



Wik'uuyam Heeta'

"Friend, Away from Here"

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



South Umpqua River, Near Tuú Yap'a Xumá Tribal Garden

Volume 28, Issue 5
May 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)

2018 General Council Nominations Meeting

Nominations for the Tribal Board of Directors were taken at the General Council Meeting, held at the Tribal Office in Roseburg on May 20, 2018. Four Tribal members were nominated for three positions in this year's election. Nominations accepted for the 2018 Tribal Election will appear on the ballot as follows:

Robert Estabrook
Gary Jackson
Yvonne McCafferty
James Deardorff

At the Tribal Board of Directors' request, the accounting firm of Wicks Emmett, LLP will have oversight of the Tribal Election Process. Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from Wicks Emmett,

LLP, no later than Wednesday, July 11, 2018. If you are an eligible voter and do not receive a ballot, you must contact the Tribal Office at 1-800-929-8229 or 1-541-672-9405. Ballots are to be returned directly to the Cow Creek Elections Committee c/o Wicks Emmett, LLP, at PMB # 6B, Roseburg, OR 97470 and must be received by the accounting firm no later than 2 PM on Friday, August 10, 2018.

The Annual Election Meeting will be held at 10 AM on Sunday, August 12th at the Cow Creek Tribal Government Offices, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

Cow Creek Tribe Reclaims George Rondeau Family Cemetery

The Tribe has come into possession of the property that was once the homestead of Marcel Rondeau and his wife, Susan Emma McGinnis Rondeau. The family occupied the property from the late 1800s to 1919.

Also on the property is the George Rondeau Family Cemetery. Some of the known occupants include Marcel Rondeau, his mother Elizabeth Chamberlin, his daughter Anna, and an infant son and infant grandson. Pearl Jones, daughter of Susan by her second husband, is also buried there. This information comes from 1983, courtesy of George B. "Gans" Rondeau (pictured right), son of Marcel and Susan Rondeau.

The property today has a modern house in good condition, which will be added to the Tribe's available rental properties. The cemetery, however, will be preserved and kept separate from the rental property. The Tribe's Natural Resources Department will be in charge of tending to the cemetery.



George B. "Gans" Rondeau at the family cemetery on the homestead on Starveout Creek.

Tribal News

Spring Break Culture Days

The Cultural Program hosted three days of fantastic activities for Tribal youth during Spring Break Culture Days this year, giving them a chance to learn more about their heritage and have fun at the same time.

The first day was Historical Education Day, featuring a trip to the Riddle area. Stops included Cow Creek, where Chief Miwaleta's village was located; Council Creek, where the treaty was signed with the U.S. government; and the plank house at the Canyonville Museum. Cow Creek dietician Erin Audiss led a class on making quinoa berry salad right before lunch at the Tuú Yap'a Xumá Tribal Garden. The youth then learned about the traditional plants being planted in the raised beds in the gardens, and learned how to play a traditional stick game.

Day two was a trip to the Elkton Community Education Center. The youth were divided up into three groups and then rotated through educational tours with a guide to view the different displays. One tour featured the replica of Fort Umpqua; another traveled the walking paths, learning about different trees; and the last toured the community library and famous butterfly pavilion. After lunch, the youth played more stick games and the period-accurate stick-and-hoop games from Fort Umpqua.

The last day was a Game and Art Day at the Cow Creek Government Offices in Roseburg. After watching a video of the Crater Lake creation story, the Cultural Program and Behavioral Health staff provided many exciting activities, where youth could paint their own sticks for the stick game, weave their own pine needle medallion, color their own Crater Lake storybook, and make a pledge to stay drug-free. The day wrapped up with a few rounds of the stick game where the boys competed against the girls for a victory pot of candy bars.

We would like to thank all those who were involved in making this activity a fun and exciting success!



Language & Cultural Dev. Specialist, Rhonda Richardson points out a Tribal artifact at the Canyonville Museum.



A group of Tribal Youth tour the Fort Umpqua replica.



Stick Game: boys vs. girls, led by Cultural Activities Specialist Jennifer Bryant

Sue Shaffer Memorial Law Clerk Scholarship

On April 11, 2017, Sue Shaffer, former Tribal Chairwoman and member of the Cow Creek Band of Umpqua Tribe of Indians passed. Throughout her life, Chairwoman Shaffer was a staunch defender of the concept of Tribal sovereignty and Native rights for all of Indian country, not just for her Tribe. During her tenure as Tribal Board Member and Chairwoman from 1983-2010, Sue not only served her Tribe, she also served Indian country as a delegate to the National Congress of American Indians, and the Affiliated Tribes of Northwest Indians, and among her local community outside the Tribe as well. One position Sue held was Board Member of the Native American Rights Fund (NARF).



NARF is the oldest Native legal organization that fights for the rights and protects the sovereignty of Native nations and peoples. Chairwoman Shaffer helped guide NARF during her tenure. Chairwoman Shaffer knew first-hand that “sovereignty was not free.” She was a firm believer in NARF’s mission and had a keen understanding that the battles being fought on behalf of Native nations needed to be fought by attorneys who were well-trained and understood the complexities of Indian law, so they could navigate the often treacherous waters of the State and Federal legislatures, and the courts.

Today, the Cow Creek Band of Umpqua Tribe of Indians continues to support NARF. To this end, NARF is honored to announce the establishment of a scholarship for law students who are interested in the practice of Indian law. The Sue Shaffer Memorial Summer Law Clerk Scholarship will help ensure that up-and-coming Indian law attorneys get the right training to carry on the fight for Native American rights.

The NARF Summer Law Clerk Program was established in 1970—the same year NARF was founded. The cost of defending the rights of Native peoples continues to increase. Each year, NARF hosts six to eight summer law clerks in our three offices. The law clerks are exposed to current issues in Indian law by researching and discussing with attorneys the legal implications and merits of the issue(s) at hand. This process allows each law clerk to develop a solid understanding of Indian law and policy and provides practical experience in Indian law that helps to develop strong Indian law attorneys and advocates. Many former NARF clerks are now working for Tribes, national nonprofits, and prestigious universities. Other alumni from NARF’s law clerk program hold prominent positions in government or are employed by private law firms around the country. These former clerks are directly making a positive impact on federal policy and laws, and thus are positively impacting all of Indian Country.

Northwest Indian Language Institute to Hold Summer Institute 2018

The Northwest Indian Language Institute (NILI) at the University of Oregon is holding a summer institute to help Native Americans better learn their languages. It will be held from June 18th through the 29th, and features two workshops: Games, and Plants and Food. There, you can network with other dedicated language activists, explore and implement your language, learn and try teaching methods, and so much more!

If you wish to enroll, you will need to contact NILI directly, via their website: <http://nili.uoregon.edu>, clicking on the “Summer Institute” tab. We (the Cow Creek Tribe), will not be able to provide any funding or scholarships for people to attend, but you can go on your own. For questions, please contact Rhonda Richardson at 541-677-5575.

Tribal News

Natural Resources Wildlife Staff Tracks Elk on Dole Road

The Natural Resources Department Wildlife Program of the Cow Creek Band of Umpqua Tribe of Indians has begun the early stages of data collection with the Elk Research Grant.

On March 25, 2018, two cow elk were successfully radio collared on Tribal land from the Dole Road property near Myrtle Creek, Oregon. The data collected through the collared elk will assist the Natural Resources Department in determining an area of the elk herd's home range and possible landscape features that encourage the elk to remain on Tribal Lands. In addition, the information collected will allow the Cow Creek Wildlife Staff to continue with habitat maintenance and future restoration projects to ensure a sustainable and desired home range for the elk.

The Cow Creek Wildlife Staff also continues to visually monitor the elk herd to gain information on elk behavior and routine movements throughout the Dole Road property. Starting in early May, cow elk will begin to produce calves that will soon join the herd. Calving rates and health will assist in determining herd growth rates and population dynamics in the future.

Numerous projects performed by the Cow Creek Wildlife Staff have been completed with the



Cow Creek Wildlife Staff collar two cow elk on the Dole Road property.

assistance of the Oregon Department of Fish and Wildlife, Tribal Volunteers, and newly hired Elk Project Tribal Youth Interns. The help of Tribal Staff, Tribal Volunteers, and Tribal Youth Interns has been invaluable to the success of this research project. Over the next three years, the Cow Creek Wildlife Staff will continue to radio collar elk on Tribal lands to assist in data collection for the Elk Research Grant.

This data will be compiled to create a sustainable Elk Management Plan and to complete the 'Elk Population and Habitat Utilization Study'. The Cow Creek Wildlife Staff looks forward to the ongoing progress of the Elk Research Project to gain a better understanding of elk herd dynamics on Tribal lands.

9 Tribes Suicide Prevention Camp

Youth ages 13-18 are invited to the 9 Tribes Suicide Prevention camp, hosted by the Klamath Tribe on June 19 - 23 at the Mountain Lakes Bible Camp. There is only space for 8 Tribal youth, and the cost is free! You can expect 4 days of guided cultural, recreational, spiritual, artistic, and educational opportunities. You will work in teams, break out in groups, mingle and share openly with peers, and give presentations in small and large groups. Have fun at a basketball tournament and poetry contest! For more information, contact Darlene Chapman at 541-492-5236 or dchapman@cowcreek.com.

Cow Creek Tribal Pow Wow 2018

The 41st Annual Cow Creek Tribal Pow-Wow will be held July 20 – 22, 2018, at South Umpqua Falls. There will be a salmon dinner & potluck on Friday at 7 PM: bring your favorite dish to share! The Grand Entry will begin at 7 PM on Saturday, and the raffle will begin at 10 AM on Sunday.

Please remember this is dry camping only. Water is available during the event. No alcohol, drugs, or weapons are allowed. Volunteers are needed for: fish, fry bread, raffle, garbage, and kid's games. For more information, contact Tammy Anderson at tammy.anderson@cowcreek.com or 541-672-3861.

Do You Know of a 2018 High School Graduate?

The Cow Creek Education Department is looking for contact information for all 2018 High School Graduates. If you are one, or know of one, please let us know. Specifically, we are looking for names and current addresses of our high school graduates. We would like to acknowledge them and their hard efforts in this tremendous milestone. Send contact information to thunt@cowcreek.com or call Tammie Hunt at 541-677-5575.



Cow Creek Scholarship Applications Coming Soon!

It's almost summer, but in preparation for the upcoming school year, Cow Creek Scholarship applications are ready for you to begin filling out. You can download applications from our website:

www.cowcreekeducation.com

Complete the "Update Form" if you are currently being funded by the Higher Education Program, or choose the "Higher Education Application" and "Policies and Procedures" if this is the first time you have applied. Please remember that you will need to complete and file your FAFSA.

If you have questions, please call Tammie Hunt 541-677-5575 or email at thunt@cowcreek.com.



Summer 2018 Expanding Horizons Youth Center Summer Activities

Please join us again this summer for a variety of 3 day classes offered to our Cow Creek youth and their siblings. Students going into 4th -12th grades are welcome. Class times will be from 11 AM to 3 PM at various locations throughout Douglas County. Lunch, snacks, and transportation will be provided to and from Canyonville, the Cow Creek Government Offices in Roseburg, and Wili Tribal Housing. We can accommodate 10 youth per class. If less than 4 participants RSVP for a workshop, it may be canceled. Call 541-860-7296 and RSVP your spot. Please note, these activities are for youth only.

June 18, 19, 20: Visit Wildlife Images, the Bear Motel, and the Grants Pass Art Museum.

June 25, 26, 27: Cooking Classes

July 2, 3: Pow Wow Crafts and Regalia Days

July 9, 10, 11: Flyable Drone Class

July 16 - 27: Tribal Community Center is Closed

July 30, August 1: Art Day "Z"

August 6, 7, 8: Takelma Claymation Day

August 20, 21, 22: Robotics Challenge





Culture Corner

Culture Camp Booths

Join us at Culture Camp on June 15th & 16th at Bare Park from 9 AM to 5 PM both days. There is so much to do this year! You can learn to process cedar, make a mini cedar pouch, dentalia earrings, pine needle medallion, or fish club. Learn to flint knap or shoot a bow and arrow. Watch an acorn mush demonstration. Participate in a pit oven demonstration and play a game of shinny. Explore the riparian area where it has been cleared and talk about the native plants that have been planted.

Join Us for Stick Games at this Year's Culture Camp!

Stick games are played by two teams sitting in rows facing each other. The object of the game is to hide the small “bones” in your hands while the other team tries to guess which hand the female (blank) bone is hidden. Guess wrong and your team loses a stick. The first team to have all of the other team's sticks wins. The team that is hiding tries to distract the other team by playing songs on the hand drum and singing. This year, you get to paint your very own t'ül (gambling sticks in grass-game) to take home.



Taayehéit^h (Go Where There Is Singing)

The hand drum booth at Culture Camp is looking to be a popular one, that's why we have contracted with Butch Bochart, Mike Bochart, and Earl Huitt to instruct. The drums will be made from maple frames and deer hides. While you are there, make a drum stick from an alder branch, padding, sinew, and buckskin.



Takelma Language Corner

Wik' uuyám (pronounced: week ew yam = my friend), here are some tepixìmsa (pronounced: deb e heem sa = spring) colors!

- Alkiyìixnát^h (all gee yee x not)= Blue
- Alkwàsi (all qwa see) = Yellow
- Altkisàmt^h (ald gee sahmt) = Green
- Alts'íl (all tss eel) = Red

Eagle Repository Order

Eagle feathers play an important role in our lives. We use them for ceremonies, smudging, burials, and celebrations. Did you know, as a Tribal member, you can order your own feathers? The application can be found at: <https://www.fws.gov/eaglerepository/documents/3-200-15A.pdf>. The first time you order, you must submit verification of Tribal membership. Send the completed application to the Government Office where a certificate of enrollment will be attached and forwarded onto the repository. The repository will then process your application and mail you the items when they become available. Visit <https://www.fws.gov/eaglerepository/> to learn more. For more information, contact Jennifer Bryant at 541-677-5575 or email jbryant@cowcreek.com.

Non-Eagle Repository Order

Birds other than eagles are also important to the Nahonkuotana people. Red headed wood pecker heads were worn in ceremonial dances. The heads were also attached to the top of basket caps. To some, the red tailed hawk has special meaning. If you have a need for a bird other than an eagle, there are 2 repositories available to order birds or feathers: Liberty Repository at www.non-eaglefeathers.net and Sia Essential Species Repository at www.comancheeagle.org. For more information, contact Jennifer Bryant at 541-677-5575 or email jbryant@cowcreek.com.

Culture Corner



K'eta (Iris) Is Blooming in the Woods

K'eta (pronounced “keda”), also known as iris, was an important tool for our ancestors. The iris leaf was gathered to make cordage. It is said that it would take a man a whole year to make a 15’ rope. The rope was so strong that it could snare a deer.



What Is Regalia?

What is regalia? Regalia includes clothing and other items of personal adornment that are used in ceremonies. Regalia is a living entity, with life stories, family relationships, and spiritual power. Traditional regalia was used regularly in ongoing ceremonies such as Salmon Ceremonies, Feather Dances, memorials, weddings, and plank house gatherings.



Cow Creek Tribal members display their regalia at the 2017 Culture Camp

Duck Decoys

Ducks have been important prey animals for the ancestors for a long time, for food and for feathers. Hunters used duck decoys in an attempt to attract ducks to lakes and ponds so that they could then be hunted, often times with nets or blunted arrows. Duck decoys were made from cattails, tule or other wetland plants to resemble a duck floating in the water. Naturally ducks would realize that these decoys are not real, and as such, feathers would be attached to the decoy. Sometimes even whole duck skins would be used to cover the decoy.



2,000 year old cattail decoys from Lovelock Cave, NV



Decoy with duck skin covering

Messages from the Clinic

Poison Prevention: 6 Places to Start

Cow Creek Health & Wellness Center wants you and your children to be safe. Every year, more than 1 million American kids younger than 6 are poisoned. Naturally curious, small children often put things into their mouths and taste them. In fact, as they explore the world with their senses, they may try to put almost anything into their mouths—even foul-tasting substances.

Making matters worse, many corrosive products—such as drain cleaners—have no taste at all. A child may swallow a lot of it before they start to feel it burning and stop, the American Academy of Pediatrics (AAP) warns.

Topping the list of poisons: household cleaners, personal care products, and over-the-counter medicines. And while aspirin, vitamin pills, and supplements are usually safe for adults, they can be deadly for children.

Keep your child safe

So what's the best way to keep your little one from swallowing something dangerous? Follow these six tips from the AAP and Safe Kids Worldwide:

1. Keep medicine safe. Store all medicines, including vitamins and supplements, out of sight and out of reach—such as in a locked cabinet. Put medicine away after every use. Don't ever leave it out on a counter or night stand. It only takes a few

seconds for a child to find it and put it into their mouth. Some kids will still be able to get into products with child-resistant tops.



2. Don't take medicine in front of small children. They may mimic you and take it later. Also, never call medicine candy.
3. Take care with purses. If you carry one, keep potential poisons out of it, and keep your child away from other people's purses and bags.
4. Don't keep household products under sinks. That's unless they're in a cabinet with a safety latch that locks every time you close it. The area under kitchen and bathroom sinks is eye level for kids.
5. Use caution with e-cigarettes if you use them. Keep the liquid nicotine refills out of children's reach. Only buy refills that use child-resistant packaging. A small amount spilled on the skin or swallowed can be deadly to a child.
6. Be ready for an emergency. Keep the poison help number, 800.222.1222, near every home phone, and save it in your cellphone. If there's any chance your child has been poisoned, call for help immediately call 911.

Vaping 101: Is Vaping Really Safe?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as "vapor," produced by an e-cigarette or similar device. When vaping, the device heats up the liquid and turns it into an aerosol that is inhaled into your lungs.

This vapor consists of fine particles, usually a base of propylene glycol, which is known to cause dry mouth and can be linked to tooth decay and gum disease. Mixed in with the propylene glycol is coloring, flavoring, and nicotine—which means that it

Furthermore, flavorings may contain additives from the chemical family of diketones, which have been linked to a disease called "popcorn lung," which is as bad as it sounds. Many of these particles contain varying amounts of toxic chemicals which have been linked to cancer and respiratory and heart disease.

Please keep your kids safely away from vaping. If you need help quitting smoking, please contact Sandy Henry at 541-677-5586.

Messages from the Clinic

Are You Using Your Teladoc Membership?

The flu and cold seasons continue and many people are having to spend hours at their doctor's office, an urgent care or even the ER. Do you want to spend the time to go to your medical provider when you could still get medical care sitting at home, while you are at work, or even on vacation? Then please give Teladoc a try. It is only a phone call away, and within an estimated 16-17 minutes, you can talk to a medical provider with over 10 years of credible medical experience. Many of our employees and Tribal members who have used this service have saved time and money, and really love this service.

There is no cost to you unless there is a prescription that is needed, and then it would be the prescription co-pay amount. The deductible does not have to be met before you can use this service.

It is highly recommended that a medical history be completed for anyone who would like to use this benefit prior to the need for Teladoc services. The medical history is just like filling out the forms at a medical provider's office. The doctor needs to have

your medical and prescription information in order to provide great medical care. All of this information is confidential and is only reviewed by the treating medical provider at Teladoc.

This benefit is not to take the place of your physician or if there is an emergency, to replace emergency care. This is a benefit that can be used for flu, cold, upper respiratory infections, bladder infections, and many more conditions. When completing the on-line registration, you will be prompted to input Nesika's name. The name you must use is "Nesika Health Group Corp".

If you have any questions, please call Jone Radford, Nesika Health Group, at 541-677-5508.



Nesika Open Enrollment Approaching

Please note that there has been a change to the open enrollment end date. Open enrollment will be from June 1st through June 14th.

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

Annual Open enrollment is the one time of the year that you can make changes without having a qualifying event. (The qualifying events are: marriage, birth, adoption, divorce, and death.) The

changes that you can make are to add or delete your spouse or dependents to or from the plan, or change the elected coverage. Newly-elected Plan coverage will become effective on July 1st.

If you are interested in receiving enrollment information, please call the Nesika office at 541-677-5508 or 800-284-9917. A packet will be mailed to you. The required information must be returned in to the Nesika office no later than June 14, 2018, for coverage to take effect on July 1st.

Government and Programs

Down Payment and Repair Assistance Programs

Tribal members who are prepared to purchase a home are eligible for Down Payment Assistance (DPA). DPA provides up to \$5,000.00 in Tribally-funded 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 who already own a home and need to make repairs may apply for the Repair Assistance (RA) program. The RA program provides up to \$5,000.00 in Tribally-funded grant money which may be used toward necessary home repairs. Repair Assistance funds may not be used for cosmetic improvements or elective remodeling. Repair Assistance is also available to Tribal members within the United States, and isn't based on income level.

It is important to note that Tribal Down Payment Assistance and Tribal Repair Assistance are funded from the same source. This means that Tribal members may use up to \$5,000.00 for DPA and/or RA every 10 years, as long as the Tribal

member remains in good standing with the Housing Department.

The Housing Department also has down payment and repair assistance programs 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 and/or making necessary home repairs. A total of \$5,000.00 in low-income DPA/RA 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 income.

For more information, contact Justin Mathison, Housing Director, at 541-677-5575 or JMathison@cowcreek.com. You may also contact the Housing Admin Assistant, Mel Johnson, at the number above or MJohnson@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 of the page.

Low Income Rental Housing

The Cow Creek Housing Program is accepting applications for the Tribe's low-income rental homes. The Housing and Urban Development (HUD) Indian Housing Block Grant (IHBG) federally funds this program, and the Tribe administers it.

Tribal rental housing is available to eligible low-income 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 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 encourage any interested families to apply as soon as possible to get on the Waiting List.

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, Mel Johnson, at the number above or MJohnson@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.

Government and Programs

Educational Programs from the Alzheimer's Association

The Alzheimer's Association is providing educational programs that can help those who struggle with Alzheimer's, or have family who do. Both of these classes are held at the Cow Creek Tribal Government Office's downstairs conference room.

Living with Alzheimer's and Other Dementias - Middle Stage: Wednesday, June 6, 2018, 1 - 3 PM.

Living with Alzheimer's and Other Dementias - Late Stage: Wednesday, July 11, 2018, 1 - 3 PM.

To learn more, contact Adrionna Brim at 541-677-5575 or abrim@cowcreek.com.



Free Medicare 101 Class

Know your options, and know who to call for information! Beware of Medicare deadlines and penalties! Learn about other insurance options, and whether you need A or B! Learn about the prescription drug plan, secondary insurance info, financial assistance, fraud protection, and marketplace plans.

This class will be held on Tuesday, June 19th, from 9 AM - 11:30 AM at the Grape/Huckleberry Room at the Seven Feathers Casino Resort. It is sponsored by the Cow Creek Tribe and the United Community Action Network (UCAN). Tell a friend, this class is free for all to attend! You just need to register and reserve your seat by calling 541-492-2102.

Medicare Part B Reimbursement Program Information

Cow Creek Tribal members and their spouses who pay Medicare Part B Insurance Premiums may qualify for Tribal reimbursement of their premiums. These premiums are withheld from your Social Security checks monthly. If you are over 65 and still employed, you will be billed directly.

Reimbursement payments can be requested as an annual or monthly reimbursement payment. Tribal Elders (age 60+) can choose to have direct deposit or a printed check. If a Tribal Elder chooses Direct Deposit, a Direct Deposit Authorization Form and a cancelled check must be submitted.

We recently audited the use of the program and the results show that 17 people who used this program last year have not submitted reimbursement requests for this year yet. Submit your reimbursement today!

To request your reimbursement, submit a 1099 form for an annual reimbursement, or submit a benefit statement for a monthly payment. The Social Security Administration Office will send these to you.

To request assistance, please contact Cindy Grizzle at 541-677-5575 or cgrizzle@cowcreek.com, or by fax at 541-677-5565.

Tribal Elders, You Are Invited to Come Celebrate 'Fathers Day' with Us!

Elders, plan to bring your spouse or a friend and celebrate with us on Friday, June 8th, at 12 PM at the Grape/Huckleberry Room at Seven Feathers. Try your luck at BINGO, and you could win some great prizes! Lunch will be beef tacos, chicken enchiladas, refried beans, spanish rice, and ice cream bars.

Reserve your seat by May 30th! Contact Cindy at 541-677-5575 or cgrizzle@cowcreek.com. We hope to hear from you soon! Save the date for the next luncheon: July 6th at 12 PM.

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meal Round Circle Reading Group	2	3 Senior Meal Takelma Class	4 Elders Luncheon 12 PM @ 7F	5
6	7	8 Senior Meal Round Circle Reading Group Food Bank Open 9 AM - 11 AM	9	10 Senior Meal Takelma Class	11	12
13	14	15 Senior Meal Round Circle Reading Group	16 Annual Caring for Family Caregivers Conference @ Douglas County Fairgrounds	17 Senior Meal Takelma Class	18 STEAM Night 6 - 8 PM @GO	19
20 General Council Meeting 10 AM @GO Lunch Provided Food Bank Open after meeting	21	22 Senior Meal Round Circle Reading Group Food Bank Open 2 PM - 4 PM	23	24 Senior Meal Takelma Class	25	26
27	28 GO Closed for Memorial Day	29 Senior Meal Round Circle Reading Group	30	31		

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

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.

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 First day of Nesika Open Enrollment	2
3	4	5 Senior Meal Round Circle Reading Group	6 Living with Alzheimers and Other Dementias Class @ GO 1 - 3 PM	7 Senior Meal Takelma Class	8 Elders Luncheon 12 PM @ 7F	9
10	11	12 Senior Meal Round Circle Reading Group Food Bank Open 9 AM - 11 AM	13	14 Senior Meal Takelma Class Last day of Nesika Open Enrollment	15 Culture Camp 9 AM - 5 PM @ Bare Park	16 Culture Camp 9 AM - 5 PM @ Bare Park
17 Also on the 19 th : Free Medicare 101 Class @ 7F 9 - 11:30 AM	18 NILI Language Institute (p 5) EHYC Explore Grants Pass (p 7) 9 Tribes Camp (p 6)	19 Senior Meal Round Circle Reading Group EHYC Explore Grants Pass (pg 7) 9 Tribes Camp (p 6)	20 EHYC Explore Grants Pass (pg 7) 9 Tribes Camp (p 6)	21 Senior Meal Takelma Class 9 Tribes Camp (p 6)	22 9 Tribes Camp (p 6)	23 9 Tribes Camp (p 6)
24	25 EHYC Cooking Class (p 5)	26 Senior Meal Round Circle Reading Group EHYC Cooking Class (p 5) Food Bank Open 2 PM - 4 AM	27 EHYC Cooking Class (p 5)	28 Senior Meal Takelma Class	29	30

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

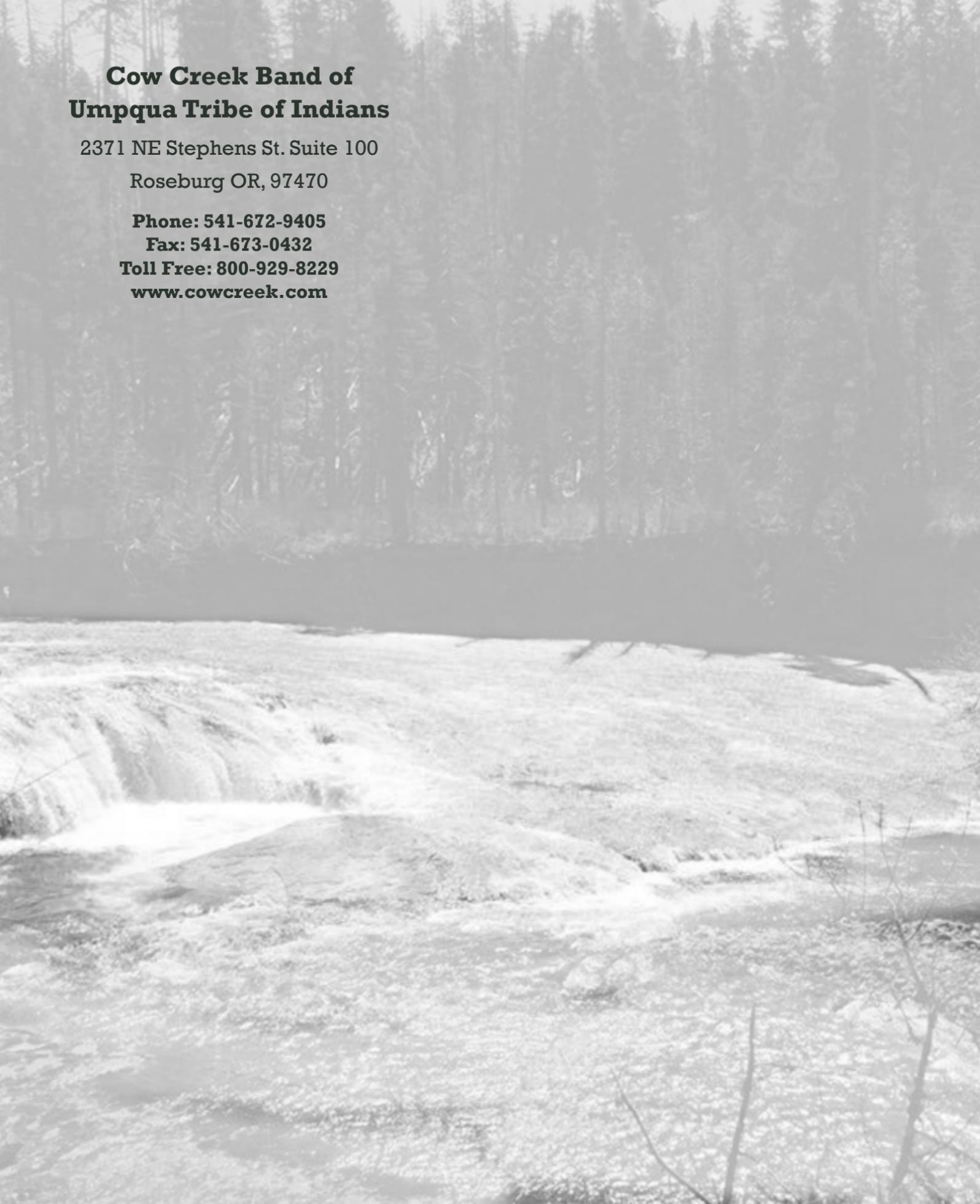
GO: Government Offices, Roseburg, OR

TCC: Tribal Community Center (formerly the Education and Workforce Center), Tri-City, OR

7F: Seven Feathers Casino Resort

BH: Block House, Canyonville

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



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