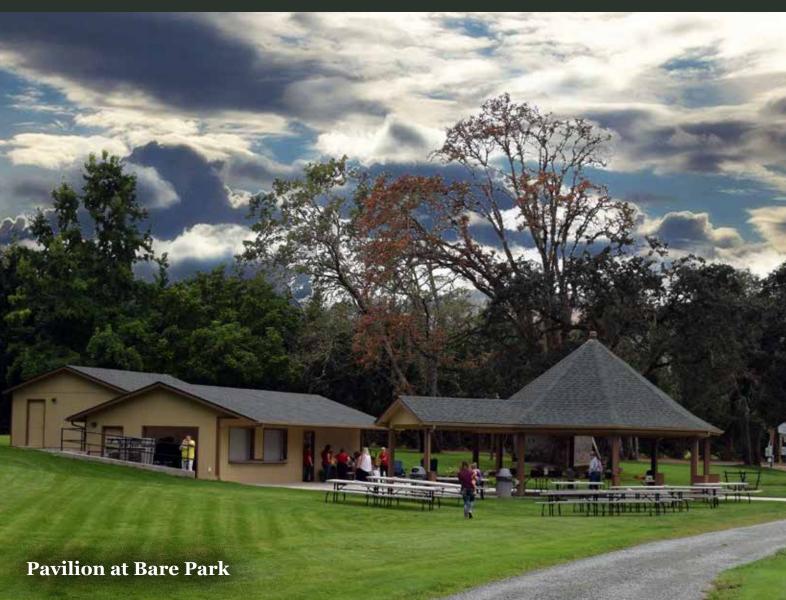


Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 27, Issue 9 September 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)

Meet the New and Improved <u>www.cowcreek.com!</u>

The Cow Creek Band of Umpqua Tribe of Indians is proud to announce its new and improved website! Special thanks go out to the Tribe's graphic design business, Anvil NW, for their excellent work on this project.

The new website is divided into two parts: the public page and the Tribal-only page. Anyone can access the public page, but only Tribal members can access the Tribal-only page.

The public page features the Tribe's history and community efforts. It showcases the Tribe's business ventures and offers a general summary of the Tribe's departments and services.

The Tribal-only page goes in-depth with Tribal government, departments, and services. Tribal members can learn about the services the Tribe offers for them, and has all the forms necessary to apply for those benefits.

Logging onto the Website

To reach the Tribal-only page, Tribal members should click the "Login" button in the upperright corner of the page. This will take them to the login screen.

If you don't have an account on our website, please click the "Register" link and complete the forms. You will be sent a verification email, with a link you must click to activate your account. Your account will then go to the administrators for approval, then you will be given access to the site.

If you have an account, but don't remember your password, please click the "Lost Your Password?" link on the login page. This will allow you to reset and change your password.

Occasionally, a message saying "You are temporarily locked out" will appear. To remove this, you should clear your web browser's cache (This website should be helpful in that regard: www.refreshyourcache.com/en/home/).



Public Homepage



Tribal Homepage

For any questions or problems with the login process, or if you have forgotten your username, please contact the Communications Coordinator at 541-672-9405.

We look forward to adding many exciting features to the site as time goes forward, so please check the website often!

Tribal Employee Highlight: Chef Mark Henry

Originially from New Jersey, Mark Henry knew he wanted to be a chef from age 14, when he worked washing dishes in a kitchen staffed by two chefs. Their letters of recommendation allowed him to enter the Culinary Institute of America in High Park, New York, in just six months. Since graduating, Chef Mark Henry has worked for various hotels, including several Marriotts, Westons, and Hiltons.

"They taught me that this is a service business," says Chef Mark, "but you also have to respect your people. They're the ones who are going to help you get the job done every day. It's tough if you don't have the support from them, so I talk to everybody the way I want to be talked to."

Chef Mark says that while his schooling was important, he learned so much more working with people of every walk of life and ethnic background.

"I'd take what I learned about people over a diploma any day," he says. "We're all in it together."

Though he has worked in hotels and casinos all over the country, he was drawn back to Oregon's sustainability and open air environment.

"I love Oregon, I think it's a great place to settle. I've done a lot of traveling—I just left Miami—and the people here are so friendly."

Chef Mark, along with other Food and Beverage staff, have been instrumental in reinvigorating the food options at the Seven Feathers Casino Resort. Since partnering with the Tuú Yap'a Xumá Tribal Garden, he has been able to provide fresh produce and ingredients in all of the casino's meals.

"Food service is simple: make it good, treat them right, and they're going to come back."

It's easy to tell that Chef Mark has dedicated his life to food; even when he's off-duty, he goes back to his home in Myrtle Creek and works on his own garden. The photo on the right shows some of his home grown produce that resulted in an excellent marinara sauce.





Lots of Food and Fun at the 2017 Tribal Family Picnic

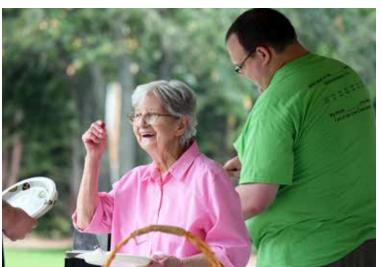
On Saturday, September 9th, the Cow Creek Band of Umpqua Tribe of Indians hosted the annual Tribal Family Picnic at Bare Park. The Seven Feathers Casino Resort catered the event, providing a fantastic barbecue, including ribs, chicken, salmon, baked potatoes, and more. What's more, they served two delicious varieties of cobbler and a vanilla ice cream.

After lunch, Kayla Knight and Tammy Anderson hosted games for the children in attendance. There was a tug-of-war, a sack race, and a water balloon toss, followed by prizes for the kids.

To wrap up the event, Tammy Anderson held the raffle, giving away many excellent prizes to the adults who had come out for the event.







Tribal Garden Lends Aid to Firefighters

Fire season has been rough this year, and the firefighters have been working hard to keep the blazes in check. Mary Lawrence and Lupe Newton, who both work at the Tuú Yap'a Xumá Tribal Garden, decided to offer what help they could by donating 80 pounds of cucumbers and 90 pounds of tomatoes to the Douglas Fire Protection Agency in Canyonville.

"We're excited to have helped the firefighters, even if it's just a little," said Mary Lawrence.



Tribal Member Death Notices

Wilma Elaine Albert: 7/10/17 Elzer Delbert Bochart: 8/6/17

Birthday Party Turns into Hunting Party

The 2017 Tribal elk hunts are ramping up despite the warm weather, as Tribal youth season opened on August 1st with Elder and general elk seasons soon to follow. Tribal youth hunter Cauy Jackson spent his birthday hunting elk with his family, and wasted no time on his hunt, harvesting his first elk on his very first day of hunting.

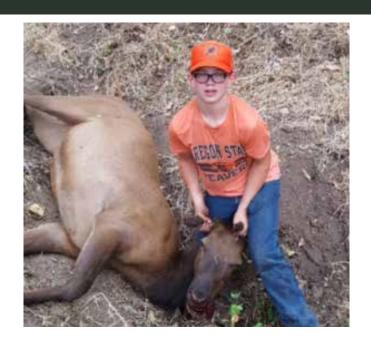
Cauy, who lives in Drew, Oregon, attends Days Creek High School where he plays multiple sports, including bull riding. He was accompanied by his father Neil and grandpa Steve Jackson. The three started out early one morning and were able to locate the elk, then Cauy was able to successfully take his one and only shot at about 100 yards. Congratulations, Cauy!



There was an idea: one that would create a Youth Council group where students determine their community needs, foster their efforts, and contribute towards making a positive difference. On August 18 and 19, 2017, the students of Douglas County high schools came together and met in Medford for a "think tank" retreat, discussing the benefits of a Tribal Youth Council, community service project ideas, volunteer projects for the Tribe, and college and career readiness activities planned for them.

After voting with council members for officer titles, the following students will be the 2017-2018 year-long officials: Ally VanNorman, President; Nicholas Lowell, Vice President; Hannah Lowell, Secretary; Elizabeth Bryant, Treasurer. The Tribe congratulates these Tribal youth leaders and look forward to the accomplishments they can achieve.

We welcome any Cow Creek tribal youth (ages 15-22) who would like to be a part of this council group. They are encouraged to contact Kelly Warner, Workforce Development Manager, at kwarner@cowcreek.com or call (541) 677-5575.







Cow Creek Band of Umpqua Tribe of Indians Scores 96% on American Red Cross Ready Rating Assessment

Created in 2008 by the St. Louis Area Chapter, Ready Rating was originally designed as a marketing tool that would help open doors and allow conversations to take place within businesses, organizations and schools about how to better prepare for emergencies. However, the program became much more than that in a short amount of time. In 2009, the St. Louis Area Chapter was joined by American Red Cross chapters in the following eight (8) cities for a two-year pilot: New York, NY; Chicago, IL; Raleigh, NC; Washington, DC; Los Angeles, CA; San Francisco, CA; Dallas, TX; and, New Orleans, LA.

In 2010, management of the Ready Rating program was transitioned to the American Red Cross national headquarters. With the addition of Sam's Club as a National Sponsor, several tools and enhancements to the Ready Rating website were added to the program. The enhancements include a streamlined process for new members to sign up and begin using the program, an update of the assessment to better align with the Department of Homeland Security Private Sector Preparedness Guidance.

The Cow Creek Band of Umpqua Tribe of Indians completed the Ready Rating Assessment in August of this year and received a rating of 96% with a score of 100 out of 105 possible. Jason Robison, Director of Natural Resources; Dirk Doyle, Tribal Counsel; Michele Moore, Director of Human Services; Gregg Hervey, CFO; Justin Mathison, Director of Housing; and Sharon Stanphill, Health Operations Officer, completed their Incident Command System-300 training during August – no small feat!

It is through our outreach efforts with the Tribal Member Community, training of staff, conducting exercises and working closely with FEMA, Department of Homeland Security and local partners that the Cow Creek Band of Umpqua Tribe of Indians continues on a path of resilience and growth for generations to come.

Current and upcoming preparedness activities:

- Disaster Declaration Exercise for Government Office Leadership
- Update our FEMA Hazard Mitigation Plan
- Training on Mobile Radio Vehicle from IHS/FEMA
- UIUC Dam Exercise

For more information, contact Tracy DePew, Emergency Preparedness Director, at 541-677-5575.

Below are some links to help ensure that you take the steps necessary to prepare at home:

Make a plan for your family:

https://www.ready.gov/make-a-plan/indian-country

Weather Alerts, Preparedness Tips and Resources https://www.fema.gov/mobile-app

Emergency Alerts

https://www.readv.gov/alerts Get local Wireless

The Red Cross of America

http://www.redcross.org/

Tribal Preparedness Pocket Guide

https://www.fema.gov/media-library/assets/documents/99643

Tsunami Evacuation Zones

http://nvs.nanoos.org/TsunamiEvac Tsunami



Messages from the Clinic

National Suicide Prevention Awareness Month

Suicide is a reality; a hard reality of our society and a problem for all communities. It's a growing problem with our young people. Learn the warning signs. If someone says they have no reason to live, or that they feel trapped, they are isolating themsleves.

Pay attention. Call 1-800-273-TALK (8255), or visit

https://suicidepreventionlifeline.org/ Learn how to get help for someone else or yourself.

Last year, thirty people in Douglas County died by suicide. By knowing the warning signs and working together, we can help in lowering the number of suicides in Douglas County.



Important Notice Regarding Claims Paid by Purchased & Referred Care

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

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

Some vendors are not accepting or billing Medicare. PRC will need to negotiate a rate with these providers. If these vendors choose to not accept the PRC rate, we may not be able to pay the claims and you may be asked to find another provider. We are in process of creating a new PRC card stating the benefits and how providers should bill us and how they will get paid.

Please contact PRC at 541-672-8533 for questions.

Culture Corner

What Are Dentalia Shells?

Dentalia shells were a highly prized mark of wealth and status, typically displayed as ornaments in regalia and headdresses, used as jewelry, and even used as a type of currency. The shell's length and quality determined value. Highest quality shells would be about 2.25" long, and a dozen would typically be strung together. Men tattooed marks on their arms to measure the length of the shells.



Takelma Language Corner

Takelma: Wilihàwthekh yaná okùspi'n

Pronunciation: We lee how tek yahna oh goose be nn

Translation: My friend, acorns I give to you.



Gathering and Using Bear Grass

Gathering bear grass was one of many gatherings our people did in the summer months. Bear grass is found in the high mountains. To harvest the bear grass, you would pull the grass in the center of the plant. Once you have gathered your bear grass, you need to let it dry until it turns white. When all the bear grass is dry, you will need to store it in a dry area until you are ready to weave with it.



Bear Grass is braided or wrapped to make the ceremonial regalia more beautiful or attractive. Bear grass could be used on the skirt and the apron of a woman's ceremonial regalia.



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 Kayla Knight 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 began to meet again on Tuesday, September 12th, at the Tribal Community Center (formerly the Educational Workforce Center) in Myrtle Creek. Classes will continue to meet from 10 - 10:45 AM on Tuesdays. 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 Tammie Hunt at 541-677-5575.

Education Corner

A Summer Full of Fun

The Expanding Horizons Youth Center in Tri-City, Oregon, held a number of exciting learning workshops throughout the summer months. Many thanks to Amber Lomascola and Susie Puckett for providing these opportunities for Tribal youth!

The kids who attended these classes had various opportunities for fun of different kinds. These included: a cooking class focused on making healthy food choices, a LEGO robotics class that taught the basics of engineering and programming (see right), a hand drum class where they constructed their own raw hide and wood drum, a native style flute class, an art week where they participated in a splatter paint studio and create digital media in their native tongue, Takelma, and days where they toured museums throughout Douglas county.

The summer wrapped up with the ever-popular Great American Cardboard Challenge, where the children were given cardboard and other recycled materials. Their goal was to build a carnival-style game made only out of the materials on hand in just three days.

After the games were completed, the staff at the Cow Creek Government Offices and clinic had the chance to play these games and win prizes, such as a root beer float.









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.

Purchased & Referred Care News and Information Corner

Did you know that the tribe has a pharmacy within Hometown Drugs in Roseburg, Oregon?

The 340B Drug Discount Program is a U.S federal government program created in 1992 that requires drug manufacturers to provide outpatient drugs to eligible health care organizations or covered entities at significantly reduced prices.

If you only have PRC for coverage it is very important that you use the Cow Creek Health & Wellness Center for your care and Hometown Pharmacy for all of your RX needs. This allows you to use the tribe's 340B pharmacy program at Hometown Drugs that saves the tribe money every year. The clinic will receive the money that would normally be given to the pharmacy less the dispensing and medication cost.

Here are some other benefits: medication can be delivered to your home or the Canyonville Clinic, and our Nesika Insurance pays up to 3 month's supply of medication.

Reminders

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

Low Income Rental Housing

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

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

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

For more information, contact Resident & Self-Sufficiency Manager, Sarah Thompson at 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 Government Office, or fax it to 541-677-5565. Those with minor children not living in their households need to 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.

Sittercise Classes Are Back!

The Cow Creek Band of Umpaua Tribe of Indians is happy to inform you that the Sittercise physical fitness class will be held on Tuesdays and



Thursdays from 10:45 AM to 11:30 AM. They will be held at the Canyonville Clinic. The last Sittercise Class will be on October 26th.

For more information, please contact Adrionna Brim 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!

Basketball Skills & Prevention Clinic

Youth, please come enjoy a great basketball and prevention clinic, hosted by the Cow Creek Band of Umpqua Tribe of Indians at the Boys and Girls Club in Roseburg on Saturday, November 4, 2017. This



event is limited to 80 youth, so don't wait to call and reserve your spot!

Date/Time: Saturday, November 4th, 2017. Registration opens at 9:30 AM.

Location: Boys & Girls Club 1144 NE Cedar St. Roseburg, OR 97470

Check in with Darlene Chapman or Sandy Henry for more information or to check for open slots. 541-677-5586 or 541-691-2402.

North Umpqua Hydro-Project Tour

Pacific Power, along with the Resource Coordination Committee that includes federal and state natural resource agencies, will host a public information session and tour of fish enhancement projects at the North Umpqua Hydroelectric Project, about 60 miles east of Roseburg on Saturday, October 7th. The tour begins at 10 AM with a presentation at the North Umpqua Implementation Center near Toketee and is expected to conclude by 3 PM.

To reach the project from Roseburg, Oregon, take Hwy 138 east and turn left at Milepost 57 (at the green "Toketee Control Center" sign) onto Toketee School Road, then proceed along the main paved road a quarter-mile to the gray and blue PacifiCorp buildings.

Space is limited and must be reserved by contacting Kelly Coates by September 29th to provide names for everyone in your party. She can be reached at kcoates@cowcreek.com or 541-622-8577. Please wear sturdy shoes and bring a sack lunch. Other safety gear will be supplied as necessary.



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		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	15	16 Basket Class Starts 10 AM @GO
17	18	19 Senior Meal Sittercise Class Reading Group	20	21 Senior Meal Takelma Class Sittercise Class	22	23
24	25	26 Senior Meal Food Bank Open 1 PM - 4 PM Sittercise Class Reading Group	27	28 Jerry's Rogue Jets Elder Trip Takelma Class	29 Jerry's Rogue Jets Elder Trip	30

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers Takelma Class: 10 AM - 12 PM @ TCC

Sittercise Class: 10:45 - 11:30 AM @ South Clinic

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

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.

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Senior Meal Sittercise Class	4		6 Elders Luncheon 12 PM @ 7F	7 North Umpqua Hydro-Project Tour 10 AM - 3 PM (See page 13) Basket Class Starts 10 AM @GO
		Reading Group		Sittercise Class		
8	9	10 Senior Meal Sittercise Class Reading Group Food Bank Open 9 AM - 12 PM	11	12 Senior Meal Sittercise Class	13	14
15	16	17 Senior Meal Sittercise Class Reading Group	18	19 Senior Meal Sittercise Class	20	21
22	23	24 Senior Meal Sittercise Class Reading Group Food Bank Open 1 PM - 4 PM	25	26 Senior Meal Takelma Class Sittercise Class (Last Day)	27	28
29	30	31 Senior Meal Reading Group				

Regular Activity Times and Places

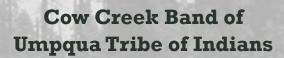
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7F: Seven Feathers Casino Resort **BH**: Block House, Canyonville

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



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