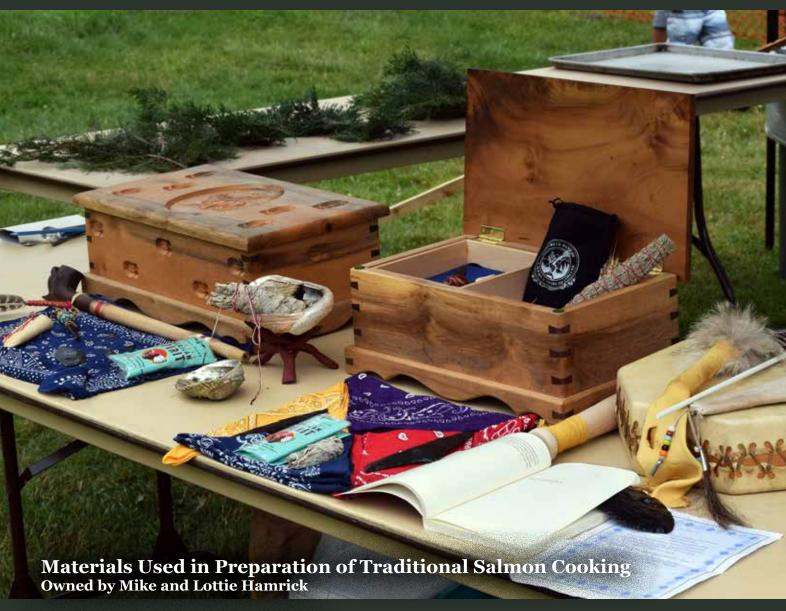


Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 28, Issue 7 July 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)

Letter from the Chairman

Summer is finally here, and it's been nearly 7 months since our Tribe received news of the passage of a bill to finally provide for the reservation called for in our 1853 Treaty. The Memorandum of Understanding (MOU) between the Tribe, the BLM, and the BIA regarding our newly acquired reservation lands continues to move forward. The reservation bill mandates an MOU between governments, therefore the Tribe initiated negotiations between government officials on transferring ownership of over 17,000 acres of historical Tribal lands back to the Cow Creek Umpqua Tribe. The transfer includes legal descriptions, inventories, right of way passages, and other legal documents.

We continue to focus on the opposition to offreservation gaming by a coastal Tribe attempting to open a casino in Medford, Oregon, more than 170 miles away from their lands. If the casino was approved in Medford for this particular Tribe, it would set a precedent that would enable them to open casinos in any of their service area counties. This is a real threat to the economic health and prosperity of our Tribe. Efforts of opposition by our Tribe have been successful in prolonging the planning stages of this casino, and have helped to maintain current revenues for the Cow Creek Tribe. We are working with officials in both the Department of Interior as well as the White House. As always, we hope to get an answer out of the Bureau of Indian Affairs.

On another note, the Tribal Board of Directors recently completed a review of the Tribal Distribution Program. The program currently provides an annual distribution of \$800 to the membership in November of each year. After a comprehensive review, the Tribal Board voted to increase the amount by \$200, bringing the annual total to \$1,000. With the official vote by the Board to increase the Tribal distribution, a request to amend the Cow Creek Tribal Distribution Code has been submitted to the Department of Interior (DOI) for approval. We fully expect to have this process approved by the DOI.

I'm hoping everyone has plans for a great summer. Be safe.

Sincerely,



Tribal Identification Cards

Tribal Identification Cards are important expressions of a Tribe's inherent sovereignty. They are a tangible confirmation that an individual is indeed a Tribal member, and is due all the rights and responsibilities of such membership. Tribal Governments maintain the same authority to issue Tribal ID cards to their membership as States such as Oregon maintain to issue ID cards, such as a driver licenses, to its citizens. Local, State, and Federal governments and agencies should respect the Tribe's authority in these matters, and accept Tribal ID cards in place of state ID cards, but not all of them do.

Whether a local, state, or federal government or agency will accept tribal identification cards as a substitute for state identification cards varies from agency to agency. Likewise, any specific requirements that the Tribal identification cards must fulfill to be considered valid also vary according to the agency. Below are examples of situations that require identification, identify whether Tribal identification cards are considered a valid form of identification, and, where appropriate, the requirements that the Tribal identification cards must fulfill in order to be considered valid.

Airports: The U.S. Department of Homeland Security, Transportation Security Administration ("TSA") specifically provides that a "Federally recognized, Tribal-issued photo ID" is a valid form of identification at airports. It does not provide any specific requirements for a "Tribal-issued photo ID" However, in general, the TSA requires identification to "bear your name and other identifying information such as photo, address, phone number, social security number or date of birth."

Alcohol: The Oregon Liquor Control Commission does not provide specific guidance on whether Tribal ID cards may be used to buy liquor, however, it states that venders "may accept only the following forms of identification alone as proof of age:"



- 1. A valid state driver license with a photo;
- 2. A valid ID card issued by a state with photo, name, date of birth, & physical description;
- 3. A valid passport; or
- 4. A valid U.S. military ID card.

Accordingly, it is unlikely that the Oregon Liquor Control Commission would consider a Tribal identification card to be a valid form of identification for proof of age.

In contrast, the Washington State Liquor and Cannabis Board specifically states that "Tribal enrollment cards may be used as official identification to verify the age of a person purchasing alcohol and tobacco if:

- 1. The Tribe has notified the Board that it intends to use the card for this purpose;
- 2. The enrollment card has a photo, a signature, and a date of birth; and
- 3. The enrollment card has security features comparable to state Driver's License."

On the Washington State Liquor and Cannabis Board's website, it provides a list of all of the Tribal enrollment cards that may be used as identification for the purchase of alcohol and tobacco. It also provides samples of the Tribal enrollment cards.

Continued on pg 5

Tribal Identification Cards, Continued

Courthouse: Courts vary on the validity of various forms of identification. For example, in Multnomah County, the court requires "valid photo identification" the identification must be "current (not expired), state or federal issued." However, in the U.S. District Court, District of Oregon, the court merely states, "Photo identification required to enter the Courthouse." It does not provide any other requirements. Many courts simply require "government issued picture identification" without specifying whether that includes identification issued by Tribal governments.

Guns: In Oregon, for the sale or transfer of firearms, the purchaser must prove his or her identity by providing identification that bears "a photograph and the date of birth." Additionally, the purchaser must provide a second form of identification if the first form does not bear an address. The identification may be issued "under the authority of the United States Government, a state, a political subdivision of a state, a foreign government, a political subdivision of a foreign government, an international governmental organization or an international quasi-governmental organization." It is unlikely that Tribal identification could serve as the sole form of ID.

<u>Transportation</u>: The Oregon Department of Transportation ("ODOT") requires various forms of identification in order to obtain a driver license or state identification card. ODOT provides that a Tribal ID Card may be used as proof of U.S. Citizenship, legal presence in the U.S., current full legal name, identity, and date of birth when applying for an original, renewal or replacement Oregon driver license, driver permit or identification card. A Tribal ID card may also be accepted as proof of social security number and current residence address, if listed on the ID card.

In summary, Tribal members should confidently present their Tribal ID as though it were a State ID when interacting with local, state, and federal governments and agencies. If an agency refuses to accept your Tribal ID, then respectfully comply with the agency's requirements, but also notify the Cow Creek legal department of which agency refused to accept the Tribal ID, and why. The Tribe can use the information to work towards a agreement with the agency that will properly recognize the Tribe's inherent sovereignty.

Tuú Yap'a Xumá Tribal Garden Tribal Gardens Open for the Summer

The Tuú Yap'a Xumá (Do Yap ah hooma) Tribal Gardens are open to Tribal members for the 2018 summer season. They are open Tuesday through Saturday from 8 AM to 1 PM. Outside of these hours, the garden is closed without exception.

Currently, there are Marionberries and strawberries available for harvesting. More produce (including bell and jalapeno peppers, tomatoes, watermelon, canteloupe, cucumbers, squash, and more) has been planted, so keep an eye open for updates!

For more information, contact Janet Perkins at 541-677-5575.



Tribal members picking berries at the Tribal Gardens

19th Annual Independence Day Celebration Honoring Veterans

Once again, the Cow Creek Tribe has honored veterans with their annual Independence Day Celebration. This year's event brought hundreds of men and women who have served their country together for a celebration of patriotism.

In attendance was the Tribe's last surviving veteran of World War II, Alec Van Norman, who was honored by both a sign visible to all traffic passing Seven Feathers, and with a ceremonial blanket presented by Tribal Board Member Robert Van Norman.

The event featured several prominent speakers and guests, including Senator Ron Wyden, Stan Speaks (former NW Regional Director of the BIA), Mary Newman from the Veterans Service Office, and Douglas County Commissioner Tim Freeman.

Amy Clawson sang the national anthem and provided entertainment with the Glendale Valley Choir and the Dancing Thunder drum group, while veterans enjoyed a fine meal from Seven Feathers chefs and banquet event staff.



Alec Van Norman honored on Seven Feathers digital sign



The Cow Creek Color Guard presents Alec Van Norman with the ceremonial blanket

Cow Creek Tribe Sponsors the 2nd Annual Food Truck Competition

For the second year in a row, the Cow Creek Tribe was one of the sponsors for this year's Douglas County Food Truck Competition. This incredible event brought food trucks from all over the Pacific Northwest to Roseburg to compete for the hearts (and appetites) of the estimated 13,000 people who attended. The event lasted from 3 PM to 11 PM, providing food, music, and fireworks for the Independence Day celebration.

Our very own Chef Mark Henry, of the Seven Feathers Casino Resort, was one of the judges tasked with the difficult choice of determining the best of the food trucks. Ultimately, it was a threeway tie between Wok Star, Tam's Place and Fuel Mobile Kitchen. Rolling Thunder BBQ won \$1,000 as the only local food truck to make it to the finals.



Visitors line up outside food trucks



Chef Mark Henry (center) receives a sample of barbecue

Cow Creek Foundation Awards Funds to Oregon Non-Profit Organizations

As part of fulfilling the Tribal Gaming Compact, which mandates that the Tribe donate 6% of its gaming revenue, the Cow Creek Tribe gives donations to worthy local causes. One portion of these efforts, the Cow Creek Foundation, awards funds twice a year to various non-profit organizations throughout Oregon. During June, the Foundation donated funds to 67 non-profits whose work helps people "meet basic needs, support families, and educate others."

Carma Mornarich, Cow Creek Foundation Director, said: "The money is just a catalyst that allows creative people to meet a need. It is your dreams, commitments, and determination that makes change happen."



Carma Mornarich speaks at the Foundation awards ceremony

Cow Creek Dietitians Participate in the Blue Zones Project

The Blue Zones Project has been sweeping over Douglas County, an effort to improve the health and well-being of the community by promoting healthy lifestyle changes. A number of organizations and businesses have contributed, and the Cow Creek Health and Wellness Center is no exception.

Cow Creek Dietitians recently hosted a cooking demonstration, where they prepared healthy food for Government Office staff and spoke about the benefits of a healthy lifestyle. To learn more, contact them at 541-672-8533.



Dietitian Erin Audiss (left) oversees the food demonstration at the Cow Creek Government Offices

Douglas County Fire Danger Increases to "High"

Tracy DePew, the Cow Creek Emergency Preparedness Director, recently forwarded the notification from the Douglas County Forest Protective Associtation, warning that fire danger on over 1.6 million acres of private, county, state, BLM and BIA managed lands has increased due to rising summer temperatures.

Please exercise extreme caution when undergoing any activity that could start a fire. For a list of prohibited activities, please visit www.dfpa.net. To learn more, please contact Tracy DePew at 541-677-5575.



Cow Creek Tribal Youth Participate in 9 Tribes Suicide Prevention Camp

In June, some of our Cow Creek Tribal youth were able to participate in the Nine Tribes Suicide Prevention Camp. This year's camp, hosted by the Klamath Tribes, was a great success with over 70 youth from each of the nine Federally Recognized Tribes of Oregon. This annual event is a collaboration of the Prevention programs of the Nine Tribes, and focuses on developing resilience in our young Tribal members. This year's camp was a five-day event in the Lake of the Woods area, with trips to Crater Lake. the Chiloquin Tribal Lodge, and Klamath Lake.

During the event, the youth participated in many cultural arts projects. They were able to work with cedar bark, beading, and moccasin making. In addition to cultural art projects, the Tribal Youth learned new Tribal drumming songs and dances, and swam, hiked, and zip-lined. Evidence-based practices show us that Tribal youth who connect with their culture are less likely to engage in high-risk and selfharming behaviors.

All of the youth attendees were trained in "QPR-Question, Persuade, Refer," a suicide prevention training program that is geared towards teaching the general population how to save a life from suicide, much like CPR saves a life from a heart attack. OPR teaches folks to recognize signs of depression, and look for the signals that someone may be considering taking their life. This simple training can empower anyone to ask the question "are you thinking about killing yourself?" and teaches the steps to take to seek help for their friends and loved ones. Suicide is the second leading cause of death in our young people, with Native American youth at even greater risk than their counterparts.

The Confederated Tribes of Warm Springs will host next year's Nine Tribes Suicide Prevention Camp. Any youth ages 12-18 who would be interested in going to the 2019 camp, please contact Darlene Chapman at CCH&W Behavioral Health: 541-492-5236.



Patient Care Coordinator Darlene Chapman (center) with Tribal youth at Crater Lake



Tribal Youth from all 9 Tribes mingling around a fire after a long days' worth of activities

Cow Creek Culture Camp 2018

The Culture Program held this year's Culture Camp on June 15th and 16th at Bare Park. Instructors taught Tribal members many activities, including: archery, flint knapping, Takelma language activities, pine needle medallion weaving, cedar processing, mini cedar pouch creation, dentalia earrings creation, fish whacker painting, stick games, traditional shinney games, hand drum and stick making, and more. Additionally, there was a Kid's Corner, a Tribal Youth Council booth, and a Behavioral Health booth. Food was provided by Rolling Thunder BBQ, Seven Feathers, smoked salmon, and the fry bread trailer.

Earl Hewitt led the Salmon Ceremony, where Tribal members honored the sacrifice of the salmon for their meal. Seven Tribal youth carried the bones of the salmon back to the river bed so the salmon would know the Tribe honored them, and so they would return again next year.



Making hand drums was a very popular activity



Tribal members watch the traditional preparation of acorn mush



Beth Gipson demonstrates weaving a mini cedar pouch



Darlene Chapman referees a game of shinney



Jennifer Bryant presents the salmon swimmers with honor necklaces

Messages from the Clinic

Weight Loss Can Improve Knee Arthritis

Carrying extra pounds can make osteoarthritis symptoms worse. Fortunately, shedding even a small amount of weight can help you feel better. Extra pounds and arthritis are not a good combination. Being overweight adds stress to your lower body with every step you take. In fact, with each pound you put on, your knees absorb about 4 extra pounds of pressure.

All that impact (also known as punishment) can contribute to a diagnosis of osteoarthritis—the most common form of arthritis. And once you have osteoarthritis, excess weight can make pain worse and cause the disease to progress much more rapidly. Too much weight can even increase the likelihood that you might need a knee replacement.

Fortunately, the reverse is also true: Slimming down can ease arthritis pain and slow damage to knee joints. Even a fairly small weight loss can pay off with big improvements in arthritis symptoms, and can provide immediate benefits.

Admittedly, dropping pounds is difficult. But it is possible if you make some changes in your eating and exercise habits.

<u>Cut calories</u>: You need to consume fewer calories by watching portion sizes and eating mostly lean and low-fat foods and plenty of fruits and vegetables. Even though you have osteoarthritis, there are no specific foods you need to eat or special weight-loss diets you need to follow.

Move regularly and safely: When you're achy and sore from arthritis, one of the last things you may want to do is exercise, but it's crucial that you do so. Physical activity helps burn calories and shed extra pounds, which will improve your arthritis symptoms. Exercise also: reduces joint pain, inflammation, and stiffness; strengthens the muscles around the joints; and increases flexibility and endurance.

Having arthritis does mean that you'll need to take **10** a few precautions when you're active, though.

Here are some key safety tips from Cow Creek Health & Wellness Center:

- <u>Go slow</u>. Your body needs more time to adjust to a new level of exercise than someone without arthritis. If being active is new to you, limit yourself to a small amount of exercise—say, three to five minutes twice a day. Then gradually increase the length of your workouts.
- Expect some soreness. Some joint soreness is normal for people with arthritis—especially during the first four to six weeks after you start exercising. But if you stick with your exercise program, you will likely experience significant long-term pain relief.
- Choose moderate to low-impact, joint-friendly activities. Walking (moderate), biking (low) and doing water aerobics (low) are generally good choices. Your PCP at Cow Creek Health & Wellness Center, Registered Dieticians, and our new Health Educator can suggest appropriate activities for you.
- Modify your routine when arthritis flares up. Your first reaction when symptoms increase may be to stop exercising completely, but try to stay as active as possible. To exercise without making arthritis symptoms worse, decrease the intensity, time or frequency of your workouts. Maybe also switch activities—for example, from (moderate impact) walking to (low impact) swimming.
- Know when to seek help. See your healthcare provider if you have exercise pain that is sharp, stabbing or constant; causes you to limp; lasts more than two hours after exercise or gets worse at night; or isn't relieved by rest, medication or hot/cold packs. See your provider if you have large increases in swelling, or your joints are red or feel hot.

Take action now! Remember: You have an incentive to move more, eat better and drop pounds. Slimming down is one of the best things you can do to ease arthritis symptoms. Call the Cow Creek clinic at 541-672-8533 to see how we can help.

Messages from the Clinic

Don't Let Suicides Take Their Toll

In June, two high profile suicides in the United States received lots of press coverage, but people may not realize that here in Douglas County, suicide has silently taken its toll, rising since 2002.

Suicide is the second leading cause of death among Oregonians aged 15 to 34 years, and was the eighth leading cause of death among all Oregonians in 2012. For Tribal Oregonians, the rate of death by suicide doubles. The financial and emotional impacts of suicide on family members and others are devastating and long-lasting.

Here at CCH&W Behavioral Health, we want to help our Tribal families develop resiliency skills for our youth and coping skills for all. Our staff are certified instructors for the "Question, Persuade, Refer" (QPR) suicide prevention trainers. We collaborate with our Cultural Program to bring Cow Creek arts and culture to all Tribal members, and especially our youth. Our licensed staff of LCSW are here to work with you to be the best you can be for yourself, your family, and your Tribe.

Call (541)691-2402 for appointment availability.

We Help You Quit Smoking, Because We Care!

The Cow Creek Band of Umpqua Tribe of Indians Government Office Programs collaborated with the Cow Creek Behavioral Health Tobacco Prevention and Education Program on a project that would help screen and refer clients of each program to tobacco cessation resources. One of the most exciting facts about the collaboration is that there will be more tobacco cessation-related interventions offered to Tribal members. Research shows that an increase in tobacco cessation related interventions to an individual will increase the potential for that individual to successfully quit smoking (Basic Tobacco Intervention Skills for Native Americans).

The Tobacco Prevention and Education Program (TPEP) is a State funded grant program with the purpose of reducing tobacco use, promoting smoke-free environments, reducing the influence of tobacco marketing, and encouraging users to quit. An objective of the TPEP grant is to implement a screening process in Tribal Social Service agencies. The Tribe has done an amazing job providing and expanding smoke free spaces for Tribal members, employees, and other community members.

Through collaborative efforts, a simple screening tool has been developed that can be provided to clients of any of the Government Office Programs. Prior to this collaborative effort, there were not any tobacco related interventions offered to clients

through the Government Office Programs. Hopefully, the screening tool offered by the Tribal Government Office Programs will help to decrease the amount of tobacco users in the Cow Creek Tribal community. Cigarette smoking is more common among American Indians/Alaska Natives than almost any other racial/ethnic group in the United States. Overall, nearly 1 in 3 (31.8%) individuals with an American Indian/Alaska Native heritage smokes cigarettes (Current Cigarette Smoking Among Adults—United States, 2016).

This strategy was chosen because many Tribal members may not access Cow Creek Health and Wellness where tobacco cessation resources are offered, but may access other services through other Tribal Programs. Almost everyone reading this article knows a person who has attempted to quit smoking. The CDC estimates that 47% of adult every day smokers in Oregon tried to quit smoking for one or more days in 2015 (CDC, Behavioral Risk Factor Surveillance System, State Tobacco Activities Tracking and Evaluation System, 2015).

Now the Cow Creek Tribe has taken the next step in reaching out to Tribal Community members through non-clinic related programs to help Tribal members stop smoking. I think it is fitting that the front page of the screening tool says "Because We Care."

Culture Corner

Takelma Language Corner

Wik' uuyám (week ew yam, my friend), here are some possible Pow Wow phrases that can be used!

- 1. Hoytà's hoy-does dancer
- 2. Hoyò'th hoe-yoe-tah s/he dances
- 3. Heelà's hehl-ah-s singer
- 4. Heelyununà'n hehl-you-new-nah-n I sing a song
- Taheelyepepì'n dah-ell-yeh-beh-be-n I sing for him/her

Yaal (Sugar Pine)

Yaal (sugar pine) is known by the scientific name of Pinus lambertiana and has the longest cones of all the pines. The cones were harvested for the sweet pine nuts that are contained inside. After harvesting the nuts, the cones

made great fire starters.



World's tallest sugar pine

The current record holder for tallest sugar pine is located on Jackson Creek in the Tiller area. If you visit the local Forest Service office in Tiller, you can obtain a map to the location to go see this wonder.



Sugar pine cones can reach huge sizes

K'Wels (Sugar Pine Root)

The Nahonkuotana people used k'wels (sugar pine root) in constructing cooking and eating baskets. The k'wels were used as twiners to be woven tightly around hazel sticks.



Basket made from sugar pine root

The k'wels swell when soaked, making the basket water tight. To cook, the person would soak the basket in water then add their ingredients to the basket, then add hot rocks from the fire to heat the contents, stirring constantly as to not burn the bottom of the basket. The rocks would be changed out as they cooled. Pictured here is a basket on display at Seven Feathers in the Cow Creek cultural display. This basket is made with spruce root, but the technique for k'wels is the same.

Fabricating Tools

There are many different categories of artifacts that archaeologists use to help determine what a site was used for. One category is domestic or fabricating tools; or tools that make other tools. These types of tools were used primarily around camps and village sites in their "free time" after they were done hunting or gathering. Some artifacts within this category include hammer stones for knapping projectile points, awls or drills for making hide clothing, and abraders for sanding and

straightening wood tools like arrow shafts. The image shows an abrader that would have been used to work an arrow shaft by rubbing it up and down the grooved section.



Abrander for making arrows

Culture Corner

Bear Grass

Now is the time to get out and start gathering bear grass for your traditional regalia. Gathering bear grass was one of many gatherings our people did in the summer months. Bear grass is found in the high mountains. To harvest the bear grass you would pull the grass in the center of the plant.



Bear grass skirt with shells and beads

Once you have gathered your bear grass you need to let it dry until it turns white. Once the bear grass is dry, you must store it in a dry area until you are ready to weave it. Bear grass is braided or wrapped to make the ceremonial regalia more beautiful or attractive. Bear grass could be used on the skirt and the apron of a woman's ceremonial regalia.



Beargrass

The Huckleberry Gathering

The Cultural Program is hosting this year's Huckleberry Gathering event. We are planning to meet at Huckleberry Lake at 11 AM on August 18th to pick huckleberries, followed by a potluck lunch. Don't forget to bring your favorite dish, plenty of water, your own chair and any other supplies you

may need. Check the Tribal Facebook page for updates of cancelation due to weather or fires. RSVP to Jennifer Bryant at 541-677-5575 by August 2nd.



Huckleberry

Announcing Nahonkuotana Day

Date: August 25th, 2018 Hours: 10 AM – 2 PM

Location: Chief Miwaleta Park, 8399 Upper Cow

Creek Road, Azalea, OR 97410

The Cultural Program is proud to announce Nahonkuotana Day at Chief Miwaleta Park. Join us for games of shinny, stick games, historical information, and fishing. Come enjoy lunch provided by Seven Feathers. Please RSVP with Jennifer Bryant at 541-677-5585 by August 13th.

This event does not fall on a free fishing weekend. You must purchase a fishing license prior to the event. Bring your receipt with you and we will reimburse you for the cost of a one day fishing license (up to \$21.00). There will be no fishing licenses available at the event. See you there!



Gazebo at Chief Miwaleta Park

Violence Against Women Is <u>Not</u> Traditional, You Can Find Help

The Oregon Department of Justice and the Oregon Department of Sexual Violence Services have awarded the Cow Creek Human Services Department with grant funds to assist our Tribal women who are experiencing, or survivors of, violence against women. You can recognize violence if you are experiencing any of these things:

- Criticism
- · Moodiness, anger, and threats
- Overprotection and jealousy
- · Denying your perceptions
- · Ignoring your needs and opinions
- Preventing your decision making
- Overly controlling or withholding 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 important to our Tribal community.

This grant will also assist any of our members who have been victims of a crime, such as: Adult sexual assault, adults sexually abused as children, arson, bullying, burglary, hate crime, kidnapping, robbery, or violation of a court protective order.

If you need help, or have been a victim of a crime, call Andrea Davis at 541-677-5575 or email adavis@cowcreek.com. All information is confidential.



2018 Elders Trip to the Historic Town of Joseph

Dear Tribal Elders, this year it has been decided that we will be taking a trip to the Historical town of Joseph in Joseph, Oregon. The Trip will take place on September 6th, 7th, 8th and we will return the 9th. During this trip, we will tour the historical town of Joseph, take a ride on the Wallowa Lake tram, and enjoy a mystery lunch on the Elgin excursion train.

As of 6/26/18, we have a full party and will be placing all late RSVP's on a waiting list. If any pre-registered person needs to cancel their reservations, please do so as soon as possible. If you have any questions regarding this year's Elder trip, please give Adrionna Brim a call at the Cow Creek Government Office at 541-677-5575.



A bronze statue of Joseph, Oregon

August Elder Monthly Luncheon

ATTENTION ELDERS! You are invited!

Come enjoy our Monthly Luncheon in the Grape Room at Seven Feather's Casino on August 3rd. We will be celebrating August Birthdays and Anniversaries. Come and enjoy a great lunch, with Bingo to follow! We hope to see you there.

Please RSVP by calling Cindy Grizzle 541-677-5575 to reserve your seat. A total head count is needed to ensure enough food for all of our event attendees.

Mark your calendars for this year's Elders Honor Dinner: Saturday, November 12th, at 3:30 PM.

Medicare: When Is Your 65th Birthday?

Did you know you need to sign up for Medicare even if you continue to work in order to avoid penalties and save you money? You can sign up as early as 2 months before your 65th Birthday. Don't put it off, this can save you a lot of money!

Medicare coverage and costs change yearly. Be sure you are aware of the changes that occur yearly that will affect your pocketbook. Attend Free Medicare classes offered in your area. Call SHIBA (Senior Health Insurance Benefits Assistance) at 1-800-722-4134. You will be asked to use the phone keypad to enter your ZIP Code. Depending on where you live, your call may be routed to a local agency in your area.

Don't Miss Open Enrollment Periods for Medicare

Initial Enrollment Perior	V (IED) & Effoctive Dates				
Initial Enrollment Period (IEP) & Effective Dates					
If you enroll in this	Then your Medicare				
month of your IEP	coverage starts the first				
-	day of this month:				
1st Month (3 months	Month of 65 th birthday				
before birth month)					
2 nd Month (2 months	Month of 65 th birthday				
before birth month)					
3 rd Month (1 Month	Month of 65 th birthday				
before birth month)					
4 th Month (Birth month)	Month after birth month				
5 th Month (1 month	2 nd month after birth				
after birth month)	month				
6th Month (2 months	3 rd month after birth				
after birth month)	month				
7th Month (3 months	4 th month after birth				
after birth month)	month				

New Medicare Cards Coming Soon!

Medicare will mail new insurance cards between April 2018 - April 2019. To prevent identity theft, new cards WILL NOT include Social Security Numbers. Instead each person will get a new unique Medicare Number also known as Medicare Beneficiary Identifier (MBI).

Key	Example
SSA HICN	123-45-6789-A1
MBI	1EG4-TE5-MK73

Note: identifiers are fictitious and dashes for display purposes only; they are not stored in databases nor used in file formats.

You DO NOT need to do anything to get a new card, but you should make sure your mailing address is up to date with Social Security. Visit ssa.gov/myaccount.com or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct or update your mailing address. When you receive your new Medicare Card you must DESTROY your previous Medicare Card by shredding it. Medicare will mail more information with your new Medicare Card. Check Medicare.gov for the latest updates.

Medicare will NOT call and ask personal information! Any callers asking for your current Medicare Number, Social Security Number, or money may be criminals trying to steal identities. HANG UP!

The Free Medicare Seminar Was a Great Success!

The Free Medicare class held on June 19th at Seven Feathers had 38 attendees. Each participant was allowed time for questions and answers at the end of the seminar. Participants were happy to get the information they were looking for, as well as tote bags and informational materials. SHIBA volunteers assisted in coordinating this event, and two of them were the speakers. Our partnership with UCAN and SHIBA let us provide this class for free.

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 out.

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, 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.

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.

Cow Creek Scholarship Applications Are Now Available

In preparation for the upcoming school year, Cow Creek Scholarship applications are ready for you to complete and submit. If you are already being funded by the Education Department, we won't make you fill out an entire application, just an update form. If you are applying for the first time, please complete and submit all documentation for the Higher Education Scholarship.

Please call Tammie Hunt at 541-677-5575 or thunt@cowcreek.com to receive your application or update form. You can also access these forms on the Cow Creek Education Website at cowcreekeducation.com

Deadlines are as follows:

Semester Students August 1 Term Students August 30

Umpqua National Forest Camping and Day Use Passes Available

The Umpqua National Forest will honor 2017 Camping and Day Use Passes through the end of this year (December 31, 2018). Tribal members can pick up their passes at the Natural Resources Building on the Tribal Government Offices campus in Roseburg Monday through Thursday each week, and at the Government Offices front desk on Fridays (as the Natural Resources Department is closed on Fridays). If you were issued an UNF Camping and Day Use Pass that expired on December 31, 2017 please bring that pass in to the Cow Creek Government Offices to be validated through December 31, 2018.

Tribal members should bring their Tribal ID Cards or another method of identifying themselves as Cow Creek Tribal members, as the passes cannot be issued until we verify that the individual is an enrolled Tribal member. For any questions, please contact Janet Perkins at 541-677-5575.

Nesika Health Group Update

Open enrollment for Nesika Health Group has now ended for the 2018 plan year. There were two major changes that became effective July 1st. The first change was to increase the dental benefits from \$1,500 to \$2,000. The second change was to the vision benefits. The \$225 allotment for two years has been replaced by the VSP program. An eye exam will be allowed each year with minimal cost to you. Lenses can be replaced each year up to an approximate \$130. Frames will be allowed every two years up to \$150. In order to keep the cost minimal to you, please utilize a VSP provider. You can go online to visionbenefits.vsp.com to locate a provider near you.

Don't Miss the Surplus Sale!

The Cow Creek Tribal Youth Council is excited to announce the 2018 Seven Feathers Surplus Sale, offering all kinds of merchandise, such as phone chargers, clothing, bedding, furniture, and more. The sale will be held at the Seven Feathers Casino Resort parking lot from August 24 - 26, 2018. All proceeds go towards Tribal Youth Council community service projects and leadership activities.

Important: Only cash will be accepted as payment.

SALE TIMES:

- Friday & Saturday (August 24-25)
 8AM-10AM TRIBAL MEMBERS ONLY; then open until 6:00PM for GENERAL PUBLIC
- Sunday (August 26)
 8AM-10AM TRIBAL MEMBERS ONLY; then open until 1:00PM for GENERAL PUBLIC

Tribal members have a special opportunity to access the sale before general public times. <u>Tribal members MUST bring Tribal ID or other proper ID at time of purchase during "Tribal Members Only" hours.</u>

Don't miss this exciting opportunity!!!

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	EHYC Pow Wow Crafts & Regalia Days	3 Senior Meal EHYC Pow Wow Crafts & Regalia Days	4 Freedom from Smoking Class	5 Senior Meal	6 Elders Luncheon 12 PM @ 7F	7
8	9 EHYC Flyable Drone Class	10 Senior Meal Food Bank Open 9 AM - 11 AM EHYC Flyable Drone Class	11 Freedom from Smoking Class Living with Alzheimers and Other Dementias Class @ GO 1 - 3 PM	12 Senior Meal Takelma Class Also on the 11 th : EHYC Flyable Drone Class	13	14
15	16	17 Senior Meal	18 Freedom from Smoking Class	19 Senior Meal Takelma Class	20 Cow Creek Tribal Pow Wow @ South Umpqua Falls Salmon Dinner & Potluck 7PM	21 Cow Creek Tribal Pow Wow @ South Umpqua Falls Grand Entry 7 PM
00	TCC Closed	TCC Closed	TCC Closed	TCC Closed	TCC Closed	
Cow Creek Tribal Pow Wow @ South Umpqua Falls Raffle @ 10 AM	TCC Closed	24 Senior Meal Food Bank Open 2 PM - 4 AM TCC Closed	25 Freedom from Smoking Class	26 Senior Meal TCC Closed	TCC Closed	28
29	30	31 Senior Meal			100 010360	
	EHYC Art Day "Z"	EHYC Art Day "Z"				

Regular Activity Times and Places

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

No Takelma Classes June 21 through July 26.

Freedom from Smoking: 4 PM @ Roseburg Clinic

GO: Government Offices, Roseburg, OR

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

7F: Seven Feathers Casino Resort

BH: Block House, Canyonville

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

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Freedom from Smoking Class	2 Senior Meal RSVP Deadline for Huckleberry Gathering	3 Elders Luncheon 12 PM @ 7F	4
5	6 EHYC Takelma Claymation Day	7 Senior Meal Food Bank Open 9 AM - 11 AM EHYC Takelma Claymation Day	8 Freedom from Smoking Class EHYC Takelma Claymation Day	9 Senior Meal	10	11
12 General Council Elections Meeting 10 AM @ GO Lunch Provided Food Bank Open after meeting	RSVP Deadline for Nahonkuotana Day Celebration	14 Senior Meal	15 Freedom from Smoking Class	16 Senior Meal	17	18 Huckleberry Gathering 11 AM @ Huckleberry Lake
19	20 EHYC Robotics Challenge Day	21 Senior Meal Food Bank Open 2 PM - 4 AM EHYC Robotics Challenge Day	22 Freedom from Smoking Class EHYC Robotics Challenge Day	23 Senior Meal	7F Surplus Sale 8-10 AM Tribal only 10-6 PM Public	25 Nahonkuotana Day Celebration 10 AM - 2 PM @ Chief MiWaleta Park 7F Surplus Sale 8-10 AM Tribal only 10-6 PM Public
26 7F Surplus Sale 8-10 AM Tribal only 10-1 PM Public	27	28 Senior Meal	29 Freedom from Smoking Class	30 Senior Meal	31	TO-O FINI FUDIIC

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class: 10 AM - 12 PM @ TCC

No Takelma Classes June 21 through July 26.

Freedom from Smoking: 4 PM @ Roseburg Clinic

EHYC Activities: Call 541-860-7296 for more information.

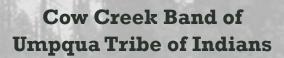
GO: Government Offices, Roseburg, OR

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



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