

Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 27, Issue 4 April 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)

Spring Break Culture Days

This year's Spring Break Culture Days were packed with exciting activities and lots of learning. The Cow Creek Cultural Program hosted these events from March 27 – 29, 2017, and occupied a large part of each day. Quite a few youth and even some adults attended these activities.

The first day of the event was Archaeology Day, and attendees learned about the Tribe's traditional lifeways from Cultural Programs Manager & Tribal Historic Preservation Officer, Jessie Plueard. Following that, Jeremy Johnson, the Tribe's Archaeologist, presented on the purpose of archaeology, the identification of artifact types, and the importance of not disturbing cultural sites unless working with a professional archaeologist. Next the attendees went to the Umpqua National Forest Service Center where they were divided into two groups for two different activities. The first group was able to sift through dirt taken from an actual archaeological site, so that they could search for arrowheads, flakes, and other culturally significant items made by our ancestors. The other group was instructed in how to knap flint, for use in making arrowheads, spear tips, or knives from obsidian or jasper. After a time, the two groups switched so that everyone could try each activity.

The second day of the event was Fish Education Day, and attendees journeyed to Canyonville. There, the Tribe's Water and Environmental Resources Program Manager Kelly Coates and her staff showed the group the Tribe's Fish Acclimation Pond, which is used to increase salmon populations over a period of several years per batch of fish. She also showed them the fish ladder on Canyon Creek, and took them for a walk along Jordan Creek, where she pointed out many of our culturally significant plants that have been used towards stream restoration. After the walk, she held a drawing activity that taught about the ecology of streams, and then instructed participants on how to create a traditional fishing hook and line with a rock weight and lure made of abalone shell.

The third day of the event was Hike Day to Medicine Creek Rockshelter. On the drive up, Jessie Plueard pointed out culturally significant places on the landscape to the participants that took advantage of the transportation that was provided. Once on site, she also presented on information about the Rockshelter and the rock art it contains. Despite the rain, everyone who attended had a great time learning about the historical significance of the location.







Tribal Member Highlight: Joyce Blair

Despite how busy her four children keep her, Tribal member Joyce Blair has been attending the Regalia Class Series provided by the Cow Creek Culture Program, which started in November. Each class has anywhere from 40-50 participants. The regalia classes are a part of the Cultural Arts Revitalization Project (CARP) which is a three-year grant aimed at connecting Tribal members with traditional Cow Creek cultural arts. The goal of the three-year project is to increase the number of Tribal members participating in cultural art activities and to develop mentors that in turn teach others the traditional arts they have learned. CARP is in its final year of funding through a grant from the Administration for Native Americans.

"I feel so blessed to have this opportunity," says Blair. "I would not have been able to design or afford this on my own. Everything on my regalia but a few dentalia has been provided by the Tribe, which is amazing; I'd never be able to afford it on my own while supporting four kids. I'm an organizer, not a designer, so having the examples and instruction to learn from has been invaluable."

Joyce also says that the class has taught her a lot about what each part of the regalia means. For example, the dentalia shells that they incorporate were once used as a kind of currency among Tribes. "My regalia is full of fire colors," says Joyce. "Even though my animal is the hawk, I'm adding bear claws to give me the perseverance to push through any problem; I need all the strength I can get."

She added that the class has really helped her come out of her shell and accept herself for who she is. "Whenever I wear my regalia, I feel full of confidence," she says. She also gives plenty of credit to her Elder, mentor, and grandmother, Joyce Sertain, and says she couldn't have done it without her support. The regalia pictured here has taken her months of work to construct, and will continue to grow as she works on it throughout her life.



Blair urges all Tribal members to embrace their heritage. "I'm so proud of my culture," she says. "Be proud of who you are. I could never have imagined that I'd be capable of creating such a beautiful regalia, but look at what I've been able to accomplish when I believed in myself."

Tribal Member Reese Jackson Hosts Tea Party in Days Creek, Oregon

Reese Jackson is a Tribal member in her senior year of high school at Days Creek Charter School, and like all students about to leave for bigger and better things, she needed to complete a senior project. She and her friend Micah Kruzic, pictured together to the right, decided that they would host a Tea Party for the citizens of Days Creek on Saturday, March 11th.

Initially, the idea started with being a mother-daughter date, but grew into something larger as over 100 people ended up RSVPing for the event. The space they had reserved at the school was insufficient, but they were able to secure a spot at the Hillside Christian Church. There they served punch, lemonade, water, and had hot water and tea packets so that attendees could choose their own tea flavor. There were also fun activities, like pin the teacup under the pot, and a cupcake decorating contest.

"It was a really fun thing to do," said Jackson.



The Tribal General Council Nominations Meeting is scheduled for Sunday, May 21st at 10 AM.

Procedures for the nominations for the Tribal Board of Directors Election are as follows: Any registered voter of the Tribe present at the May meeting is allowed to make a nomination. Each person may nominate one individual for the election in August.

Reminder: Nominees must be present at the Nomination Meeting to accept their nomination. When nominations are closed, no other nominations will be accepted. Nomination acceptance forms will be furnished to all candidates present at the meeting. A nomination will be considered complete when the nominee has accepted the nomination in writing. Candidate names will be placed on the ballot with nominated incumbent Tribal Board members listed first, in alphabetical order, followed by any other nominees listed in alphabetical order.



Tribal members are encouraged to maintain an updated registration card including a signature, as well as keeping an up-to-date address on file. Any new or updated voter registration applications need to be completed and turned in to the Government Office by 4 p.m. on May 19, 2017.

Reminder: Voter Registration is closed from May 20th thru August 13th, and reopens on August 14th. The Tribal General Council Elections Meeting is scheduled for Sunday, August 13th at 10 AM. If you have been married, divorced, and/or have changed your name, a new registration form needs to be completed and turned in to the Government Office.

If you would like to register to vote, you may call the Government Office to request an application be sent to you. All General Council Meetings will be held at the Cow Creek Tribal Government Offices.

Basket Weavers at Happy Camp, California

Tribes from Oregon, California, Washington, and Idaho attended the Karuk Basket Weavers and Gatherers Springtime event held in Happy Camp, California, on March 24, 25, and 26, 2017.

The Cow Creek Cultural Program was able to provide six scholarships that allowed Cow Creek Tribal members to attend with two Tribal employees. The scholarships were funded by the Cultural Arts Revitalization Project (CARP) grant that ends this September. CARP is geared toward increasing Tribal membership participation in traditional cultural arts and the development of Cow Creek mentors, who, in turn, are asked to teach other Tribal members these traditions.

The event had master weavers, mentors, and newly interested people attending the weekend activities. Groups were taken out to the gathering place and shown what and how to gather. The group harvested hazel sticks. Due to the high water level of the Klamath River, willow harvesting was not an option this year. The group was also shown what the "giant" fern, or Woodwardia, looks like. Verna Reece, Karuk Master Weaver, demonstrated how to extract the two main fibers from the fern that is used making baskets.

Aside from removing the bark from the hazel sticks, the group also worked on bear grass braids and on teaching others who were new to the basket making world. Thank you ladies for taking on the practice of sharing and teaching a "weave" to the masses!

Roger Buchman Receives Employee of the Month Award at Seven Feathers

During January at the Seven
Feathers Casino Resort, Tribal
member and table games dealer
Roger Buchman received the
honor of being Star of the Month,
along with co-worker cook Sam Mao.





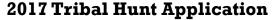
Summer Workshop Opportunities

The Cow Creek Cultural Resource Program will once again be offering cultural workshops to Tribal members who live outside of Douglas County, starting in June. The location and activity offered will be based on feedback from the Tribal members interested in attending. Locations considered must be in Oregon, Idaho, Washington, or California. If you are interested in having a cultural arts workshop near you please contact Megan Taddei at 541-677-5575 or mtaddei@cowcreek.com. Remember, we will be selecting locations and activities based on a "majority rules" approach, so make your voice heard by contacting the Cultural Resources Program today!



Tribal Veterans Honored by the NCAI

At the Executive Council Winter Session of the National Congress of American Indians (NCAI), Tribal member Veterans of Vietnam and other wars were honored in front of the whole assembly. Tribal Elders and Board Members Daniel Courtney and Robert Van Norman were both present for this honor. The NCAI is "the oldest, largest and most representative American Indian and Alaska Native organization serving the broad interests of Tribal Governments and communities." (Credit: www.ncai.org/)



Your 2017 Tribal Hunt Application has been inserted with this month's newsletter. You may also obtain a Hunt Application or information on the Tribal Hunt on the Tribal website at www.cowcreek.com/natural-resources/tribal-hunt/, or by contacting the Natural Resources Department at 541-677-5575.



All applications must be returned by no later than 5 PM on May 15, 2017.

Roseburg Schools Keep Tribal Mascot

Though the decision still needs to be approved by the Oregon State Board of Education, the Roseburg Public Schools Board voted to work cooperatively with the Cow Creek Tribe to keep their Native American Mascot. This will allow the Tribe to have input on how the Tribe's history is taught in Roseburg schools.





Washington Bear Grass Braiding Class

The Cultural Program held a bear grass braid necklace class in Kelso on March 10th and in Port Angeles on March 11th in conjunction with the annual Board of Directors Meeting in Washington.

Bear grass is a culturally significant plant that can be used in basketry and regalia. Bear grass is harvested in midsummer after the flower has bloomed, and must be dried prior to use. When the grass has been properly cured, it must be soaked in hot water to make it pliable for weaving and braiding.

Over 20 Tribal members participated in the Washington workshops to learn the traditional activity of making braids from bear grass around willow sticks. Using the willow sticks makes a hole to make them easy to strand on necklaces. Thank you to all the participants for making this a great event. For more information, contact Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com.



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/. Keep in mind that this is a Tribal-only part of the website, so you will need to log in to gain access. To log in, you can go to the homepage of www.cowcreek.com and click on the log in link.

If you do not have an account, then follow these steps:

- Click on the "Log in" link on the home page.
- Below the blue "Log In" button, click "Register"
- Fill out all the requested information, and complete the math problem to prove you are a human.
- Wait for the administrator to approve your account.

If the website tells you that you cannot register, then you already have an account on the website. In that case, go back to the Log In screen and click "Lost Your Password?"

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

If your child loves to read, or if they have difficulty reading, please join us for our Round Circle Reading Group. The Group meets every Tuesday, from 10 – 10:45 AM at the Tribal Community Center in Myrtle Creek. Put 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 lets your children socialize with others in a safe and playful environment, and you get to take a book home with you every week you attend. Please RSVP 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 above.

Wanted: Graduating Tribal Students

If you know of a high school student that will be graduating this Spring, please contact Tammie Hunt at thunt@cowcreek.com or 541-677-5575. We would love to have the names of these hard-working students so that the Education Department can acknowledge their incredible efforts.



Education Corner

Expanding Horizons Youth Center Activities for Summer 2017

Please join us again this summer for a variety of 3-day classes offered to our Cow Creek youth and their siblings. Students going into 4th -12th grades are welcome. Classes will be held at various locations throughout Douglas County, with the Tribal Community Center (TCC) serving as the drop point. Lunch, snacks, and transportation will be provided to and from Canyonville, the Cow Creek Government Offices in Roseburg, and Wi'liⁱ Tribal Housing, depending on where kids will be traveling from. We can accommodate 10 youth per class.

These activities will be held from 11 AM to 3 PM each day. See below for descriptions of each event. If fewer than 4 participants RSVP for a workshop, it may be canceled. Call and RSVP your spot today. You will need to complete a registration form before your child's first day of activities. To register, or for more information, contact Amber Lomascola or Susie Puckett at 541-860-7297. Please don't wait, as space is limited!

<u>Cooking Class:</u> June 19 - 21, must RSVP by June 15. Learn ways to make healthy eating fun while completing a youth-friendly meal with a group of friends. Presented at the TCC by Cow Creek Health & Wellness's Nutritionists.

<u>LEGO Robotics:</u> June 26 - 28, must RSVP by June 22. Learn to build, program via computers, and watch your robot move to your commands at the TCC. Complete games and challenges designed by instructor Linda Koontz.

<u>Hand Drum Class:</u> July 5 - 6, must RSVP by June 29. Make 10" hand drums and sticks at the TCC. This class will be offered for youth that didn't get a chance to attend last year's class.

<u>Learn to Play the Flute:</u> July 24 - 26, must RSVP by July 6. Learn to play traditional flute music at the TCC. You will receive your very own flute, wrapped up in a customizable carrying bag.

<u>Art Week:</u> July 31 - August 2, must RSVP by July 27. On the 31st, travel to the Create n' Slip studio and experience creating canvas art. On August 1st - 2nd, create digital posters of the Takelma language to display at the TCC.

Back Pack Giveaway: August 4, 11 AM - 6 PM at the TCC. No RSVP required.

<u>Museum Days:</u> August 7 - 9, must RSVP by August 3. Meet at the TCC, then explore Douglas County's museums, starting at the Douglas County Fairgrounds, then in Oakland, and finishing with a day in the park.

<u>Cardboard Challenge:</u> August 14 - 16, must RSVP by August 10 (15 slots available for this class only). Students will meet at the TCC then travel to the Roseburg Government Offices to create an indoor arcade experience out of cardboard and other recycled items. On the last day of class, the staff at the Cow Creek Offices will get the opportunity to walk through and earn tickets by playing the games designed by the youth. See <u>cardboardchallenge.com/</u> to learn more.





Government and Programs

Parenting Class Helps Tribal Members

The Cow Creek Behavioral Health Prevention Program has been hosting specialist Krista Grensky for Nurturing Parent Training at the Cow Creek Government Offices. After a tasty meal, any children in attendance are entertained while Krista works with the parents. In each class, she works with parents on a case-by-case basis, and helps them understand the psychology of their children, and prepare for resolving conflicts that may arise in their lives. For more information on this program, please contact Kayla Knight at 541-677-5575.

Medicare Part "B" Reimbursement

If you have not sent in your 2017 Benefit Statement or your 2016 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 when sending them. If you choose to begin Direct Deposit, please complete the direct deposit form and attach a cancelled check.

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 www.ssa.gov. Our office works diligently to get all payments mailed out by the 15th of each 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 Reimbursements.

For any questions, please contact Cindy Grizzle at 541-677-5575 or CGrizzle@cowcreek.com.

Nesika Open Enrollment Approaching

Nesika Health Group is the self-funded health insurance that is provided to all eligible employees and Tribal members that choose to participate and pay the monthly premium. The Annual Open Enrollment Month for Nesika Health Group is June.

Annual Open Enrollment is the one time of the year that you can make changes without having a qualifying event. (The qualifying events are: marriage, birth, adoption, divorce, and death.) The changes that you can make are to add or delete your spouse or dependents to or from the plan, or change the coverage that has been elected. Newly-elected plan coverage will become effective on July 1, 2017.

If you are interested in receiving enrollment information, please call the Nesika office at 541-677-5508 or 800-284-9917. A packet will be mailed to you. The required information must be returned no later than June 20, 2017, for coverage to take effect on July 1.

ID Cards for Spouses of Tribal Members Now Available

Spouses of Tribal Members can now apply for ID cards that will allow them to get the Tribal Member discount for services at the Casino, K-Bar Restaurant, RV Resort, and other Tribal businesses, even if the Tribal member is not present.

In order to apply for one of these ID cards, please contact Vanessa Pence at 541- 672-9405.

Bingo Chairs for Sale

The Seven Feathers Casino is selling bingo chairs for \$10 to Tribal members only on April 29, 2017. Sales are available from 12 - 4 PM in the Fir Room and the Umpqua Grand Ballroom. All items are sold as-is, and all sales are final.



Government and Programs

7 Reasons to Use Teladoc

Did you know that you now have a Teladoc membership that can connect you with a licensed physician via phone or video anytime, anywhere? In fact, Teladoc has connected its members with doctors across the U.S. more than 1,000,000 times, making it the leader in teleheath!

If you haven't used your Teladoc membership yet, here are seven reasons why you should!

- 1. Teladoc provides confidential, convenient, and affordable healthcare 24/7/365
- You can speak with a licensed doctor about nonemergency health issues anywhere you are — at home, at work, or on vacation: 1-800-835-2362
- The average wait time to speak with a doctor is 10 minutes
- 4. Teladoc doctors can diagnose and treat cold and flu symptoms, upper respiratory infections, ear infections, skin problems, and more
- 5. Teladoc doctors can also send a prescription straight to your pharmacy of choice when medically necessary
- 6. Your dependents are eligible to receive care from Teladoc, including adult children up to age 26
- 7. You can connect with Teladoc by phone, web, or mobile app

To begin using your Teladoc membership, register your account today. And for added convenience, download the Teladoc app. If you have any questions about your Teladoc membership, please do not hesitate to let us know.

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> Every Mon., & Tue. 6 - 11 PM Hosted by Charlie Govault
- Beauty of the Farm & River Art Exhibit
 March 24 May 29, 2017
 Featuring Jan Barba Horn
 At Gallery 7
- 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
- <u>Littletown @ Elements Lounge</u>
 May 3 14, 2017
 Wed., Thurs., Sun. 7 PM -11 PM
 Fri. & Sat. 8:30 PM 1:30 AM
- Rick Jones @ Elements Lounge May 17 - 21, 2017 Wed., Thurs., Sun. 7 PM -11 PM Fri. & Sat. 8:30 PM - 1:30 AM
- <u>Jimmy Stare @ Elements Lounge</u>
 May 24 28, 2017
 Wed., Thurs., Sun. 7 PM -11 PM
 Fri. & Sat. 8:30 PM 1:30 AM
- Amy Clawson @ Elements Lounge May 31 - June 4, 2017 Wed., Thurs., Sun. 7 PM & 9 PM Fri. & Sat. 9 PM, 10:30 PM, 12 AM

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: April 24th, and May 22nd.

Youth and Family Drum Dates

Come learn drum etiquette, as well as how to drum and sing Pow Wow songs.

Youth Drum Practice will be held at the Tribal Community Center in Tri-City, Oregon, from 4 - 6 PM on the second Tuesday of each month (April 11th, May 9th, and June 6th).

Family Drum Practice will be held at the Block House in Canyonville, Oregon, from 4 - 6 PM (with a potluck at 5 PM) on the second Thursday of each month (April 13th, May 18th, and June 15th). For any questions, please contact Rhonda Richardson at 541-677-5575, ext. 5513.

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.

Family Fun Nights

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 at the Roseburg Government Offices.

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.

40th Annual Cow Creek Tribal Pow Wow

The 40th Annual Cow Creek Tribal Pow-Wow will be held July 14 – 16th at the South Umpqua Falls. There will be a Salmon dinner/potluck on Friday at 7 PM, so bring your favorite side dish or dessert to share. The Grand Entry will begin at 7 PM on Saturday and the raffle will begin at 10 AM on Sunday.

Please remember this is dry camping only. Water is available during the event. No alcohol, drugs or weapons are allowed.

Volunteers are always needed for: fish, fry bread, raffle, garbage, kids games. Come see Tammy Anderson at the fry bread trailer to sign up.

For more information, contact Tammy Anderson at 541-672-3861 or tammy.anderson@cowcreek.com.



Chief Miwaleta Day Celebration

Don't miss out on a great day of fun! Seven Feathers will be catering a great meal, and there will be live music by Amy Clawson! There will be a Kids Zone, Elders Bingo, Raffle Prizes, a fishing contest, and more. You can camp right next door at the Galesville Reservoir Campground. You can find out more about camping options at www.co.douglas.or.us/parks/.

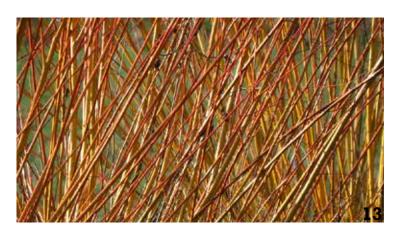
The celebration will be held on Saturday, June 3, 2017, from 9 AM to 4 PM at the Galesville Reservoir at Chief Miwaleta Park Day Use Area "Pavilion." All Cow Creek Tribal Families are welcome. Watch your mailboxes for registration forms!

2017 Basket Weaving Materials Gathering Dates

Learn how to gather natural materials for use in traditional basket weaving projects, while learning about ancestral gathering practices. On each of the following dates, participants will meet at the Block House in Canyonville, Oregon, at 1:45 PM, and will return at approximately 4 PM. Limited transportation is provided to and from the gathering locations.

The tentative dates (watch the Tribal Facebook Group for updates) are as follows: April 17th and 24th, May 8th and 15th, June 12th, August 21st, and September 11th.

For any questions, contact Rhonda Richardson at 541-677-5575. To register for the Cow Creek Official Facebook group, send the email address you use to log onto Facebook to BAndreasen@cowcreek.com.



April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Nahankuotana Weavers Group	4 Senior Meal Water Aerobics Round Circle Reading Group	5	6 Senior Meal Water Aerobics Takelma Class	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	11 Senior Meal Water Aerobics Round Circle Reading Group Food Bank Open 9 AM - 12 PM	12 Senior Meal Also on the 11 th : Youth Drum Practice @TCC 4:30 - 6 PM	13 Senior Meal Takelma Class Water Aerobics Family Drum Practice 5-7 PM @ BH	14	15
16	17 Takelma Class Nahankuotana Weavers Group Gathering Trip 1:45 - 4 PM @ BH	Water Aerobics Reading Group Youth Drum 4 - 6 PM @ TCC	19 Cooking Demo 10:30 AM @ North Clinic	20 Senior Meal Takelma Class Water Aerobics Family Fun Night 6 - 8 PM @ GO	21	22
Also on the 24 th : Diabetes Self- Management 5 PM @ North Clinic	24 Takelma Class Nahankuotana Weavers Group Gathering Trip 1:45 - 4 PM @ BH	25 Senior Meal Water Aerobics Round Circle Reading Group Food Bank Open 1 - 4 PM	26	27 Senior Meal Takelma Class Water Aerobics (Last Day)	28	29
30						

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 (Mondays): 6 - 7 PM @TCC

Takelma Class (Thursdays): 10 AM - 12 PM @ TCC

Round Circle Reading Group: 10 - 10:45 AM @ TCC Nahankuotana Weavers Group: 2 - 4 PM @ BH

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.

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Nahankuotana Weavers Group	2 Senior Meal Round Circle Reading Group	3	4 Senior Meal Takelma Class Preschool Readiness Class 6:15 PM @ TCC	5 Elders Luncheon 12 PM @ 7F	6
7	8 Nahankuotana Weavers Group Gathering Trip 1:45 - 4 PM @ BH	9 Senior Meal Round Circle Reading Group Food Bank Open 9 AM - 12 PM Family Drum Practice @TCC 4:30 - 6 PM	10	11 Senior Meal Takelma Class Family Drum Practice 5-7 PM @ BH Kindergarten Readiness Class 6:15 @ TCC	12	13
Also on the 15th: CULTURE CAMP RSVP DEADLINE	15 Takelma Class Nahankuotana Weavers Group Gathering Trip 1:45 - 4 PM @ BH TRIBAL HUNT APPLICATION DEADLINE	16 Senior Meal Reading Group Youth Drum 4 - 6 PM @ TCC	17	18 Senior Meal Takelma Class	19	20
21 General Council Meeting 10 AM @ GO Lunch Provided Food Bank open after meeting	22 Takelma Class Nahankuotana Weavers Group Diabetes Self- Management 5 PM @ North Clinic	23 Senior Meal Round Circle Reading Group Food Bank Open 1 - 4 PM Family Fun Night 6 - 8 PM @ GO	24	25 Senior Meal Takelma Class	26	27
28	29 Offices closed for Memorial Day	30 Senior Meal Round Circle Reading Group	31			

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class (Mondays): 6 - 7 PM @TCC

Takelma Class (Thursdays): 10 AM - 12 PM @ TCC

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

Nahankuotana Weavers Group: 2 - 4 PM @ BH

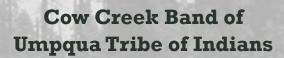
GO: Government Offices, Roseburg, OR

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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