12 healthy education days were provided. 78 frozen home meals were delivered to 6 individual Tribal Elders in 2016.

Native American Caregiver Support Program

Over 146 instances of service were provided to Tribal Elders and their caregivers, resulting in a total of \$7,977.5 worth of services provided.

Grants for Native Americans (Transport)

In 2016, this grant provided 158 individual Tribal Elders with services, for a total worth of \$85,511.85. Tribal Elders, spouses, or caregivers were provided with concrete information on public or voluntary services and resources over 75 times, were reached out to for eligibility for services 48 times, were transported 38 times, and were provided with home health aid services 23 times, were aided with chores 8 times, and aided with other miscellaneous services 731 times. They were also provided with activities for promoting health and wellness, which were utilized 405 times.

Project Warmth

In 2016, 48 youth received a new coat or shoes.

Social Services Block Grant

Multiple families were assisted with bedding, clothing vouchers, and necessary toiletries. A single mother was assisted with moving and finding child care services. Financial assistance was provided to help with high energy bills, parenting classes, equine therapy, and family visits to those in foster care.

Family Preservation

Funding was provided for the Movie Club, the Chief Miwaleta Day celebration activities, rental assistance, and aid in moving costs for a Tribal family, as well as Love and Logic classes to help with parenting.

Indian Child Welfare Act (ICWA)

There were 7 active child protection cases in 2016, as well as 15 that were investigated. Staff attended 6 court hearings, 9 family planning meetings, and numerous Citizen Review meetings. 19 letters were received and replied to. Home visits and reports continue with families under the Tribe's jurisdiction. There have been 9 calls of unfounded cases, in which Tribal staff took immediate action in supporting these families. Each call that comes in from members.

caseworkers, or partners is screened, and if it is not possible for this department to assist, then outside sources and referrals are suggested. A total of 34 individuals have been served by this program.

Medicare Part B Reimbursement Program

Over 117 members and their spouses, all over the age of 65, were aided with this program.

MIPPA Grant or Medicare Assistance Program
35 participants attended the basic Medicare 101 class presented in June 2016.

Elder Programs

14 Elders jackets were gifted to Tribal Elders in 2016. 27 laptops were given to Elders in 2016 as part of the laptop program. 18 parking permits for convenient parking places at the Seven Feathers casino were issued to elders, bringing the overall total issued to 54. The Elder Program took 3 trips in 2016, bringing 15 participants to Eagle Point Museum in June, 28 participants to the Belknap Hot Springs Resort in August, and many more to the Brookings Beach Trip in September. 10 monthly luncheons were held in 2016, with anywhere from 15-50 attendees for each event. This program also assisted with the Chief Miwaleta Day celebration. The annual Elder Honor Dinner and Blanket Ceremony was attended by over 100 participants, where 2 blankets were given away to those who had just become Elders (the other 12 were mailed out to those who couldn't make it).

Food Bank Program

45 different low-income families were provided with food during 2016. In December, 99 individuals were provided extra items and a turkey to complete a holiday dinner.

Physical Fitness Classes for Elders

A variety of classes were provided to Tribal Elders throughout 2016, and averaged 8 people in attendance for each class.



Elk Horn Purse

Natural Resources Department

Administrative Activities

81 cords of firewood were sold to 44 Tribal families, and firewood was delivered to 9 Tribal Elders. 97 Umpqua National Forest passes were issued between February 9th and November 3rd. 4 activities were held at Bare Park and the Tribal Gardens.

Cultural Resources Program

Staff successfully offered 56 cultural resources-related activities to approximately 875 Tribal participants, and provided 21 presentations regarding Cow Creek culture. This program also offered 50 Takelma language classes and 1 Takelma language presentation. This program gave a Takelma name to the Tribal Gardens (Tuú Yap'a Xumá - Good people food), and assisted with the design of a gazebo styled after a traditional plank house. The program also reviewed 801 external projects, monitored 26 external projects, surveyed approximately 443 acres of Tribal land for cultural resources, and added 915 cultural sites to the GIS database.



Traditional Woven Basket

Water and Environmental Resources Program

This program team participated in 36 collaborative group meetings within the Rogue and Umpqua basins. From these meetings the program was able to form 9 new strategic restoration partnerships. The program was also instrumental in many land improvement projects. The program planted 407 native plants and removed 95 acres of Himalayan Blackberry on Tribal lands. The program also continued to operate the

Tribe's fisheries survey and steelhead acclimation programs. Program staff surveyed 1.7 miles of Jordan Creek 14 times for Coho salmon and winter steelhead. participated in 4 winter steelehead education days, planned and hosted the West Coast Salmon Summit, and successfully acclimated and released 19,450 smolts at the Seven Feathers Steelhead Acclimation Site. One of the most notable successes of the program was the 100% success rate on grant applications (10 for 10) for a total of \$637,035.

Wildlife Program

This program provided 16 increased hunting opportunities on Tribal lands for deer, elk, and waterfowl. 15 surveys on more than 2,000 acres of Tribally owned land were conducted to monitor healthy wildlife populations. This program implemented 65 acres of habitat improvement on Tribal lands, and completed a biological assessment report of endangered species on proposed land conveyance area.

Geographic Information Systems (GIS) Program This program created 414 maps for Tribal departments and programs. It also developed an updated Tribal Map Atlas of all Tribal properties, as well as an online cloud-based mapping application for all Tribal staff.

Tribal Garden Program

Between the months of May and October 2016, the Tribal Garden program produced approximately 35,300 lbs. of produce for Tribal membership, staff, and others. The Garden had an average of 6 visitors per day, 96 visitors per month, and a total of 479 visitors for the year. It also provided 2 Tribal youth internship opportunities.

Other Collaborative Projects

2016 included 2 large multi-program collaborative projects with the K-Bar Ranch. The Dole Road project included 3,730 feet of road resurfacing, reseeding 10 acres of bare ground, and the installation of 10,225 feet of new fencing. The Lilja noxious weeds project removed 95 acres of Himalayan Blackberries and poison oak on Tribal lands, providing enhanced grazing opportunities for the K-Bar Ranch Corp.

Workforce Development Program

This program focuses on emphasizing career readiness, career exploration, developing and locating apprenticeship programs, and providing outreach services to college students. Through Student Connections, 15 students are served, either through visits to schools or email, text, mail, and Skype calls.

Self Sufficiency Department

Transportation Program

In 2016, this program was able to fund transportation for 2 Elders trips and 71 bus passes. Every month, 14 general passes, 2 student passes, and 3 Elder/ Disabled/Veteran passes are requested.

Low Income Home Energy Assistance Program In 2016, this program assisted with utility and heating for 29 households in the service area, 2 out of the service area, and 4 emergency services, for a total of 35 families with utility and heating aid.

Umpqua Indian Utility Cooperative

2016 resulted in a positive balance for UIUC of \$380,708.50. UIUC increased its revenue from construction and utility services by 9.7% over 2015 revenue. Accomplishments include finding a more easily accessible office location, implementing a utility billing software program, and implementing a new website for public ease of access: www. umpquaindianutility.com. 8 employees were red card certified, and UIUC personnel were certified in Basic Fire Training. There was also significant increases in Electrical services, and expanded utility off of Tribal ground for the first time to cover the Canyonville Holiday Inn electricity, which was accomplished in only 3 hours. This switch will save the Tribe over \$20,000 in power costs for the Holiday Inn. UIUC also reinstated the Electrical Apprentice program in 2016, which has a Tribal member enrolled.

Tribe's Emergency Management Program Acquires Mobile Radio Vehicle

The Cow Creek Tribe is unique as a Tribal Nation in that it has no contiguous reservation land. As such, an emergency event impacting land owned by the Tribe would require an Incident Command Post at the site of the event. The mobile communication vehicle would provide the capability to communicate with other responding agencies in the case of an emergency situation.

The mobile radio vehicle was obtained from FEMA via the Trans Am Program at IHS. It contains VHF, UHF, HF and microwave communications equipment. Tracy De Pew, Emergency Management Coordinator, will be working to optimize its use for the Tribe's Emergency Management Program, and consideration for availability to other agencies in Oregon.



Tribes Need to Be Involved with the New Farm Bill

Tribal leaders and employees from across the nation came together at the National Congress of American Indians (NCAI) winter conference held in February.

One session highlighted the discussion on the Farm Bill. In February 2014, Congress passed the Agriculture Act, which brought changes and improvements for Tribal Nations and Native farmers and ranchers. With the new law expiring in September 2018, the new 115th Congress is beginning to look at Farm Bill programs. Indian Country has an important opportunity to review the past requests and successes, and develop its priorities early to be included in the upcoming 2018 reauthorization.

According to Scott Van Norman, Cow Creek Wildlife Specialist, Tribal leaders expressed that it is imperative that Tribal Nations and Native food and agriculture producers have a seat at the table during these early discussions to improve the efficiency and effectiveness of agriculture and nutrition programs in Indian Country.

The Tribe's Natural Resource Director, Jason Robison, has participated in many Farm Bill discussions and continues to represent all Oregon Tribes on the Natural Resource Conservations Service's (NRCS)

Regional Tribal Advisory Council. The NRCS provides incentive and cost share based programs to Tribes under the current Farm Bill. Mr. Robison believes Tribes have a very good opportunity to promote Tribal centric programs and additional funding opportunities in the next Farm Bill and he encourages Tribes to get involved early and often. Both the Tribe's Natural Resources Department and the K-Bar Ranch Corporation have been looking at participation in some of the cost share and incentive-based programs offered by the NRCS and the Farm Service Agency under the current Farm Bill.

"I'm hopeful these programs will help offset some of our operational costs while allowing for better management of Tribal lands and resources", said Robison.

Zach Ducheneaux of Intertribal Agriculture Council stated, "You can only be as sovereign as your ability to feed yourself." Some of the short falls or challenges that Tribes endure today are lack of funding, lack of opportunities and regulations. Many Tribes are wanting changes in the language of the Farm Bill to help promote the growth and distribution of traditional foods within Tribal communities and opportunity to expand Tribal business.

Tribal News

We Need Your Help! Cow Creek Behavioral Risk Factor Surveillance System (BRFSS) Project

The Cow Creek Health & Wellness Center (CCH&WC) will be conducting the 2nd BRFSS health and Tribal programs survey. We are asking each tribal member, over the age of 18, to please help us begin planning for our next five years of programmatic development, revisions and healthcare delivery.

It has been 5 years since we last asked our Tribal members to complete a survey regarding their health status. This data has been used to develop new programs and services within the Cow Creek Health & Wellness Center. Examples of feedback-inspired services include: the new clinic in Canyonville, radiology services, cancer prevention, cooking classes, clinical tobacco cessation programs, and possible future clinical expansion of specialty care like chiropractic and message therapy, physical therapy, and pharmacy.

Our plan is to contact everyone by phone to conduct a 45-60 minute survey. Surveying will begin in mid-March 2017 with plans to conclude by the end of June 2017 (this is a change from last month's newsletter). Each Tribal member who participates will receive a \$60 gift card. Results will be highlighted in the August 2017 newsletter and preliminary highlights will be available at the August 2017 General Council meeting.

This survey will once again be administered by staff from the Northwest Portland Area Indian Health Board (NPAIHB), and all information will remain confidential: no names or other identifying data will be given. Their staff will first call and set up an appointment to conduct the survey within the following week.

Please be watching for a letter from the Chairman of the Tribal Board of Directors and the Health Advisory Committee explaining the survey process in detail.

Your input and information is VITAL to the planning of future healthcare programs and clinical services.

Tribal Member Obituary: Walter Lerwill



Walt Lerwill was born August 26, 1922 in the small southwestern town of Tiller. Oregon. He attended grade school in Tiller Oregon and graduated High school in Days Creek, Oregon. He served in WWII as a truck driver in Europe. He lived and worked on his many farms in his life.

Walt married Betty Bratten February 14, 1947. They loved to travel, and were married for nearly 65 years. She proceeded him in death on January 15, 2012. They had 2 children; Linda Lerwill Kentner and Marvin Lerwill. Five Grandchilden: Shelly Lehman, Ron Kentner, Shawna Lerwill, Corena Brown, and Weston Lerwill. Seven Great Grandchildren: Scott Cooper, Torina Kentner, Blake Lehman, Tristen Kentner, Jorden Bruyn, Kylie Brown and Skyler Brown. Four and a half Great Great Grandchildren: Dayzie Cooper, Landon Kentner, Aubrie Lehman, Hadley Wilson, and

Zayden Cooper will make his arrival in June.

After school Walt and his friend Alex VanNorman attended Chemetica Community College in Salem until Pearl Harbor was bombed and they decided to join the Army instead. During WWII he was shipped out to France until his discharge.

Walt worked for the US Forest Service in high school and again after leaving the Army. He and his friends started Triangle Logging. He finally settled in Central Oregon, where he worked for Brooks Scandlin/ Diamond International/DAW until he retired in 1984.

Walt enjoyed his family, hunting, fishing, rodeos, playing pinochle and cards, and attending the annual Cow Creek Pow Wow at South Umpqua Falls. He liked fishing off the dock while pumping gas at the Three Rivers Marina his daughter and son in law owned. He couldn't hear well but he like getting out and visiting with friends. Music was something Walt really enjoyed, and he could play many instruments.

He is loved and will be missed by his family and friends.

Messages from the Clinic

Stay Social, Stay Sharp

By Dennis Eberhardt, Clinic Director

Friends and family are good for our brains as we get older. Although people often see their social ties shrink in their later years, casting a wider net may help us keep our thinking skills sharp and stave off mental and physical decline.

These findings come from a new report from the Global Council on Brain Health (GCBH). It was released at the same time as an AARP survey that found 1 in 5 adults age 40 and older could be described as "socially disconnected." The GCBH is supported in part by AARP.

Many of the people surveyed said they sometimes find themselves without friends. More than a third said finding friends was hard, and close to that number felt lonely or cut off from others.

Those who said they were unhappy with their social status were more likely to say they were less mentally sharp now than five years ago. People also said one of the benefits of having friends is that friends urged them to take better care of their health.

Ready to reach out?

The Cow Creek Health & Wellness Center offers these tips for reaching out to other people for friendship:

- Focus on the social activities you enjoy the most.
- Seek out new people at a senior center or other facility, and make an effort to make friends. It may be intimidating at first, but it tends to get easier with practice.
- Stay in close touch with current friends and family. Call, email or visit to keep relationships fresh.
- Connect with people of all ages. You might try volunteering at a school or community center.
- Smile, hold open a door and practice other random acts of kindness.
- Start a conversation with a neighbor you haven't met. Maybe bring a plate of cookies or a small houseplant as a gift.
- If you can, adopt a dog from a shelter. Pets can be part of a support system. Plus, walking a dog can invite conversation.

This information brought to you courtesy of the Cow Creek Health & Wellness Center



Education Corner

New Education Department Webpage

The Cow Creek Education Department is happy to unveil their new Educational Website. Throughout this site, Tribal Members can find educational resources for all age groups: information regarding Early Learning, Elementary, Middle, and High School, as well as Career readiness and Post-Secondary Education.

It features a Calendar of Events, all the forms for different Educational Programs, tips and ideas for your children from Pre-school to college, and resources that you can access for Workforce and Career Development. There is a page for Parenting and Family, which highlights different resources and activities to help your family as a whole, and also offers information regarding our Afterschool Program at the Tribal Community Center. Live, Learn, and Expand yourself and your family.

See the page at http://www.cowcreek.com/cow-creek-education/.



For questions regarding the site, please do not hesitate to contact the Education Department at 541-677-5575, or e-mail us at: education@cowcreek.com.

Round Circle Reading Groups

Does your child, from the cradle to 6 years old, like to read? Are you having difficulties getting your child to sit down and read? Would you like a free book every week?

If you answered "Yes" to any of these questions, please join us for our Round Circle Reading Group. The Groups meet every Tuesday, from 10:00 – 10:45 at the Tribal Community Center located in Myrtle Creek. Participate with us by putting down a fun rug to sit on, grab some snacks, and, of course, read with your child from the many books in our library.

This program also allows your children to socialize with others in a safe and playful environment. The best part? You get to take a book home with you every week that you attend. Please RSVP your spot by calling Mark Andrews at 541-677-5575.



Do you live in Roseburg? If three or more families call and want to hold a class in Roseburg in addition to the one in Myrtle Creek, a new class will be formed. Please be sure to call Mark at the number to the left.

Government and Programs

Are You Using Your Teladoc Membership?

The flu and cold season continues and many are having to spend hours at their doctor's office, an urgent care or even the ER. Do you want to spend the time having to go to these medical providers when you could still get medical care sitting at home, while you are at work, or even on vacation? Then please give Teladoc a try. It is only a phone call away, and within an estimated 16-17 minutes you can talk to a medical provider with over 10 years of credible medical experience. A great many of our employees and Tribal members who have used this service have saved time and money, and really love this service.

There is no cost to you unless there is a prescription that is needed, and then it would be the prescription co-pay amount. The deductible does not have to be met before you can use this service.

It is highly recommended that a medical history be completed for anyone who would like to use this benefit prior to the need for Teladoc services. The medical history is just like filling out the forms at a medical provider's office. The doctor needs to have your medical and prescription information in order to provide great medical care. All of this information is confidential and is only reviewed by the treating medical provider at Teladoc.

This benefit is not to take the place of your physician or if there is an emergency, to replace emergency care. This is a benefit that can be used for flu, cold, upper respiratory infections, bladder infections, and many more conditions.

When completing the on-line registration, you will be prompted to input Nesika's name. The name you must use is "Nesika Health Group Corp".

If you have any questions, please call Jone Radford, Nesika Health Group, at 541-677-5508.



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. 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.





- <u>Karaoke @ Elements Lounge</u> Mon., & Tue. 6 - 11 PM Hosted by Charlie Govault
- 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>Beauty of the Farm & River Art Exhibit</u>
 March 24 May 29, 2017
 Featuring Jan Barba Horn
 At Gallery 7
- <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
- Hard Days Night @ Elements Lounge April 5 - 16, 2017 Wed. 7 PM & 9 PM Thur. - Sat. 6 PM, 8 PM, & 10 PM Sun. 3 PM & 6 PM
- <u>UFC @ Elements & Steelhead Lounge</u>
 April 8, 2017
 Sat. 7 PM
 Must be 21 or older
- Brewers Grade @ Elements Lounge April 19 - 23, 2017 Wed., Thurs., Sun. 7 PM - 11 PM Fri. & Sat. 8:30 PM - 1:30 AM
- The Hank Shreve Band @ Elements Lounge April 26 - 30, 2017 Wed., Thurs., Sun. 7 PM & 9 PM Fri. & Sat. 9 PM, 10:30 PM, 12 AM

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 eaudiss@cowcreek.com or 541-672-8533, or Jill Boyce, RD at jboyce@cowcreek.com or 541-839-1345. See the calendar on pages 14 and 15 for dates, times, and locations.

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 the North or South clinic to sign up.

These classes will be held at 5 PM at the Roseburg clinic on the following dates: March 27th, April 24th, and May 22nd.

Openings in the Weavers Group Trip

Rhonda Richardson will be taking the Nahankuotana weavers group on a trip to Salem, Oregon, to attend a Pine Medallion Workshop on Saturday, May 20th, 2017.

There are 7 spots open, and it will just be a day trip. We will leave early in the morning and return in the late afternoon. These spaces are filled on a first-come, first-serve basis, so call Megan Taddei at 541-492-5232 as soon as possible.

Free Fishing Days in April

The Oregon Department of Fish and Wildlife is offering free fishing days on April 22 - 23, 2017. Find out more at www.dfw.state.or.us/news/2017/03_mar/031517.asp.

Calling All Teachers and Mentors! Volunteers Needed!

Do you know how to do a cultural art? Do you want to pass down your knowledge to future generations?

The Culture Department is in need of individuals interested in teaching traditional cultural arts. If you are interested in passing on your cultural knowledge and skills, then please contact Jennifer Bryant at 541-677-5575.



Are you ready for Easter? Get ready by attending the Tribal Easter Egg Hunt. The Easter Egg Hunt will run from 12:30 p.m. – 2:30 p.m. on Saturday, April 8th, and will take place at Pioneer Park, located at: 305 SE Canyon St, Canyonville.

Lunch, Easter Eggs, and other fun games for all will be provided. Please call Kayla Knight at 541-677-5575 in order to RSVP for this event, so that we have enough food and eggs! This event will take place rain or shine. Bring the whole family.

This is a Drug, Alcohol and Tobacco free event, and is sponsored by the Cow Creek Youth Activities Committee, and the Cow Creek Behavioral Health Prevention Department.

Family Fun Nights

Are you looking for something to do as a Family? Join us in a new program called Family Fun Nights. Fun Nights are geared towards Middle and High School aged youth and their parents/guardians and will take place in the Boardroom of the Government Offices.

You are invited for an evening of fun games and activities related to Science, Technology, Engineering, the Arts, and Math (STEAM). Dinner will be provided, and prizes will be awarded. Times and Dates are: April 20th (Technology Night), from 6 - 8 PM, and May 23rd (Math, Engineering and Arts Night) from 6 - 8 PM.

Build a real windmill, play with a laser, find out what gravity is really about, become an engineer and build a robot using Legos like you've never seen before. To







attend, please RSVP by calling Kayla Knight at 541-677-5575. Space is limited so call today! This is a Drug, Alcohol and Tobacco free event.

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Senior Meal DPP Class @ North Clinic	2 Takelma Class DPP Class @ South Clinic RSVP Deadline for	3 Elders Luncheon 12 PM @ 7F	4
_				Orchard Pruning Class		
5	6 Senior Meal Nahankuotana Weavers Group 2 - 4 PM @ BH	7 Senior Meal Water Aerobics Round Circle Reading Group DPP Class @ North Clinic	Also on the 9 th : Free Orchard Pruning Class 1 - 4 PM @ Tribal Gardens	9 Takelma Class Family Drum Practice 5-7 PM @ BH DPP Class @ South Clinic	Tribal Board Informational Meeting 7 PM - 9 PM @ Red Lion Hotel in Kelso, WA	11 Tribal Board Informational Meeting 1 PM - 3 PM@ Red Lion Hotel 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 @ North Clinic	16 Takelma Class Water Aerobics DPP Class @ South 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 Takelma Class Water Aerobics DPP Class @ North Clinic	24	25
Also on the 27 th : Cow Creek Culture Days: Archaeology Day	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 Culture Days: Lamprey Day	29 Senior Meal Cow Creek Culture Days: Hike Day	30 No Takelma Class Today Water Aerobics DPP Class @ North Clinic	31	

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.

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Nahankuotana Weavers Group 2 - 4 PM @ BH	4 Senior Meal Water Aerobics Round Circle Reading Group	5 DPP Class @ North Clinic	6 Senior Meal Takelma Class Water Aerobics DPP Class @ South Clinic	7 Elders Luncheon 12 PM @ 7F	8 Youth Easter Egg Hunt 12:30 - 2:30 PM @ Pioneer Park in Canyonville
9	10 Nahankuotana Weavers Group 2 - 4 PM @ BH	11 Senior Meal Water Aerobics Round Circle Reading Group DPP Class @ North Clinic Food Bank Open 9 AM - 12 PM	Also on the 11th: Family Drum Practice @TCC 4:30 - 6 PM	13 Senior Meal Takelma Class Water Aerobics Family Drum Practice 5-7 PM @ BH DPP Class @ South Clinic	14	15 Regalia Class 10 AM - 2 PM@ GO
16	17 Takelma Class 6 - 7 PM @ TCC Nahankuotana Weavers Group 2 - 4 PM @ BH	18 Senior Meal Water Aerobics Reading Group Youth Drum 4 - 6 PM @ TCC Cooking Demo 10:30 @ South Clinic	19 DPP Class @ North Clinic	20 Senior Meal Takelma Class Water Aerobics DPP Class @ North Clinic Family Fun Night 6 - 8 PM @ GO	21	22
Also on the 24th: Diabetes Self- Management 5 PM @ North Clinic 30	24 Takelma Class 6 - 7 PM @ TCC Nahankuotana Weavers Group 2 - 4 PM @ BH	i	26 DPP Class @ North Clinic	27 Senior Meal Takelma Class Water Aerobics (Last Day) DPP Class @ North Clinic	28	29

Regular Activity Times and Places

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

RV Resort, Canyonville

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

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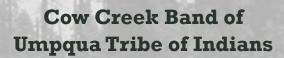
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