

Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 28, Issue 11 November 2018

We will be known forever by the tracks that we leave.

Inside This Issue

Cow Creek Hosts Delegates from Ukraine

As part of the Open World Program, the Tribe hosted a meal for foreign teachers (Page 4)

Autumn Harvest Celebration at the Tribal Gardens

The Tribe celebrated Halloween and the fall harvest at the gardens (Page 5)

2018 Cow Creek Youth Pow Wow

See photos of Tribal youth and their regalia (Pages 6-7)

2018 Elders Honor Dinner and Blanket Ceremony

There was a great turnout for this year's Honor Dinner (Page 8)

Emergency Preparedness

Learn how the Emergency Management Director has worked to prepare us for the worst (Page 9)

Messages from the Clinic

Get a first look at some of the new changes happening at the clinics (Pages 10-12)

Blue Zones Project Corner

This month's article focuses on the principle of eating mindfully (Page 13)

Culture Corner

Learn about our people's traditional lifeways and stories (Page 14-15)

Government Programs

See information on new events, updates to programs, and more (Pages 16-17)

Schedules

Government Office Hours

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 5 PM

No Walk-Ins. Please Call for Same-Day Appointment

Canyonville Clinic Hours

Monday - Friday 8 AM to 5 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/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

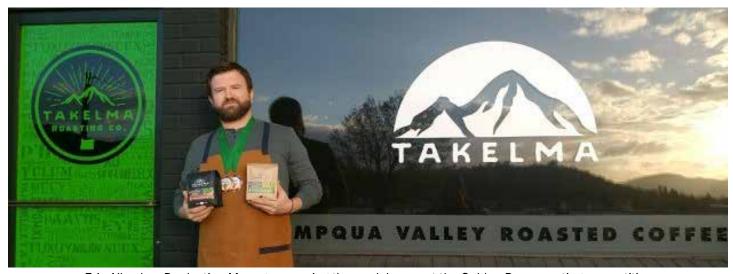
Takelma Coffee Wins Two Bronze Medals in Golden Bean Competition

Although Takelma Coffee has only been in operation for 18 months, they recently won two bronze medals in the internationally-recognized Golden Bean Competition, which draws in competitors from nearly a thousand coffee roasters in North America alone. Though they were going up against blends prepared by big companies (Stumptown, for example), their Dark Roast and their Single-Origin Burundi Roast took bronze in their categories.

"The Golden Bean is a competition for roasters, by roasters," says Kyle Kennington, Tribal member and manager of Takelma Coffee. "Everybody who submits are also the judges, so it's really winning an award from your peers in the industry, which is huge for being only 18 months old as a business."

Though their three original blends of coffee are still going strong, the roasters at Takelma are always looking to better their product and come up with new, delicious blends, or to push the limits of what a profile made from a single kind of bean can do. As their brand becomes more recognized, they hope to sell Takelma Coffee in specialized local retailers like Market of Choice or Sherm's Thunderbird soon.

Their website, takelmaroasting.com, will be having a big Black Friday sale this year, both for coffee and other products that bear the logo, such as tumblers, shirts, and more. Cow Creek Tribal members can get a special 15% discount at checkout by using the discount code: tribalmember (all lowercase letters, with no space between the words).



Eric Albecker, Production Manager, wearing the medals won at the Golden Bean roasting competition



A few examples of new and exciting Takelma Coffee merchandise for sale on their website

Cow Creek Tribe Hosts Delegation of Teachers from Ukraine

2018 marked the 12th year that the Cow Creek Tribe has hosted a luncheon for local leadership and delegates from Ukraine, as part of the Open World Program, which brings foreign teachers to the United States for a cultural exchange. This allows them to learn about how the U.S. approaches important topics like education, health care, veteran care, and more; and lets them teach how Ukraine does the same.

Representatives from the Tribe and local civil leadership were in attendance. After a delicious meal, featuring salmon as a nod to the Tribe's traditional foods, many representatives presented on topics of civil authority, sovereignty, and cooperation in government. In kind, the delegates shared details about their efforts to educate the youth of Ukraine using modern teaching styles like STEM (Science, Technology, Engineering, Mathematics). Tribal staff were also on hand to teach about the Tribe's traditional lifeways and modern efforts to teach youth about Tribal culture.



Donna Fields, Executive Administrative Assistant, presented a Tribal gift bag to each delegate



The delegates pose with a Ukrainian flag in front of the Cow Creek Boardroom mural

Miniature Basket Weaving Class a Success

Jennifer Bryant, Cultural Activities Specialist, hosted a miniature basket weaving class at the Government Office in October, where she taught how to weave baskets using natural materials. This was just one of the Cultural Program's many recent efforts to teach traditional lifeways to Tribal members, thus preserving and continuing our Tribal culture. Keep an eye on future newsletters for more exciting events where you can learn about the Tribe's history and learn Cultural skills.



Jennifer Bryant teaching basket stitching

Fun Times at the Tribal Gardens

On October 20, 2018, families and friends gathered at the Tribal Gardens for a day filled with fun and excitement. There was a candy, prizes, a hearty lunch, and snacks, with pumpkins galore! Thanks to everyone that came out and enjoyed the harvest with us!



Spooky Halloween decorations covered the garden's greenhouse



Spider racing was one of many fun and competitive activities



The piñata didn't last long against the enthusiastic Tribal youth



The costume contest determined first pick of the prize table

Photos from the 2018 Youth Pow Wow

The 2018 Youth Pow Wow, sponsored by the Youth Activities Committee, had a great turnout. Children of many ages sported beautiful Tribal regalia, which they were able to show off during the grand entry and dancing to Tribal drum music from several drumming groups. Many Cow Creek Tribal youth were in attendance, as well as youth from other Tribes, making this a diverse event.

This year marked the last year that Cow Creek Tribal member Nicholas Lowell would carry the youth Eagle Staff in the Grand Entry, as he has turned 18. Thank you to all who participated and made this a great activity!



Tribal children practiced their dancing before the grand entry



Photos from the 2018 Youth Pow Wow, Continued



The Color Guard led the Grand Entry



Tribal members of all ages participated in the Grand Entry



Youth dancing to drums in the circle



Traditional beading and basket weaving at a side table



Many dances were for Tribal youth only



Older youth led younger ones in the dances

2018 Elders Honor Dinner and Blanket Ceremony

This year's Elders Honor Dinner and Blanket Ceremony was a huge success with a great turnout. Andrea Davis, Human Services Director, and Mel Johnson, Human Services Programs Assistant, did a great job directing the event.

The event opened with music by Kacie Shelden, followed by a prayer in Takelma by Tribal Elder Joyce Sertain, followed by a presentation on Tribal history by Jessie Plueard, Cultural Programs Manager. Several amazing prizes were raffled off during the course of the evening, and Seven Feathers catered a prime rib dinner, with a side feature of elk meatballs.

All attendees observed a moment of silence for all the Tribal Elders who had passed on the past year. New Tribal Elders, who just turned 60 this year, were also honored by having their names read. The four in attendance (see right) were presented with a ceremonial Pendleton Blanket.

New Elders this year include: Kelly A. Courtney, Terrisa C. Hillis, Steven M. Kaesemeyer, Margaret A. Mulholland, John W. Potts, Wesley L. Roane, Kenneth D. Roark, Cindy A. Stewart, James R. Sturgeon, Debra A. Timmerman, and Craig A. Yeust.

We extend special appreciation to the Tribal Youth Council, who waited on the attendees, fetching meals for those who had trouble standing in line, refilling drinks, and more.





Debra A. Timmerman



Margaret A. Mulholland



Teresa C. Hillis



Cindy A. Stewart

Emergency Preparedness

Getting Involved in Emergency Management and Preparedness

by Tracy DePew, Cow Creek Emergency Management Director

October was a busy month for the Cow Creek Emergency Management Program, even as fire season begins to wind down. Tracy DePew, the Cow Creek Emergency Manager, represented the Tribe at the quarterly Local Public Safety Steering Committee Meeting (LPSSC). The LPSSC works on developing programs to help keep those coming out of the justice system to be successful returning to society and reduce the risk of re-entry. The LPSSC has two subcommittees: one focuses on Housing, supported by Justin Mathison and Sarah Thompson, and other on Behavioral Health, supported by Michele Moore.

Cow Creek Emergency Management participated in planning meetings with local partners for drivethrough Flu Vaccine Clinics in November. The clinics help the Douglas Public Health Network plan for Points of Distribution of medications, should an outbreak of some type occur in our area. The drivethrough clinics test rural outreach. Flu vaccines can be found at many community clinics around the northwest, and at both Cow Creek Health and Wellness Center clinic locations.

Tracy DePew, Director of Emergency Management attended several important trainings and meetings in October. A Crisis Communications workshop, held in Eugene, OR, provided guidance on the "do's and don'ts" of communicating during crisis situations. Tracy also attended the 9 Oregon Tribal Preparedness Coalition Meeting held in Lincoln City. This coalition brings together Emergency Management and Health and Wellness programs representing all 9 Tribes in Oregon to communicate, collaborate and coordinate preparedness activities. The Coalition received the Conference of Local Health Officials "Outstanding Partnership Award" for 2018 at this recent meeting.

Tracy wasn't alone this month with preparedness activities. Jason Robison, Director of Natural Resources, and Gregg Hervey, Finance Director attended Incident Command System – 400 Training which helps the Tribe to establish a qualified Incident Management Team should the need arise.

Lastly, the Oregon Radio Conference was held in Salem this month. The Radio Conference brings together local, Tribal, State and Federal partners to keep up to date on technology that can be used to support communications in a disaster. The conference was attended by Tracy De Pew, David Masters, and Roger Singer from Seven Feathers Security. All 3 are licensed HAM radio operators. With the support of the Seven Feathers Team, Cow Creek was able to display the Mobile Radio Vehicle that it received from the Indian Health Service Trans Am program. It was quite a hit. A big "thanks" to all of the UIDC and UIUC staff who supported the MRV making it to this meeting.

Remember that November is a great month to prepare for winter conditions by cleaning gutters, wrapping exposed pipes and checking smoke detectors. Be sure and lend a hand to those that might need it.



Roger Singer (Security Supervisor), Mike O'Hare (FEMA Region 10 Administrator), Greg Gould (FEMA Region 10 Communications Manager) and David Masters (Security Supervisor) standing near the Tribe's Mobile Radio Vehicle 9

Messages from the Clinic

New Faces at the Cow Creek Heath & Wellness Center

It's that time of year again – summer has slowly faded into fall and now fall has begun to fade into winter. Your Health & Wellness Center has seen a few changes too.

We have three wonderful pediatricians that have joined our team and are offering outpatient services at our Canyonville Clinic on Mondays. Dr.

Rashmitha Dachepally, Dr. Aric Groshong, and Dr. Ashley Schmieding rotate their responsibilities in our clinic, while also practicing hospitalfocused pediatrics at Mercy Medical Center. We are fortunate to



Dr. Rashmitha Dachepally, Dr. Aric Groshong, and Dr. Ashley Schmieding

have these three providers join our staff and are very pleased to be able to offer pediatrics to the Canyonville area. The word is getting out and they are becoming busier by the week.

We are also introducing two new primary care

doctors to the Canyonville area. Dr. Carolyn Simmons recently started seeing patients daily in our Canyonville Clinic. Dr. Simmons comes to us with a master's degree in public health and a doctorate degree of medicine (MD). She completed her family medicine residency with a



Dr. Carolyn Simmons

fellowship in obstetrics and gynecology in 1995. Most recently, Dr. Simmons practiced in Myrtle Creek. Along with her varied experiences in family medicine, Dr. Simmons worked as a cruise ship doctor, plying the seas for a challenging 3-year tour. Dr. Simmons will be working with Stephanie Jackson, PCC, Britney Dense, CMA and Katrina

Luck, RN to round out one of two Canyonville Primary Care Home Teams.

Dr. Kevin Lee joined us in late October to complete our goal of providing two Primary Care Home Teams, full-time in Canyonville. After his undergraduate degree, Dr. Lee completed his doctorate in naturopathic medicine in 1980. He went on to receive his doctor of



Dr. Kevin Lee

osteopathy (DO) in 1984. Since that time, he has practiced in various family medicine settings - many of them have been tribal health centers. Dr. Lee is also dedicated to teaching and was an Assistant Professor of Family and Emergency Medicine at Central Michigan University, School of Health Sciences, and has published scientific and popular health-related articles. Dr. Lee is returning to clinical medicine after a brief hiatus to care for an ailing family member. Among his interesting pursuits is falconry. Dr. Lee is supported by Toni Sands, PCC, Noel Ross, CMA and Katrina Luck, RN.

We are also very excited to bring to Douglas County a much needed service. Dr. Thomas Freeman, a

child and adolescent psychiatrist, joins us for office hours on Mondays and Wednesdays in our Roseburg and Canyonville Clinics. Dr. Freeman's practice is via telemedicine, a new way to practice that allows specialists like him to extend their much needed services to rural areas that...



Dr. Thomas Freeman

Messages from the Clinic

New Faces at the Cow Creek Heath & Wellness Center, Continued

normally would not be able to support a full-time provider. Dr. Freeman completed his fellowship in child and adolescent psychiatry in 2011 and has been in private practice through telemedicine in underserved rural communities throughout Arkansas.

According to the American Academy of Child & Adolescent Psychiatrists, there are only approximately 8,300 practicing child psychiatrists in the United States and a mindboggling 15 million children estimated who need to see one. Over the past several years, this already modest number of psychiatrists has been dwindling slowly, yet the need for care continues to rise. We are fortunate to be hosting Dr. Freeman and to be able to offer this service to our community. Supporting Dr. Freeman is Marisa Mitchell, Behavioral Health Assistant and Trish Davis, CMA.

To be sure, a lot of the familiar faces are still here. Amy Lamb, FNP and Dr. Basham will be exclusively practicing with their Primary Care Home Teams in our Roseburg Clinic. Supported by Sue Peterson, PCC, Sande Rinne, PCC, Robert Lowell, CMA, Heidi Stauffacher, CMA and Kris Moeller, RN. Space does not allow me to mention the numerous folks working behind the scenes to make sure that each patient gets what they need.

Tisha Larsen, FNP, a well-liked primary care provider, has moved on to complete her studies as a psychiatric nurse practitioner. Tisha was an integral part of our clinic and she is missed by both patients and staff alike. We wish her the best during her studies.

Please call us at 541.672.8533 for information at the Roseburg Center and 541.839.1345 for the Canyonville Center. Our Outreach staff, Elena Murray and Crystle Alfrey are ready to help you navigate through difficult insurance questions and assist with first appointments and other resources.

Next month we will explore Purchased and Referred Care (PRC) and the changes that promise to deliver better (and more) services for our Tribal members.

Over the Counter Benefit Program

The Over the Counter benefit program for Tribal members is the prepayment for the 2019 disbursements. This program has transitioned into a new process for 2018. Instead of collecting and submitting over the counter receipts from purchases for Band-Aids, cold medicine, and other necessities, each Tribal member will receive \$100 for each adult member and \$50 for each child under the age of 18. If you have a child Tribal member in your home who turned 18 this year, they will receive their first \$100 check in their name to the address we have in our records.

The benefit is intended for over the counter purchases only. It is not intended for regular prescriptions or cosmetics.

To make sure this process goes as smoothly as possible, please update your address with the Government Office no later than November 30th. We try our best to keep our records up to date, but without an updated address, it can take 30 or more days for a check to return to us because of an improper address listed in our records.

If you need to update your address, please call the Government Office at 541-672-9405 or stop by to complete a change of address form.

If you have questions about the Over the Counter benefit program, please contact the Health and Wellness center at 541-672-8533

Messages from the Clinic

Health Advisory Council Vacancies

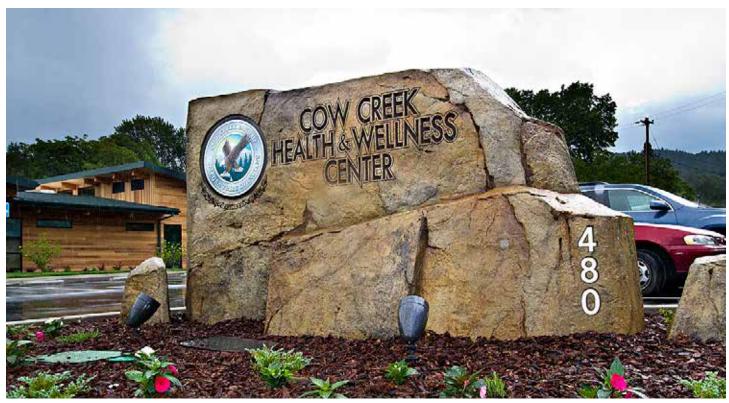
The Health Advisory Council is the Tribal voice when it comes to the health and wellness of the Tribe and gives valuable feedback to the Health Operations Officer for the Cow Creek Band of Umpqua Tribe of Indians. The Tribal Health Advisory Committee has the following duties:

- To review and make recommendations over existing Health and Wellness Center policies and procedures.
- To review programs and services performed by the wellness center annually in accordance with the goals and priorities.
- Will meet at least quarterly over the calendar year depending on the necessity volume of programs and to be updated on current events.
 There is a small stipend for attending a meeting.
 There is a telecommute option for standing meetings if you are unable to meet in person.

We currently have an opening for two positions on the Tribal Heath Advisory Committee:

- 1. One Tribal member who resides outside the Tribal Service Area
- 2. One at large Tribal member (meaning a genuine Tribal individual who wants to be involved)

If you are interested in a position on the Tribal Health Advisory Committee, please send your letter of interest to Sharon Stanphill at sstanphill@cowcreek.com. You can also call 541.672.8533 and ask for the Executive Administrative Assistant if you have questions concerning the open positions or more information about the role of the Tribal Health Advisory Committee.



Blue Zones Project Corner

BLUE ZONES® POWER 9 - The 80% Rule

By Juliete Palenshus, Blue Zones Project® Umpqua, Engagement Lead and Kelly Audiss, Cow Creek Health and Wellness Center, Health Educator

Residents living in the original Blue Zones® areas share common lifestyle habits called Power 9®. Eating wisely is one of them. People who live in Okinawa, Japan have a wise strategy when it comes to maintaining a healthy weight. They call it "hara hachi bu", which means to stop eating when you are 80% full. Studies show that cutting back on calories can lead to better heart health, longevity, and weight loss. In fact, losing just 10% of your body weight offers significant health benefits, such as lower blood pressure and cholesterol, which can reduce your risk of heart disease.

DRINK UP!

Did you know that our bodies are made up of 50 to 75% water? The average adult loses about 10 cups of water every day. Replenish your water supply by trying to drink at least eight cups of water each day. If you're being moderately active, increase that amount by one or two cups. For strenuous activities lasting more than an hour, increase your average water intake by two to three cups for every hour of activity.



The Cow Creek Government Office is now a Blue Zones Approved workplace

5 EASY STEPS TO MINDFUL EATING

Many of us tend to gain weight not by stuffing ourselves too full, but by eating calorie-rich foods each day without even thinking about it. Use these easy tips to help you cut back on calories and eat more mindfully:

Downsize your dinnerware. The size of the plates and glasses we use has an impact on how much we eat. Try using smaller plates and tall, narrow glasses. You're more likely to eat significantly less without even thinking about it.

Enjoy soup-er nutrition! Nutritious soups with lots of vegetables can boost your health and your weight-management efforts. Fiber-rich veggies help you feel fuller so you eat less, while giving your body the nutrients it needs.

Snack on nuts. Enjoying a handful of nuts can be healthy. They're a source of important vitamins and minerals and heart-healthy fats. Studies have shown that eating nuts may reduce your risk of heart disease and could even increase your longevity.

Eat an early, light dinner. Eat a light dinner early in the evening to give your body plenty of time to digest the food before going to bed. This practice may promote better sleep during the night and a lower BMI.

Slow down and be mindful of your food. Many of us eat while on the run, or sitting in front of the computer or the TV. This often means we don't notice what we're eating or how fast we're consuming it. Make it a habit to sit down and savor the tastes and textures of what you're eating. You'll slow down, eat less (hara hachi bu!), and enjoy your food more.

Culture Corner

Taltál - The Transformer (A Traditional Takelma Story), Part 3

Part 3 - Fighting, Deception, and Finding Wás-Bush

Then they went on, they proceeded on their ways. On they went. They wrestled with all sorts of things, oaks they wrestled with, firs they wrestled with, ts'aàsaph berry bushes they wrestled with, they always just broke them in two. They met an old man. "Tell it, old man!"

"I ran out on top of the house."

"Yes, why would you act in this manner? Running out of the house? Since enemies come into the house to fight, that is why you run out?"

"I ran out on top of the house" he kept repeating. Daldal became angry.

"What sort of thing did you say?" He kicked him over; he burst, he turned into blood. It seems that he wants to kill people.

"Big-nosed Daldal! Put on style!" he said (to his elder brother). Younger brother ate up the blood, and it choked him. "O elder brother!"

"Why did you not leave it alone?" elder brother said. With the flint-flaker he took out the blood, with a stick. "So he did not let it alone." Elder brother said with sarcasm.

Daldal and his younger brother continued on their way. They found another house.

"Warrrm your back! Warrrm your back! Warrrm your back!" a woman did say.

Little brother said "Big-nosed Daldal! Put on style. I'll warm my back."

And he went inside. The woman was continually warming her back. Now he went to lie down.

"Warm your back!" she said. Into the fire she pushed him.

"Keep away! I feel hot." Now the fire had blistered his back.

"O elder brother!" Again elder brother said...
"So, he doesn't leave things alone!" He kicked her off.
"Do you think you will be a woman? People will
always call you wás-bush (described as a bush of
about three feet in height, with white leaves and

crooked yellowish-red flowers the length of a hand. The root was used for food) and in the swamps you will be. You will not be a woman, you will be food!"

The brothers continued on their way up the river, there was another woman. "Come join me! Come join me!" she said.

"Ah! What are they saying? Big-nosed Daldal! Do you put on style? I'll join her," he said to his elder brother. He went to her. She opened her limbs. Then, they laid down together. Her legs grabbed him.

"Do not do this to me!" said the younger brother. He was almost killed. "Oh older brother!"

Daldal came, and kicked her off.

"Do you think you will be a woman? Fresh-water mussel you will always be called." Into the water he threw her. People shall want to eat you; people will eat you, you will be food," he said to her.

They continued on their way. Not finding a house, they wrestled with oaks bearing white acorns, they wrestled oaks bearing black acorns, they wrestled with firs, and they wrestled with the tc'āsap' berry bushes and they broke them in two. Ah! Now they heard something, "t'ut, t'ut, t'ut."

"Ah! Big-nosed Daldal!" said the younger brother and went on top of the house.

Possible Lessons in this story?

- 1. Family takes care of and protects each other.
- 2. Where food can be found and what it looks like, even in a swamp.
- 3. Eat 'these' foods to be strong while you travel.

What life lessons do you find in this part of the story?

Part 4 coming in December: The blind old women, causing trouble, how deer sinew came to be, and why you should always say or sing Táltalwaya when fishing for crawdads.

For Part 2, see the October 2018 newsletter.

Culture Corner

Plant Seeds and Harvest Nuts

Fall is the time to plant camas and iris seeds. They need the time in the cold ground to sprout when spring comes.



Acorns

Don't forget to harvest acorns and hazelnuts now, too. When harvesting nuts, throw out any that have holes in them. The holes are from bugs and will continue to eat your crops throughout the winter. Keep your nuts in a dry area in an open basket to dry. Keep turning and stirring them in order to help them dry. A good place to keep them is by your fireplace. By end of summer next year, you will be able to process the nuts.

Basketry Terms

<u>Twill</u> - type of textile weave with a pattern of diagonal parallel ribs. This is done by passing the weft thread over one or more warp threads and then under two or more warp threads and so on, with a "step" or offset between rows to create the characteristic diagnoses pattern.



A twill weave

<u>Weft</u> - the crosswise threads on a loom over and under which other threads (the warp) are passed. The pictured basket is an example of this step pattern. It is found not only in baskets but mats as well. The pattern can be used as a decorative design.

Traditional Body Armor

Traditional body armor for going to war was built with two elk hides sown together with a structure of sticks added in-between the elk hides to help protect the vital organs of the wearer. This structure looks a lot like the bone chest plates that you may see in regalia at our annual Pow-Wow. These sticks would be placed tightly together to help ensure that during war, the warrior would be best protected in order to return to his people.

Culturally Modified Trees

Not all archaeological materials are found on or in the ground. Several types of features can be found above ground or even on living trees. Culturally modified trees, as an example, are an important part of the archaeological record as they tell archaeologists important information about an area that



A culturally modified tree

would otherwise be missed. Bark peeled off of trees were often used for clothing and basketry. The inner bark (the cambium layer) could be used as medicine or as a reliable food source when others were scarce. Trees were also blazed to show the path that trails would take, even if those trails are covered or hidden. All of these activities would be virtually unknown to archaeologists if culturally modified trees were not present.

Government and Programs

Opening on UIDC Board

There is an open position on the Board of the Umpqua Indian Development Corporation for a Tribal member. UIDC board members meet the 4th Monday of each month to review financial progress and policies about Tribal businesses. If you are employed by the Tribe or any Tribally-owned business, you are not eligible to serve on the UIDC Board. To apply, send a resume to Vanessa Pence, who can be contacted for more information at VPence@cowcreek.com or 541-672-9405. If you have applied for this opening within the last year, then there is no need to apply again. Resumes must be received by December 14, 2018.

Winter Gathering 2018

Please join us on Friday, December 7th from 5:30 to 8:30 PM in the Government Office Boardroom in Roseburg for food, crafts, and pictures with Santa! Kids will get to visit the Elf's Mall, where they can



earn Santa Bucks to purchase fun items. There will also be hayrides to the Festival of Lights, with limited space available. RSVP before November 30th for both the gathering and the hayrides to Tracey Brady at tbrady@cowcreek.com.

This event is open to Cow Creek Tribal households and staff with youth from ages 3 - 18. This is a drug- and alcohol-free event. No Drop-Offs, please. The Winter Gathering is presented in partnership between the Youth Activities Committee, the Cultural Program, and the Behavioral Health Department.

Tribal Board to Travel to Washington

The Tribal Board will be traveling to Washington for the annual informational meetings in March 2019.

The first meeting will be held from 6 - 8 PM in Kelso, Washington, in the Oak/Douglas Room at the Red Lion Hotel & Conference Center (510 Kelso Drive, Kelso, WA 98626) on Friday, March 8, 2019.

The second meeting will be held from 1 - 3 PM in Port Angeles, Washington, in the Juan de Fuca Room at the Red Lion Hotel (221 North Lincoln Street, Port Angeles, WA 98362) on Saturday, March 9, 2019.



Each year, the Tribal Board travels to Washington to speak to Tribal members there

TRIBAL FOOD BANK HOURS

The Food Bank hours are:

2nd Tuesday each month from 9 AM - 11 AM

4th Tuesday each month from 2 PM - 4 PM
Also open after each General Council Meeting.

Government and Programs

Down Payment Assistance Program

Tribal members who are prepared to purchase a home are eligible for Down Payment Assistance (DPA). DPA provides up to \$5,000.00 in Triballyfunded grant money that may be used toward a down payment for a home and/or home purchase closing costs. This program is available to Tribal members living within the United States and eligibility is not based on income level.

Tribal members may use up to \$5,000.00 for DPA every 10 years, as long as the Tribal member remains in good standing with the Housing Department.

The Housing Department also has a down payment assistance program specifically for low-income families living within the seven-county service area. Low-income grant funds come from our federal Indian Housing Block Grant and provide up to \$5,000.00 toward the purchase of a home. A total of \$5,000.00 in low-income DPA funds may only be used once in a lifetime. Income levels used to determine eligibility for this program are based on geographic location, family size, and total household soon as possible to get on the Waiting List. income.

For more information, contact Justin Mathison, Housing Director, at 541-677-5575 or JMathison@ cowcreek.com. The application is available for download at www.cowcreek.com through the Tribal Members' portal. Just click on the Login option at the top.

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.

Tribal rental housing is available to eligible lowincome Tribal members. Rent for Tribal housing is no more than 30% of the total gross household income. Maximum rents are set for each house size: Current maximum rents are \$700/month for a two-bedroom, \$800/month for a three-bedroom, and \$900/month for a four-bedroom. Maximum rent amounts are reviewed annually.

Eligible applicants are approved by the Housing Review Board and placed on a Waiting List. Priority is given to families with the greatest needs in relation to family size, age, disabilities, etc. Applicants on the Waiting List must update their application every six months or risk being removed from the list. The current wait for a home is approximately six months; we encourage any interested families to apply as

For more information, contact our Resident & Self-Sufficiency Manager, Sarah Thompson at 541-863-3730 or SThompson@cowcreek.com. You may also contact the Housing Admin Assistant, Amy Holmgren, at AHolmgren@cowcreek.com or at the number above. The application is available for download at www.cowcreek.com through the Tribal Members' portal. Just click on the Login option at the top.

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior Meal Water Aerobics Takelma Classes	2	3
4	5	6 Senior Meal Water Aerobics Flavors of Fall Cooking Demo 10:30 AM @ Roseburg Clinic	7 Flavors of Fall Cooking Demo 10:30 AM @ Canyonville Clinic	8 Senior Meal Water Aerobics Takelma Classes	9	10 Elder Honor Dinner and Blanket Ceremony 3-6 PM @ 7F Youth Pow Wow Dinner 4:30 PM Grand Entry: 6 PM
11 General Council Meeting 10 AM @ GO Lunch Provided Food Bank Open after meeting	12 Alzheimer's Assoc. Caregiver Support Group @GO 1 - 3 PM	13 Senior Meal Water Aerobics Food Bank Open 9 AM - 11 AM	14	15 Senior Meal Water Aerobics Takelma Classes	16	17
18	19	20 No Senior Meals Today Water Aerobics	21	22 GO Closed Happy Thanksgiving!	23 GO Closed	24
25	26	27 Senior Meal Water Aerobics	28	29 Senior Meal Water Aerobics Takelma Classes	30 RSVP Deadline for Winter Gathering	

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

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

Water Aerobics: 9 - 9:45 AM @ Seven Feathers RV Resort

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.

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Senior Meal Water Aerobics	5	6 Senior Meal Water Aerobics	7 Elders Monthly Luncheon 12 PM @ 7F	8
		Food Bank Open 9 AM - 11 AM		Takelma Classes	Winter Gathering 5:30 - 8:30 PM @GO	
9	10	11 Senior Meal Water Aerobics	12	13 Senior Meal Water Aerobics (LAST CLASS) Takelma Classes	14	15
16	17	18 Senior Meal Water Aerobics Food Bank Open 2 PM - 4 AM	19	20 Senior Meal Takelma Classes	21 Government Offices closing at 1 PM today	22
23	24 GO Closed for Christmas	25 GO Closed for Christmas No Senior Meals Today	26	27 No Senior Meals Today Takelma Classes	28	29
30	31	GO Closed for New Years Day				

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

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

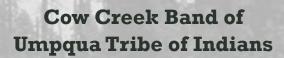
Water Aerobics: 9 - 9:45 AM @ Seven Feathers RV Resort

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.



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