

Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 28, Issue 2 February 2018

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 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 Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

Tribal News

2018 Cow Creek Culture Conference

There was quite the turnout for the 3rd Annual Cow Creek Culture Conference, which did not disappoint. Many Tribal members attended, but so too did many representatives of non-Tribal entities.

"We are grateful for your commitment to learn more about our culture and how we all incorporate Tribal values into the various facets of our government operations," said Jessie Plueard, Cow Creek Cultural Programs Manager.

The conference presented information on a wide range of topics: Jessie Plueard gave an overview of Cow Creek History, followed by Tribal CEO Michael Rondeau's address of Tribal Sovereignty. Representatives from the Cultural Program, the Education Department, the Cow Creek Health & Wellness Center, the Human Services Department. the Natural Resources Department, the Housing Program, and the Emergency Management Program all spoke about the Tribe's efforts to preserve culture, enrich lives, and protect our natural and cultural resources. Kyle Kennington also spoke about the Tribe's latest business venture: Takelma Coffee. The conference also featured several breakout sessions, where the audience cycled through various displays and presentations on traditional lifeways, cultural arts, and the revitalization and teaching of the Takelma language.

Through the whole conference, the Tribal Youth Council—composed of Ally Van Norman, Melissa Bryant, Elizabeth Bryant, Nick Lowell, and Madison Fife—were ever-present: assisting in presentations, helping distribute raffle prizes, and smoothing over the hard work of delivering a conference like this.



The Cow Creek Color Guard presenting the flags



Jennifer Bryant showcases materials used in traditional basket weaving



Jeremy Johnson discusses an atlatl, a traditional hunting weapon



Kelly Warner introduces the Tribal Youth Council

Tribal News

Winter Steelhead Program Update

2018 will mark the 15th year for the Winter Steelhead Acclimation program. This program is a partnership between the Tribe, the Oregon Department of Fish and Wildlife (ODFW), and the Umpqua Fishermens Association (UFA). The program consists of acclimating winter steelhead smolts to the water of Canyon Creek at the Canyonville acclimation site and the Tribe's own Seven Feathers acclimation site. The goal of this program is to increase harvest opportunities of Winter Steelhead on the South Umpqua River for anglers.

The project partners have decided to make some new changes to the program this year. We will be starting a new study to see which acclimation methods work the best. In past years, the steelhead smolts have been acclimated to the Canyon Creek water for 21 days with fish arriving at the acclimation sites as early as January. This year, however, we will be trying something a little different. We will be going to two different acclimation methods, which include a 14day acclimation in the tanks at the two acclimation sites, and a direct release into Canyon Creek. After hosting an acclimation workshop at the Oregon Hatchery Research Center (OHRC), Tribal staff and other project partners learned that the best return rates aren't based on how long the fish spends in the desired water body. New science is telling us that choosing the best time during the fish's development, when they are more apt to imprint on the chemical cues of a water body, will give us better return rates. Therefore, based on winter steelhead growth rates, the fish will not be put in the acclimation tanks until March and April.



Tribal and ODFW staff weigh fish at a 2017 smolt release

To help us track if these changes make a measurable difference to the return rates of the winter steelhead, coded wire tags will be inserted into 25,000 fish from each of the 3 groups (March acclimation, April acclimation, and direct release). Once the fish return to the South Umpqua as adults in about 2 years, ODFW and the UFA will attempt to collect as many of the snouts of these hatchery fish as possible to help calculate return rates and whether the different release strategies increase the number of fish returning to South Umpqua.

To all the anglers out there: good luck and watch for this year's smolts to be returning in 2-3 years.

Tribal Board to Travel to Washington State

The Tribal Board will be traveling to Washington for the annual informational meetings in March. The first meeting will be held in Kelso at the Red Lion Hotel on Friday, March 9th, from 7 PM to 9 PM. The second meeting will be in Port Angeles at the Red Lion Hotel on Saturday, March 10th, from 1 PM to 3 PM.



Water Treatment Plant: Becoming Self-Sufficient and Exercising Sovereignty

It's no secret that the Cow Creek Tribe is focused on becoming self-sufficient. The Umpqua Indian Utility Cooperative (UIUC) provides the electricity, water and wastewater for the Tribe's Canyonville businesses.

UIUC water facilities provide millions of gallons of water to Tribal businesses every month. The system is even tied into Canyonville's water, so that if anything happened to the city's system, the Tribe's reservoir could provide for the whole town, if needed.

From December 31st to June 30th each year, water is pumped from the South Umpqua River to the reservoir, which can hold 122 million gallons at a time. This water is then moved to the water treatment plant, which removes impurities before depositing the water in a holding tank. From there, gravity carries the water down the hill to Canyonville properties. The water is treated daily by licensed on-site staff, and tested for quality monthly by an exterior lab.

Natural Resources Elk Study Project Available for Tribal Youth

The Natural Resources Department is offering a new Tribal Youth Intern Elk Study Project. It is a three-year experimential learning program for Tribal youth designed to stimulate interest and understanding of wildlife conservation and management practices. It will take a "learn by doing" approach, with wildlife management activities. This is a Natural Resources Tribal Youth internship position; you must be a Cow Creek Tribal Member to apply. To learn more, please contact Kelly Warner at 541-677-5575. To apply, please go to www.cowcreek.com/employment/.

Seven Feathers Wins Three Awards

Annually, the *News Review* holds the Readers' Choice Awards, where they take votes from all over Douglas County for the residents' favorite local establishments. This year, the Seven Feathers Casino Resort won 1st place for "Favorite Bar & Night Spot" and 1st place for "Favorite Hotel," while the K-Bar Steakhouse won 2nd place for "Favorite Steakhouse."

"The Tribe takes pride in having our own utility, water, and wastewater treatment systems that allow us to be independent of anybody else's systems," says Lonnie Rainville, Government Operations Officer and UIUC General Manager.



UIUC and Tribal Government staff monitor a test of the reservoir's emergency water evacuation system.



Financial Peace University Classes

Financial Peace University is a nine-lesson class that teaches how to create a budget, pay off debt, spend wisely, and save for the future. This class is offered <u>FREE</u> to our Tribal families. Anywhere else, this class could cost \$100.00. We encourage teenagers to join their parents or come individually.

Dinner is provided. Participants will receive a kit with the hardback book, workbook, and pack of CD's. Each class is limited to 10 people, so call today to register for your spot!

Lonnie Rainville will present the class. To RSVP, contact Alexa Young at ayoung@cowcreek.com or 541-677-5575. Classes will be held at the Cow Creek Government Offices in Roseburg, in the South Building Conference Room, from 5:30 PM to 7:30 PM. Classes will be held every Monday starting April 2, 2018, for approximately 9 weeks.

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Tribal News

2018 Tribal Elections Coming Soon

The Tribal General Council Nominations Meeting is scheduled for Sunday, May 20th, 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. If you would like to register to vote, you may call the Government Office to request an application be sent to you. If you have been married, divorced, and/or have changed your name, a new registration form needs to be completed. Any new or updated voter registration applications need to be completed and turned in to the Government Office by 4 PM on May 18, 2018.

Reminder: Voter Registration is closed from May 19th thru August 12th, and reopens on August 13th. The Tribal General Council Elections Meeting is scheduled for Sunday, August 12th, at 10 AM. All General Council Meetings will be held at the Cow Creek Tribal Government Offices.

Tribal Medicare Part B Insurance Premium Reimbursement Program

What is it?

Tribal Medicare Part B Insurance Premium Reimbursement Program

Who qualifies?

- Enrolled Tribal Member and/or Spouse of enrolled Tribal Member
- Age 64 years, 9 months and up.

Dont miss out! Are you turning 65 and need help with Medicare information? We are providing important information to help you to understand Medicare before your 65th birthday. If you continue to work or are not receiving Social Security, you need to know about Medicare to avoid penalties and higher rates on your Medicare Insurance premiums.

You may go online to create your own social security account at mysocialsecurity.gov. By creating a user name and password, you are able to access and print your own statements through your account. Families living out of the Roseburg area may go to

their local Senior Services Office or Social Security Office to request assistance. You may call our office at 541-677-5575 with questions or to schedule an appointment for assistance.

For families who choose an Annual Reimbursement Payment, please submit a copy of your 1099 to our office as soon as possible. If you choose a Monthly Payment, send a copy of your benefit statement from the Social Security Office.

Please send these documents to our office via email, fax, or regular mail, ATTN: Cindy Grizzle. To avoid a delay in your 2018 reimbursement payment, please submit as soon as possible.

If you need assistance with the Medicare Part B reimbursement program, or for further questions, please contact Cindy Grizzle at 541-677-5575, fax 541-677-5565, or by email at cgrizzle@cowcreek.com.

The Cow Creek Youth Art Show Needs Your Art!

The Cow Creek Health and Wellness Prevention team, along with Expanding Horizons Youth Center and the Cow Creek Education Department, will be featuring Cultural and Prevention Artwork at the Umpqua Valley Art Center in Roseburg.

The name of the art show is "Culture is Prevention." Opening night will be March 16th and the show will run through April 27th. The Art Center is open 10 AM - 4 PM each day.

We have space to hang at least 50 pieces of Art on the walls and display pedestals.

All artwork that is submitted has to have been made within the last 2 years. We are open to all kinds of art work, but would prefer: any cultural artwork, such as regalia, beading, or basketry; or anything with nature and prevention messaging artwork. When submitting your artwork, please include your name, age, the name of artwork (not necessary), and medium of art.

All artwork needs to be turned in by Friday, March 9th. The Art Center will be promoting this event through local and regional media.

Please come and support our Tribal youth! We look forward to your presence, and encourage you to join us for opening night.

Round Circle Reading Groups

The Education Department will be starting our Round Circle Reading Groups again. Classes will begin in March and be available at two locations. In addition to encouraging your children to read and share stories, we will provide a light breakfast snack.

Dates and Locations:

Myrtle Creek/Tri City – Tribal Community Center 10:00 AM – 10:45 AM every Tuesday morning beginning March 6th.

Roseburg – Tribal Library 10:00 AM – 11:00 AM every Thursday morning beginning March 8th.

Please RSVP for the first class by calling K'Ehleyr McNulty at 541-677-5575 by March 2nd.



For more information, please contact Darlene Chapman at dchapman@cowcreek.com or 541-492-5236.

Youth Activities Committee Events

The Youth Advisory Committee will be sponsoring several events this year. Below is a summary of what we have planned so far:

- February 17th Roller Skating
- March 24th Easter Egg Hunt
- June 15th 17th Culture Camp
- August 3rd Backpack Giveaway
- October 20th Halloween Celebration
- November 10th Youth Pow Wow
- December 15th Festival of Lights

Additional reminders and notices will be sent for each event as the dates get closer.

Culture Corner

Takelma Language Corner

When parting ways (saying goodbye) with a person or people, an appropriate way to say goodbye is *Teekwalthkwiiphanth*, which means "take care of yourself."

<u>Takelma</u> Teekwalthkwiiphanth <u>English</u>

Take care of yourself

<u>Pronunciation</u> deck walt gwii paant

Takelma language classes are offered from 10:00 AM to 12:00 PM every Thursday at the Tribal Community Center located in Tri-City, Oregon.

For more information, contact Rhonda Richardson at 541-677-5575 ext. 5513 during business hours.

Traditional Pit Ovens

Pit ovens were an important feature to the Cow Creek people. They were used for cooking a wide variety of foods, from camas bulbs to mussels and clams. Ovens were constructed by

Ovens were constructed by excavating a hole a couple of feet wide then lining the bottom with rocks. A layer



of grass or leaves were placed over the rocks with the food on top of this layer. More grass or leaves were placed, then the whole pit was covered with dirt. A fire would be lit over the oven and would be maintained anywhere from 16 to 36 hours, depending on the food resource that was cooking.



Women's Everyday Wear

Traditional everyday wear for women of the Cow Creek Tribe was cedar or maple bark skirts.

During inclement weather women would also put on a cedar or maple bark cape.



Baby Cradle Basket

The baby cradle basket was utilized by Nahonkuotana (Cow Creek) mothers to bundle their babies, making them feel safe and secure. This cradle that is on display at Seven Feathers



Casino is made of hazel shoots and spruce root with red beads hung to occupy the child. The child would be set in the basket, wrapped in leather and soft firs, and secured in with leather laces. The handle makes it easy to pick up. After the child is secure, they could be carried on the mothers back.

Hazelnuts

The hazel tree produced many materials for the Nahonkuotana people. Not only were the new shoots harvested for basketry and fish traps but the nuts were widely gathered and consumed.

We currently have a full row of hazel trees planted at the Túu Yap'a Xumá tribal garden. They have started to produce nuts, and we are looking forward to next year's harvest.





Education Corner

Higher Education Benefits for College for 2018-2019

If you plan to apply for a Cow Creek Higher Education Scholarship for the 2018 - 2019 school year, you will be required to show proof that you applied to at least one outside scholarship in order to be considered for a Tribal scholarship. The intent of this requirement is to help you offset any possible loans that you may need to complete your education. We want all of our Tribal members to receive their degrees with as little amount of debt as possible. Please keep some form of documentation that you applied for the scholarship (email, copy of scholarship application, etc.). You do not need to receive the scholarship, just need to apply for one. You will continue to receive your Tribal benefits as well if you receive an outside scholarship. Check with the college or universities that you are thinking about attending and ask about a "Diversity

Scholarship." This scholarship will be open to a diverse population, including Native Americans. You can usually find other scholarship information in the Financial Aid Department of your college or university.

A couple of links that may be helpful for you: www.collegefund.org/scholarships

OSAC (Oregon Residents) www.OregonStudentAid.gov

A List of Scholarships Available for Oregon and other States: aspx

Contact Tammie Hunt, Education Director if you would like more help, or need further information on your Tribal benefits for continuing your education after high school: 541-677-5575 or thunt@cowcreek.com.

READY! For Kindergarten

The Education Department will be holding READY! For Kindergarten classes for parents with Tribal children ages 4-5 this spring. This is a free, three-part series that gives parents tools to help their children prepare for the transition and structures of Kindergarten. We'll go over interactive games that engage both parents and children and will boost children's identification of letters, numbers, and colors, and help with their reading and math skills.

Dinner and child care will be provided, as well as all the tools and resources you'll need to jump start your child's love of learning. Prizes will also be given out at each class. During the last class, we will have a graduation celebration including the chance to win an iPad.

Dates and Locations:

Myrtle Creek/Tri City - Tribal Community Center 6:30 - 8:30 PM; February 27th, March 27th, April 24th

Roseburg – Tribal Board Room 6:30 – 8:30 PM; February 22nd, March 22nd, April 26th

To RSVP, please call K'Ehleyr McNulty at 541-677-5575 and reserve your spot before February 21st.

Website Update

We are excited to announce some updates to our Education Website! All program applications can now be found online in fillable PDF Forms. You should be able to fill out the application on your computer and email it in, which will expedite the process! If this doesn't work for you, you can still print the applications and send them in via fax or post.

To reach these materials:

- Open <u>www.cowcreekeducation.com</u>.
 - o Click Education at the top of the page
 - o Click Educational Programs from the drop down menu
 - Scroll down for the program that you would like more information on. They are in alphabetical order, so continue scrolling until you find what you need.
- You can also directly email us with questions:
 - o Scroll to the bottom of any page and click Education@cowcreek.com

Messages from the Clinic

Our 2017 BRFSS Health Status Results Are In!

Every five years, our Tribe gathers health and social information from our Tribal members to better understand the needs, services and preferences the Tribe might be able to offer. The survey, known as the Behavioral Risk Factor Surveillance System (BRFSS), was again conducted by the Northwest Portland Area Indian Health Board. They called each Tribal member over the age of 18 between April and August 2017.

We were able to gather over 300 surveys of self-reporting information. There were many comments and suggestions made by Tribal members regarding their suggestions for Tribal programs. All data was de-identified for confidentiality and compiled into one report.

Thank you to everyone who took the survey and contributed to the gathering of this valuable information. We will be better able to understand and identify factors that may influence the prevalence of certain chronic diseases and design Tribal best practices for prevention programs.

Of all Tribal members taking the survey, the average age of members taking the survey was 44 years old, with 56% being female and 60% living out of the service area.

- 84% reported a good or excellent rating of their health, with males reporting their health as slightly better than female members.
- 70% of all members have health insurance, with 90% stating they had had insurance the past 6 months.
- An overwhelming majority of members were able to have their medical, dental, and prescription needs met in the specified time frames they preferred. Less than 10% reported not having received medical care when they needed it. Most individuals went without dental care more than medical or prescriptions. Please remember each Tribal member has a \$1,500 dental benefit through the PRC program. Please call to get a PO and use these funds!

- 50% of individuals report exercising 3+ times per week, with 88% stating they engage in vigorous or non-vigorous walking. A small proportion of those surveyed (14%) met Centers for Disease Control and Prevention guidelines of 75 min/week. Another 25% indicated they are planning to increase physical activity!
- 70% reported being obese (again this is self-reported), with only 5% of members reporting eating traditional foods at least once per day.
- 23% of members have asthma, with half of these being diagnosed when they were under the age of 12 years old. This is a bit higher than Oregonian respondents of 17% via their 2015 BRFSS.
- 28% have reported high blood pressure, with 3% stating they have been told by their doctor they have had a heart attack or cardiovascular disease, and another 3% to have had a stroke. This is similar to all Oregonians' 2015 BRFSS data of 3.9% heart attack and 3.2% of stroke rates.
- 57% reported having high cholesterol levels, with 67% of these individuals trying to lower it by exercising, 59% by eating healthier, and 56% by taking medications. Only 1 respondent reported using traditional medicine (tea) to treat their high cholesterol.
- 8% have diabetes, with another 10% reporting prediabetes. The majority of Tribal members diagnosed with diabetes are between the ages of 30-50 years.
- The prevalence of arthritis among American Indians is 25% - the highest of all Americans. Cow Creek Tribal member's data mirrors this data, with 29% of members indicating they have osteoarthritis, rheumatoid arthritis or juvenile arthritis.
- Half of all Tribal members reported smoking at least 100 cigarettes ever in their life, with 32% still smoking at the time of the survey. Current smoking

Messages from the Clinic

Continued: Our 2017 Health Status Results Are In!

rates are much higher than Oregonians, who reported 12% smoke every day and 6% reported smoking "some" days. 50% of Cow Creek members reported they started smoking between 13-17 years of age.

- 65% of our membership report having a disability
- 43% indicated they have chronic pain, with 6% using medical marijuana
- 4% state they have or had cervical cancer, with nobody reporting breast cancer.
- 14% report hearing loss, with 6% using hearing aids. Most individuals with hearing aids were satisfied or very satisfied with them!
- Only 2% of members reported eating at least 5+ fruits or vegetables each day, with 36% stating they eat out 1-5 times per week.
- 38% of members indicate they have anxiety, depression or PTSD

- 50% of members stated the employment services of the Tribe are helpful
- 10% of our members report currently being or having been in the military. We know Native Americans report the highest percentage per capita military service. We are extremely proud of this fact, and honor our own service men and women!

This is only a brief summary of the 2017 BRFSS. Information regarding Tribal services and outreach, cultural practices, and in-depth sweat lodge questions, along with Elder services and Children and Welfare Tribal Services, were all provided. Many Tribal comments were added at the end of the report.

If you would like to see the full report, please call the Cow Creek Health & Wellness Center administration office and set up a time to come by, view the report in its entirety, and get any questions you may have answered.

2018 Cow Creek Prevention Calendar Coming Soon

Cow Creek Health and Wellness Behavioral Health is pleased to provide Tribal members with the NEW 2018 Cow Creek Prevention Calendar. This year's calendar features artwork from Tribal youth and employee youth, with a focus on areas of prevention. This is the second year for the Prevention Calendar, and we anticipate giving away all of the copies printed. Anvil Northwest once again provided top-notch layout and printing services for the 2018 calendar.

Cow Creek Health and Wellness is encouraging all Tribal members to take a holistic approach to their health and diet. We are encouraging healthy eating habits, with a much closer traditional diet that limits the sugary sodas or processed food and opts for whole foods like fruits and vegetables, whole grains, lean meats, low-fat dairy, and healthy fats like olive oil and avocado. Look for the nutrition facts and activities throughout the calendar, provided by the clinic's own dieticians - Jill Boyce and Erin Audiss.

Evidence-based best practices show us that Tribal

members who are connected to their community and their culture generally live longer and fuller lives. The 2018 Cow Creek Prevention Calendar seeks to promote youth and Tribal Elders spending time together. Our Elders are our teachers, leaders, and advocates. For more information about these Elder services please contact Cindy Grizzle or Adrionna Brim at 541-677-5575.

"Culture is Prevention" is the mindset here at Cow Creek Health and Wellness. Backed by cutting edge research (including SAMSHA/Native Connections), we know that strong cultural identification makes adolescents less vulnerable to risk factors for drug use, and more able to benefit from protective factors than adolescents who lack this identification. We support the Cultural Program's efforts to promote activities that create a connection to Cow Creek Tribal culture. Contact the Cultural Program at 541-677-5235.

The 2018 Cow Creek Prevention Calendar is coming to your mailbox soon!

Government and Programs

Purchased & Referred Care News and Information Corner

Applications

PRC applications for 2018 we were sent out in November. If you have not returned your application, please do so. We are unable to issue you a purchase order until this is received. If you live in the seven county service area, it is a requirement that you fill out a new PRC application every year for each member of your family to be eligible for health benefits in 2018. If you fail to receive or lose your application, you will need to go to www.cowcreek.com and print one out. If you do not currently have insurance, you must apply for OHP or provide paystubs that show you make too much money to qualify for OHP. If you have insurance, please send in a copy of your insurance card and included it on the application. This must be provided with your 2018 PRC application

Over the Counter (OTC)

The OTC program has been revised, beginning January 1, 2018. You will no longer need to purchase your OTC items and then turn in receipts for reimbursement or call for a PO.

During February 2018, all Tribal members over the age of 18 as of 12/31/2017, will receive a check for \$100 to purchase over-the-counter items. Children living at the same recorded address of their parent Tribal member ages 17 or younger as of 12/31/2017 will receive \$50 each. All children's checks will be combined with their parent's checks if the child lives with their parent(s).

Children under the age of 18 as of 12/31/2017 who are not living with their Tribal parent will receive their check via their non-Tribal parent or legal guardian. Please note that the Tribe does not have all addresses of children who are not living with their parents. If any Tribal members do not receive their OTC checks by March 30, 2018 please contact Mary Stevenson at 541-672-8533 or email: mstevenson@cowcreek.com as any checks not delivered will be returned to the Government Offices and kept by the Accounting Department until a correct address is provided.

PRC Rates

PRC is now paying all medical claims at the Purchased and Referred Care rates.

Dental

Just a friendly reminder that your dental benefits started over on January 1st. If you have not seen a dentist lately, please call and make an appointment.

Reminders

- It is the members' responsibility to call for 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 payer 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.

Tribal rental housing is available to eligible lowincome Tribal members. Rent for Tribal housing is based on total household income. Minimum rent is \$100 per month; maximum rent is currently \$800 per month. Most Tribal housing units are located in Tri-City, including 25 new homes that will be under construction over the next five years.

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 suggest applying to the list as soon as possible.

For more information, contact Sarah Thompson or Mel Johnson at 541-863-3730.

Government and Programs

Student Rental Assistance (SRA) Program

The Cow Creek Tribal Housing Program provides rental assistance to eligible low-income Tribal members attending an accredited college, university, or trade school full time. The program runs from September to May each year (assistance isn't available from June to August). Students anywhere in the United States are encouraged to apply at any time during the school year for future monthly payments.

When accepted into the program, the Housing Department will pay \$300 per month toward a student's housing costs on or off campus. Payments are made directly to the landlord or school housing department; payments cannot go to the Tribal member, a family member, or a mortgage company. Some schools combine room and board costs. In this situation, the housing-only costs must be separated.

SRA is federally funded through the Indian Housing Block Grant (IHBG). Participants must meet and maintain eligibility criteria. Eligibility is based on income, household size (for off-campus housing only), rent amount, and cumulative GPA. SRA participants cannot pay more than 30% of their total household income for rent. Approval is subject to available funding.

We are still accepting applications for the 2017-2018 school year. The 2018-2019 application will be available in July; students may submit their applications at that time.

For more information, contact Justin Mathison or Mel Johnson at 541-677-5575.

Project Warmth Update

If you missed the Nov 30, 2017 deadline, but have receipts from Fall of 2017 and need reimbursement, please submit no later than Feb 28. These will be applied to 2018 benefit year. Email to Cindy Grizzle at cgrizzle@cowcreek.com, fax 541-677-5565, or mail to our address. Call 541-677-5575 if you have questions.

Violence Against Women is NOT Traditional

The Oregon Department of Justice and the Oregon Department of Sexual Violence Services has awarded the Cow Creek Government Office, Human Services Department with funds to assist our Tribal women who are survivors of violence against women. Violence can be recognized by control through many ways: If you are experiencing any of these things, you may be a victim of violence:

- **♦** Criticism
- ♦ Moodiness, anger, and threats
- ♦ Overprotection and overcaring
- Denying your perceptions
- ♦ Ignoring your needs and opinions
- ◆ Control of decision making
- ♦ Control of money
- Shifting responsibility
- ◆ Limiting contact with other people
- ♦ Physical intimidation
- **♦** Sexual Humiliation
- Physical Violence

No one has to live this way. Here at the Tribal offices, we care about you. If you are experiencing abuse, we are here to help. You can safely speak to your provider, Therapist, or our Human Services Department. Your safety and your children's safety are an important asset to our Tribal community. If you need help, call Andrea Davis 541-677-5575 or email adavis@cowcreek.com. All information is confidential.



NEW FOOD BANK HOURS

As of January 2018, the new Food Bank hours will be: 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.

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior Meal Water Aerobics	2 Elders Luncheon 12 PM @ 7F	3
4	5	6 Senior Meal Water Aerobics 3rd Annual Culture Conference TCC & Youth Center Closed	7	8 Senior Meal Takelma Class Water Aerobics	9	10
11 General Council Meeting 10 AM @ GO Lunch Provided Food Bank Open after meeting	12	13 Senior Meal Food Bank Open 9 AM - 11 AM Cooking Demo 10:30 AM - 12 PM @ South Clinic Water Aerobics	Cooking Demo 10:30 AM - 12 PM @ North Clinic	15 Senior Meal Takelma Class Water Aerobics	16	17 YEP Roller Skating 11 AM - 1 PM @Parkview Skating Center
18	19 Government Offices Closed for Presidents Day	20 Senior Meal Water Aerobics	21	22 Senior Meal Takelma Class Water Aerobics Ready! For Kindergarten 6:30 PM @ GO	23	24
25	26	27 Senior Meal Food Bank Open 2 PM - 4 PM Water Aerobics Ready! For Kindergarten 6:30 PM @ TCC	28			

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers
Takelma Class: 10 AM - 12 PM @ TCC
Reading Group: Returning in March, 2018.
Water Aerobics: 9 - 9:45 AM @ 7F 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.

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior Meal	2 Elders	3
				Takelma Class	Luncheon 12 PM @ 7F	
				Water Aerobics		
	 	C. Oanian Maal	17	8 Senior Meal	9Cow Creek	10
4	5	6 Senior Meal	7	o Seriior iviear	Youth Art Show	10
		Round Circle Reading Group		Takelma Class	Art Submission Deadline	
		Water Aerobics		Round Circle Reading Group	Washington	Washington
				Water Aerobics	Informational Meetings (Pg. 4)	Informational Meetings (Pg. 4)
11	12	13 Senior Meal	14	15 Senior Meal	16	17
		Food Bank Open 9 AM - 11 AM		Takelma Class	Opening Day of Cow Creek Youth Art Show	
		Round Circle Reading Group		Round Circle Reading Group	10 AM - 4 PM @ Umpqua Valley	
		Water Aerobics		Water Aerobics	Art Center	
18	19	20 Senior Meal	21	22 Senior Meal	23	24
				Takelma Class		YEP Easter Egg
		Round Circle Reading Group		Round Circle Reading Group		Call K'Ehleyr Mcnulty at 541-
		Water Aerobics	Also on the 22nd: Water Aerobics	Ready! For Kindergarten 6:30 PM @ GO		677-5575 for more information.
25	26	27 Senior Meal	28	29 Senior Meal	30	31
		Food Bank Open 2 PM - 4 PM		Takelma Class		
	 	Round Circle Reading Group		Round Circle Reading Group		
	Also on the 27th: Water Aerobics	Ready! For Kindergarten 6:30 PM @ TCC		Water Aerobics		

Regular Activity Times and Places

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

Reading Group:

- Tuesdays 10 - 10:45 AM @TCC

- Thursdays 10 - 11 AM @ Roseburg Tribal Library

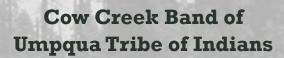
Water Aerobics: 9 - 9:45 AM @ 7F RV Resort

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