



Wik'uuyam Heeta'

"Friend, Away from Here"

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



Flags Flying at Pow Wow 2017

Volume 27, Issue 8
August 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)

Tribal Election Results

The Tribal Board Election Results are In

At the August 13th Quarterly General Council Meeting, the Tribal Election Committee presented the 2017 Tribal Board of Directors election results for three positions in this year's election. Jessica Bochart-Leusch, Gerald Rainville, and Robert Van Norman were re-elected to their previous positions and no new members were elected to the Tribal Board of Directors. Each will serve a four-year term of office.

Following the announcement of the election results, the Board of Directors re-elected officers of the Board. The results are shown in the photos below.

The Tribal Board of Directors and the Election Committee would like to thank all members that participated in the 2017 Election and would like to remind Tribal members who are not registered to vote in the Tribal Election to contact the Tribal Office at 541-672-9405 and request a Tribal Voter's Registration Form.



Daniel Courtney
Chairman



Gary Jackson
Vice Chairman



Yvonne McCafferty
Secretary



Robert Van Norman
Treasurer



Jessica Bochart - Leusch



Tom Cox



Robert Estabrook



Steve Jackson



George T. Rondeau



Luann Urban



Gerald Rainville

Tribal News

Cow Creek Pow Wow 2017

What a great turnout for this year's Pow Wow at the South Umpqua Falls! The campground was packed with members of many Tribes, all participating in the experience together.

On Friday, July 14th, Tribal members held the Fish Ceremony, honoring nature's gifts to us. There was also a ceremony to retire the drum of Delbert Ansures, who had passed away in the last year.

On Saturday, July 15th, there were kids' games such as a sack race and tug-of-war. Additionally, many people enjoyed cooling off from the heat in the river and the falls. The fry bread was popular, as always.

Saturday also featured the Grand Entry, where many Cow Creek Tribal members were able to show off their hand-crafted regalia while walking or dancing to the beat of several Tribal drumming circles. Cow Creek member Alan Mata had the honor of acting as Arena Director.

Sunday, July 16th, featured the raffle of many great items, including lodge passes to Diamond Lake.



Tribal News



Tribal News

Cutting the Ribbon for the Takelma Roasting Co.

On July 12, 2017, the Tribe officially opened the doors of its latest business venture: the Takelma Roasting Company. The business is named after the Cow Creek Tribe's native language, and features Takelma words on the front door.

Over 30 people attended the ribbon-cutting ceremony, including various members of the Cow Creek Board of Directors. Guests were able to sample selections of this coffee, along with treats made by Seven Feathers Executive Chef Mark Henry, and were given a demonstration of how the coffee beans are roasted.

The idea for this business was conceived when Hotel Hospitality staff were reviewing and exploring cost-saving measures regarding how much coffee is consumed at the casino. We believe the Takelma Roasting Co. has the potential to become a successful business for the Tribe.

"We have a lot of venues that offer coffee," said Tribal Chairman Dan Courtney. "It seemed a fair fit."

"This all came about because we have good employees who have good ideas," said Business Operations Officer John McCafferty.

Takelma Roasting Company offers three initial roast profiles: Bold, Mild, and Decaf. If all goes well, they plan to expand the selection in the future. You can find their coffee at any Tribal business, such as the Seven Feathers Casino. You can also order coffee and merchandise directly from www.takelmaroasting.com. If Tribal members use the code "tribal member" (case sensitive) on an online order, they will get a 15% discount on the whole order!



Tribal News

Tribal Member Highlight: Tony Sanchez

Tribal member Tony Sanchez was inducted into Washington state's Clark Community College's Hall of Fame on February 20, 2016. Then, in June of this year, was also inducted into the Northwest Athletic Conference (NWAC) Hall of Fame along with his 2017 Men's Clark Community College soccer teammates. The 2017 Clark men's soccer season was the most successful season and only championship win to date for the college's men's soccer team.

When introduced at the Clark College induction, Tony's coach mentioned Tony's ability to draw other players into fouling him. This ability gave the team the opportunity for a foul shot with only 59 seconds of overtime left on the clock—a foul shot that won them the game.

A teammate explained the team's overall success perfectly at the ceremony: "There is no one star on the team. It works because every one of us works together towards the same goal, doing whatever is needed and never giving up."

From day one, Tony and his teammates gave everything they had. The final championship game was hard fought, going into double overtime and ending with a golden goal.



14th Annual CRIHB & NPAIHB Meeting

Over three days during July, the Seven Feathers Casino hosted the 14th Annual California Rural Indian Health Board (CRIHB) & Northwest Portland Area Indian Health Board (NPAIHB) Board of Directors Meeting. It was an incredible meeting of Tribal elders, youth, delegates, and families from over 70 Federally recognized Tribes from all over the west. At the final Joint Meeting of the delegates, they worked together on healthcare issues, legislation, and resolutions for the northwest and California regions.

Meanwhile, Tribal youth attended a Youth Leadership Workshop, where they met youth from other Tribes, learned about traditional stick games, leadership tactics, and more. They also attended cultural arts classes where they learned about herbs and crafted bracelets, necklaces, decorative sticks, natural balms and creams.



Health Clinic staff look on as Tribal youth listen to a presentation.

Messages from the Clinic

Kids and Wheeled Sports Safety

According to safekids.org, nearly 50 children visit emergency departments (ED) each hour with an injury related to bikes, scooters, skates, or skateboards.

Although fractures to the shoulder, arm, elbow, wrist, or hand, were the most frequent diagnoses for hospital admissions, very serious head injuries such as concussions, internal injuries, and serious fractures still made up 11% of visits to ED related to bikes, scooters, skates, and skateboards.

The problem is linked to children not wearing helmets when participating in wheeled sport events. Almost 40% of parents of children aged 5-14 years said that their child did not always wear a helmet when biking, skating, or riding scooters or skateboards. In addition, only 38% of parents who ride bikes and don't wear helmets report their children wear helmets. This is a staggering statistic that shows that children follow the example set by their parents. Indeed, the study showed that 86% of parents who wear helmets while biking said their children always wear helmets as well.

Why don't children wear helmets? Studies indicate that 22% think that helmets aren't cool; 24% don't because other children don't wear them; 27% say they find them uncomfortable; and a tremendous 47% don't wear helmets because their parents think the area is safe, that their child is experienced enough, or that helmets are unnecessary.

Parents, keep your children safe by having them wear a helmet. All riders should be wearing a properly-fitted helmet, as it is the best way to prevent head injuries and death. Ensuring that helmets fit correctly can increase their comfort and use. For children that ride scooters, skates, and skateboards, wrist guards and elbow/knee pads are recommended.

For more information, visit www.safekids.org or call Andrea Davis, Cow Creek Adult and Family Services Manager at 541-677-5575.



Things to know about Purchased & Referred Care (PRC)

- It is important to read the newsletter monthly for updates and details on Purchased & Referred Care.
- It is the members' responsibility to call for Purchase Order (PO) numbers 2-3 days in advance.
- You have 72 hours after an emergent or urgent visit to the hospital or urgent care that occurs after PRC business hours.
- If it is a new facility or doctor, call 7 days in advance so PRC can get them set up in the system.
- Please remind the provider that PRC is a payor of last resort and to bill your primary insurance first.
- The number one reason a claim is denied is because there is no Purchase Order on file.
- A PO is date sensitive. It is only for the date of service it is issued for. If you get rescheduled you need to call us and get a new PO number.
- Providers will not be able to call and obtain a PO number for the member. It is the members' responsibility to call and get the PO number.
- Remember to always make sure the provider has PRC's billing information. This is the main reason you receive a bill from them or may get turned into collections. You may need to call the lab (Quest, LabCorp), as the information doesn't always transfer over from your provider.
- If you are turning 18, please remember to contact PRC so that we may explain the process to you (eligibility, application, school, etc.).

Education Corner

Teach My Preschooler Kits Available

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

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

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

These kits are both interactive and require adult and child interaction. Please contact Mark Andrews, Youth Development Specialist, at 541-677-5575 to request a kit be shipped to your home address. One Preschool and one Kindergarten kit limit to each household. The kits and shipping are free of charge.



Round Circle Reading Groups

Our Round Circle Reading group will start to meet again on Tuesday, September 12th, at the Tribal Community Center (formerly the Educational Workforce Center) in Myrtle Creek and on Thursday, September 14th in the Tribal Library at the Cow Creek Government buildings. Classes in both locations will meet from 10 - 10:45 AM. This weekly group is meant for parents/guardians with Tribal Youth, baby through age 5, and allows for one-on-one reading and play. Children learn the importance and excitement concerning books, and also gain valuable social skills as they interact with other children.

Join us weekly by grabbing one of our fun rugs, picking out books from our large collection, and sitting down and reading with your children. Light refreshments will be provided, and every child who attends gets to take home a free book weekly! Please RSVP your space by calling 541-677-5575 and speaking to Kayla Knight.

Youth Education Program Benefits

It's that time of year again when parents pack up the kids and head to the local store to purchase the dreaded school supplies. Did you know that Tribal Children between 3 years and 18 years of age can receive up to \$275 in reimbursement per calendar year for school supplies, school and sport fees, as well as any other educational activity that has a fee attached to it? This includes, but is not limited to the rental of musical instruments, uniform and equipment costs, preschool fees, and many other programs not mentioned. Services of this program cover parental costs of up to \$275 per Tribal child per calendar year. So, save your receipts!

Forms can be downloaded on the Cow Creek Website under Forms and Contacts and from the Cow Creek Education Website. Look for the "YEP Application", and the "YEP Parent Request Forms". Please allow up to 30 days for payment. For more information, call Mark Andrews, Youth Development Specialist, at 541-677-5575.

Amazon Pool Family Trip

On Friday, July 28th, close to 80 Tribal youth and their families journeyed to Eugene and splashed around the Amazon Pool Waterpark. The Youth Activities Committee rented out the facility for 2 hours in order for Tribal youth and families to have the park solely to themselves. The Committee also provided transportation, as well as a box meal and snack for all of those attending. The park has something for children of all ages, and includes a large wading pool for the little ones, slides, diving boards, a waterfall that has a 10-foot drop, as well as a large sand play area and all kinds of fountains and water spouts. Larger children, (adults), had as much, if not more, fun than the attending youth. Keep an eye out next summer for a similar trip, as this could end up becoming an annual experience.



Preschool Preparedness Early Learning Program

Do you want to receive over \$150 worth of games and activities? Do you want take home a FREE 8" KINDLE FIRE? If you said "Yes", there is a great program beginning in September of 2017. If you have a 2 - 4 year old child who is in Preschool or is preparing to attend preschool or Head Start, join us for dinner and an interactive series of classes in order to learn how to best teach your children and prepare them for Preschool. The class consists of 3 different meetings, each covering a different topic. Dinner, free resources, games, materials, books, supplies and more will be provided. If you attend all 3 classes, you will receive a FREE Kindle Fire. Childcare services will be available. To RSVP your spot, please call Mark Andrews at 541-677-5575. This program is open to all households with Preschool aged Tribal Youth, and takes place in 2 different locations. Parents will also receive a \$5.00 gas gift card for each class that they attend.



Location 1: Tribal Community Center, Myrtle Creek, 6:15 - 8:15 PM Sept 19, Oct 17, Nov 14	Location 2: Tribal Government Office, Roseburg (Board Room) 6:15 - 8:15 PM Sept 21, Oct 19, Nov 16
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Government and Programs

2017 Firewood Program

Firewood permits will only be issued on Tuesday & Wednesday of each week to Tribal members on a first-come, first-served basis. Firewood is \$55.00 per cord with a 2-cord limit annually.



Tribal Elders receive their first cord free. Firewood must be paid for and a firewood permit issued prior to picking up firewood. All firewood must be picked up by no later than September 30, 2017. Please contact Janet Perkins at (541) 677-5575 or jperkins@cowcreek.com to request a pass.

Takelma Language Corner

Phrase: Wilihautek lèep^h lap^h

English: My friend

Takelma: Wilihautek

Pronunciation: We lee how tek

English: pick and eat many (seeds)

Takelma: lèep^h lap^h

Pronunciation: leap lop



Low Income Rental Housing

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

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

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

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

Make Sure Your Address Is Current for Distribution Checks

If your address has changed, then you need to make sure the Government Office knows about it; otherwise, you may not receive your distribution check in November.

To update your address, mail a Change of Address form to the address on the form, or fax it to 541-677-5565. Those with minor children not living in their households, make sure that the childrens' updated addresses are on file at the Tribal Government Office to allow for proper notification of events and Trust Fund information. Contact Vanessa Pence at 541-672-9405 for more information on Change of Address Forms.

Weavers, Watch for Harvestable Plants

As the end of summer approaches, many plants can be harvested for use in traditional cultural arts.

In August, maiden hair fern is nearing the perfect state for gathering for use in crafts.



Maidenhair fern

In September, it will be time to gather river willow sticks, which can be used in all sorts of weaving. Willow can also be gathered during springtime.



River willow sticks

Additional plants that could be ready during this time are iris, river-sage, beargrass (only from high elevations) and maple bark.

When you go out to gather, please take plenty of water, clippers, gloves, shovels, buckets or bags, and other necessary tools. Most of all, be safe!

Sittercise Classes Are Back!

The Cow Creek Band of Umpqua Tribe of Indians is happy to inform you that the Sittercise physical fitness class will be held on Tuesdays and Thursdays, starting August 1st, from 10:45 AM to 11:30 AM. It will be held at the Canyonville Clinic.



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

2017 Elders Trips

There will be one more exciting trip for Tribal Elders in 2017, so if you are interested, please contact Adrionna Brim at 541-677-5575. The last trip next month is as follows:

September 28 - 29: Jerry's Rogue Jet Boats



Image courtesy of Jerry's Rogue Jets

Tribal Family Picnic

The annual Tribal Family Picnic will be held at Bare Park on Saturday, September 9th, from 11 AM - 3 PM. Lunch is provided, and there will be kids games, a raffle, and more! Please RSVP by calling Kayla Knight at 541-677-5575.



Annual Tribal Elders Dinner and Blanket Ceremony

Save the date: Saturday, November 11th, 3:30 - 6 PM, held at the Seven Feathers Convention Center.

Registration forms will be mailed to you to reserve a Hotel room and Dinner tickets to this special annual occasion!

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meal Sittercise Class Youth Art Week @ TCC 11 AM-3 PM	2 Youth Art Week @ TCC 11 AM-3 PM	3 Senior Meal Takelma Class Sittercise Class RSVP Deadline for Museum Days	4 Elders Luncheon 12 PM @ 7F Back Pack Giveaway @ TCC 11 AM - 6 PM	5
6	7 Youth Flute Class TCC 11 AM-3 PM	8 Senior Meal Sittercise Class Food Bank Open 9 PM-12PM Youth Flute Class @TCC 11 AM-3 PM	9 Also on the 10th: Sittercise Class	10 Senior Meal Takelma Class Elder Trip to Newport Aquarium and Wax Museum RSVP Deadline for Cardboard Challenge	11 Elder Trip to Newport Aquarium and Wax Museum	12
13 General Council Meeting Food Bank open after meeting, approx 1-1:30 PM	14 Youth Cardboard Challenge, Meet @ TCC 11 AM	15 Senior Meal Sittercise Class Youth Cardboard Challenge, Meet @ TCC 11 AM	16 Youth Cardboard Challenge, Meet @ TCC 11 AM	17 Senior Meal Takelma Class Sittercise Class	18	19 Basket Class Starts 10 AM @GO
20	21	22 Senior Meal Sittercise Class Food Bank Open 1 PM - 4 PM	23	24 Senior Meal Takelma Class Sittercise Class	25	26
27	28	29 Senior Meal Sittercise Class	30	31 Senior Meal Takelma Class Sittercise Class		

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers
 Takelma Class: 10 AM - 12 PM @ TCC
 Sittercise Class: 1 - 1:45 PM @ South Clinic

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.

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Elders Luncheon 12 PM @ 7F	2
3	4	5 Senior Meal Sittercise Class	6	7 Senior Meal Takelma Class Sittercise Class	8	9 Tribal Family Picnic 11 AM - 3 PM @ Bare Park
10	11	12 Senior Meal Food Bank Open 9 AM - 12 PM Sittercise Class Reading Group	13	14 Senior Meal Takelma Class Sittercise Class Reading Group	15	16 Basket Class Starts 10 AM @GO
17	18	19 Senior Meal Sittercise Class Reading Group Preschool Prep 6:15 - 8 PM @TCC	20	21 Senior Meal Takelma Class Sittercise Class Reading Group Preschool Prep 6:15 - 8 PM @GO	22	23
24	25	26 Senior Meal Food Bank Open 1 PM - 4 PM Sittercise Class Reading Group	27	28 Senior Meal Takelma Class Sittercise Class Reading Group	29 Jerry's Rogue Jets Elder Trip	30 Jerry's Rogue Jets Elder Trip

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class: 10 AM - 12 PM @ TCC

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

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

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.



**Cow Creek Band of
Umpqua Tribe of Indians**

2371 NE Stephens St. Suite 100

Roseburg OR, 97470

Phone: 541-672-9405

Fax: 541-673-0432

Toll Free: 800-929-8229

www.cowcreek.com