

Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 28, Issue 8 August 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 Election Results

The Tribal Board Election Results are In

At the August 12th Quarterly General Council Meeting, the Tribal Election Committee presented the 2018 Tribal Board of Directors election results for three positions in this year's election. Robert Estabrook, Gary Jackson, and Yvonne McCafferty were re-elected to their previous positions and no new members were elected to the Tribal Board of Directors. Each will serve a four-year term of office.

Following the announcement of the election results, the Board of Directors re-elected officers of the Board. The results are shown in the photos below.

The Tribal Board of Directors and the Election Committee would like to thank all members that participated in the 2018 Election and would like to remind Tribal members who are not registered to vote in the Tribal Election to contact the Tribal Office at 541-672-9405 and request a Tribal Voter's Registration Form.



Daniel Courtney
Chairman



Gary Jackson
Vice Chairman



Yvonne McCafferty
Secretary



Robert Van Norman Treasurer



Tessica Bochart - Leusch



Tom Cox



Robert Estabrook



Steve Jackson



George T. Rondeau



Luann Urban



Gerald Rainville

Seven Feathers Casino Resort Wins Award at Prestigious Conference

Every year, the Casino Marketing & Technology Conference is attended by marketing department staff from casinos all over the nation. They discuss email marketing, social media impact on business, how to run and best invest in a promotion, tracking the results, and similar themes. They also select winners for the Romero Awards, the casino industry's highest honors for casino marketing achievement. These awards are named after John Romero, the man who created the first blackjack tournaments in gaming.

Competing for the awards are some of the biggest casino corporations out there: MGM, Las Vegas casinos, Atlantic City casinos, and more. Of the dozens of competitors, only four in each category are chosen for four awards: the Diamond Award, the Gold Award, the Silver Award, and an honorable mention. Considering the competition, it is a huge honor to receive any of them; which is why it is so exciting that in this year's conference, the Seven Feathers Casino won the Honorable Mention for the Direct Mail category.

"To be honored at an award ceremony where really, really big properties like MGM or Carnival Cruise Lines are getting awarded is pretty amazing," says Lindsay Campman, Player Development Manager, who attended the conference.

Lindsay and her team worked with Ken Lathrop, Seven Feathers Marketing Director, on a new concept for measuring customer participation, called a "Customer Lifetime Value." This looks at the customer's history of play and purchases, seasonality, likelihood of coming back, and more. This allows the marketing team to customize promotions specifically for customers, which has proven to get a much higher response than general promotions, because it was sent to people who were more likely to redeem the promotion. Using the Customer Lifetime Value metric in promotions is what won the Honorable Mention.

"It's all about really knowing the guests," says Shawn McDaniel, Seven Feathers General Manager. "We aren't going to send you an RV ticket if you have only been here once in five years in an RV. The more you know your guests, the better chance they're going to be loyal to you—it's not



just a computer sending out an offer; they know you're thinking about them."

Statistically among casinos, an average response rate to a promotion is 12-15%. The Customer Lifetime Value approach gets up to 45% response rates, which is unheard of in the industry, even among big names like MGM. Innovation is something that casino management has always spearheaded and encouraged, but they always give credit to the Cow Creek Board of Directors for allowing them to try untested approaches.

"We are lucky to have a Board of Directors that allow us to do crazy things," says McDaniel. "The support we get from Tribal membership is huge. I want to thank the Tribal membership for their support, we couldn't do this without them. It makes you feel good when the people that you're working for like what you're doing."

Seven Feathers is sponsoring this year's Fall Classic Rodeo on Sept 15-16, 2018, at the Tribal rodeo grounds off I-5 Exit 101. Doors open at 11 AM, and the rodeo starts at 2 PM. Also on the 15th, the casino will host Tacotopia, a taco and tequila tasting event in the parking lot and a music concert by Los Lonely Boys.

Cow Creek Tribal Pow Wow 2018

Once again, the Cow Creek Pow Wow was held at South Umpqua Falls, a historically special place for our Tribe. Many attendees spent two weeks or more camping out, spending time catching up with family, and swimming in the falls.

This year marks the second year that Allen Mata has acted as the Arena Director, a mantle he took up from the late Delbert "Red Hawk" Ansures. This year also featured Klamath Tribal member David Huitt in his first time ever Announcing for the Grand Entry.

Many thanks to all those who spent so much time organizing the event, preparing the grounds, transporting equipment, securing raffle items, and all the other things that made this a great Pow Wow.



Cindy Grizzle (center) was just one of many Cow Creek Tribal members displaying Tribal regalia



Swimming, sun, and back flips at South Umpqua Falls



Allen Mata (left) speaks with Davit Huitt (center) and the smudge dancers



Board Member Robert Van Norman and his wife Linda walk in the Grand Entry

Expanding Horizons Youth Center Drone Construction Class

July 9th through the 12th, thirteen youth participated in the Expanding Horizons Youth Center (EHYC) Summer Drone making class. Nate Frostland, a photographer and drone enthusiast, guided the youth through three days of flight history, propulsion engineering, and drone advancements and usage, while instructing the youth how to construct their own flyable drone.

Each child learned to solder electrical connections to a switch board that allowed their LED lights and motors to operate. In the end, each child had completed a working flying drone. After a short classroom remote control flying lesson, the youth were ready to take their drones to the field. At Milsite Park in Myrtle Creek the EHYC youth spent the day flying and relaxing. Each student took a turn wearing virtual goggles that allowed them to see what a drone sees while in flight. Using the back of a vehicle as our technology headquarters, the youth were able to recharge each drone after flight. With the exception of one drone casualty, the youth were able to bring their drones home with them at the end of class.

EHYC has a full schedule of classes this year with long waiting lists. If you are interested in future programs like this, please apply to our After School Program in Tri-City, where youth are able to participate in year round learning. Call 541-860-7296 for more information.



A Tribal youth solders a drone's switch board



Virtual reality goggles let youth see what the flying drone saw



The 13 attendees show off their drones

Cow Creek Tribal Youth Learn Healthy Habits at the EHYC

Through funding from a Cancer Grant from the Northwest Portland Area Indian Health Board, the Cow Creek dietitians held a three-day class for Tribal youth at the EHYC that focused on cancer prevention. Through many fun activities, the youth learned a lot about how diet and physical activity can help prevent cancer.



Healthy cooking was just one of the activities over three days

Cow Creek Tribal Youth Council Attends UNITY Conference

The Cow Creek Tribal Youth Council leaders and members were invited to attend the Annual UNITY Conference held in San Diego, CA on July 4-9. Five of the youth council got to experience culture through spiritual, mental, physical, social development workshops; partake in the UNITY fire watch, attended amazing and inspirational keynote speakers such as SupaMan - Native American Dancer & Hip Hop Artist; Matika Wilbur - Professional Photographer; and Brooke Simpson - NBC's "The Voice" Finalist. In the 42 years of UNITY's annual conference, this year marked the largest in Tribal youth attendance as there were 2,200 students from across the nation representing 135 Tribes, it was empowering and engaging. We are hopeful to attend next year's UNITY conference.



Alyssa Rainville, Madison Fife, Ally Van Norman, Monte Sertain, and Nicholas Lowell, of the Tribal Youth Council

Tribal Hunting and Wildlife Update

This year's hunting season is underway with Tribal ceremonial and youth hunters beginning August 1st. All successful applicants have be sent notification postcards and information on Tribal hunting properties.

The Tribe offers eleven elk tags for two controlled elk hunts and six black-tail deer tags on Tribal trust lands to the membership. The 783 acres of Dole Road property and 252 acres of Lilja property continue to have a healthy population of Roosevelt elk that frequent the land year round. Tribal wildlife employees survey these properties throughout the year for population growth and overall health of the herd. The Wildlife Program is currently closing in on year one of a three year study determining the elk's home range using Vectronics GPS collars.

If you are interested in volunteering during this study, please contact Tribal Wildlife Tech Cailey Fraiser at 541-677-5575

Question, Persuade, Refer Class

Sandra Henry and Darlene Chapman, of Cow Creek Health & Wellness Behavioral Health, hosted a class on suicide prevention called "Question, Persuade, Refer" (QPR). It offered clues to look for in people who might be considering suicide and how to talk to and help them. Suicide is startlingly prevalent in Oregon; learn more about how you can help by calling 541-677-5586.



Sandy Henry teaches how to recognize and talk to people with suicidal tendencies

Cow Creek Tribe Works with Authorities to Protect Our Lands from Fire

Oregon is no stranger to fires during the summer months, and this year is no different. On the morning of July 15th, a lightning storm blew through the southern part of the Tribe's ancestral territory, lighting fires all the way from the Oregon/California border up through Josephine County, Jackson County, the Prospect Ranger District on the Rogue Siskiyou side, and the Tiller Ranger district on Umpqua side. While human-caused fires are still dangerous, they are easier to reach; lightning doesn't discriminate where it lights fires, and often strikes difficult-to reach ridge tops or other high places.

By the morning of the 16th, 40 to 60 fires raged, many of which threatened the Tribe's ancestral territory. One such fire occurred on Canyon Mountain on land recently conveyed to the Tribe by the Western Oregon Tribal Fairness Act. Though this fire has been suppressed by DFPA with assistance from the Tribe, the Columbus fire has been burning to the west of the Huckleberry Special Interest Area (SIA). With a threat to this special Tribal location, the Tribe has integrated with Incident Management Teams from US Forest Service and Inter-Agency Teams from day one.

On July 20th, Tribal leadership staffed an Incident Management Team (IMT), including a command staff, a forestry branch for advising firefighters near forested conveyance lands, a human services branch that could organize outreach to Tribal Elders in regards to smoke danger or evacuations, a cultural resources branch, and a resource adviser branch. This IMT stands by in case the fires take a turn for the worst, and demonstrates to our partners that we are a sovereign government. This team is as well-positioned as it can be, and the Board is receiving timely and accurate information. Through these fires, they have emphasized government to government relations at Federal and State levels.



Tracy DePew helps organize thousands of volunteers to fight fires in a way that will protect Tribal ancestral territories

The Tribe's IMT has been involved in daily ongoing discussions with Umpqua National Forest regarding fire perimeter strategies to prevent fire from moving into the Huckleberry SIA, clearly conveying that we don't want any intentional burning within the SIA. Common fire strategy is to place a controlled fire down in advance of an oncoming fire, so that when it reaches the controlled area, it stops. While that has been proposed, the Board and Tribal leadership has clarified that it is not an acceptable practice in the Huckleberry SIA. They have constantly reinforced the Trust responsibilities that the Federal government has to protect ancestral and conveyed Tribal lands and areas of interest.

"While it is unfortunate that we have fire on the landscape, it is fortunate that we have an Incident Management Team in place to be able to deal with it and support and protect our Tribal members and our ancestral territory," says Tracy DePew, the Tribe's Emergency Management Director. "This is a good opportunity for the Cow Creek Tribe to exercise its sovereignty, self-governance, and jurisdictional rights and responsibilities."

Emergency Preparedness

Health Risks from Wildfire Smoke

Smoke from wildfires is a mixture of gases and fine particles from burning trees and other plant materials. Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.

Know if you are at risk

- If you have heart or lung disease, such as congestive heart failure, angina, COPD, emphysema or asthma, you are at higher risk of having health problems from smoke.
- Older adults are more likely to be affected by smoke, possibly because they are more likely to have heart or lung diseases than younger people.
- Children are more likely to be affected by health threats from smoke because their airways are still developing and because they breathe more air per pound of body weight than adults. Children also are more likely to be active outdoors.

Recommendations for people with chronic diseases

- Have an adequate supply of medication (more than five days).
- If you have asthma, make sure you have a written asthma management plan.
- If you have heart disease, check with your health care providers about precautions to take during smoke events.
- If you plan to use a portable air cleaner, select a high efficiency particulate air (HEPA) filter or an electro-static precipitator (ESP). Buy one that matches the room size specified by the manufacturer.
- Call your health care provider if your condition gets worse when you are exposed to smoke.

Recommendations for everyone: Limit your exposure to smoke

Pay attention to local air quality reports. Listen and watch for news or health warnings about smoke. Find out if your community provides reports about the Environmental Protection Agency's Air Quality Index (AQI). Also pay attention to public health messages about additional safety measures.

Refer to visibility guides if they are available. Not every community has a monitor that measures the amount of particles that are in the air. In the Western part of the United States, some communities have guidelines to help people estimate the Air Quality Index (AQI) based on how far they can see.

If you are advised to stay indoors, keep indoor air as clean as possible.

Keep windows and doors closed unless it is extremely hot outside. Run an air conditioner if you have one, but keep the fresh air intake closed and the filter clean to prevent outdoor smoke from getting inside. Running a high efficiency particulate air (HEPA) filter or an electro-static precipitator (ESP) can also help you keep your indoor air clean. If you don't have an air conditioner and it's too warm to stay inside with the windows closed, seek shelter elsewhere.

Do not add to indoor pollution.

When smoke levels are high, do not use anything that burns, such as candles, fireplaces, or gas stoves. Do not vacuum, because vacuuming stirs up particles already inside your home. Do not smoke, because it puts even more pollution into the air.

Do not rely on masks for protection.

Paper "comfort" or "dust" masks commonly found at hardware stores are designed to trap large particles, such as sawdust. These masks will not protect your lungs from smoke. There are also specially designed air filters worn on the face called respirators. These must be fitted, tested and properly worn to protect against wildfire smoke. People who do not properly wear their respirator may gain a false sense of security. If you choose to wear a respirator, select an "N95" respirator, and make sure you find someone who has been trained to help you select the right size, test the seal and teach you how to use it. It may offer some protection if used correctly.

Messages from the Clinic

September Will Be Suicide Prevention Month: Stay Aware

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate many more serious issues.

Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss struggle with feelings of shame and stigma prevent them from talking openly.

For years, Oregon has ranked between seventh and ninth in the country for suicides. In 2011, 685 Oregonians killed themselves, twice the number who died in vehicle crashes and six times the homicide rate. Even more alarming, many of those suicides are teens.

Free Eye Exams by OSHU's Casey Eye

OHSU's Casey Eye Exam Bus will be coming to the Cow Creek Heath & Wellness Center in Canyonville! Exams are free of cost and open to all Tribal Members, however, preference is given to those with diabetes and those without vision insurance. The eye doctors will be able to provide dilated eye exams and prescriptions if needed. It is important to get your eyes checked annually for serious problems and get prescription lenses if needed. Casey Eye Institute will help participants get a pair of glasses with a new prescription at low or no cost. If you are interested in signing up or want more information, please contact the Cow Creek Health and Wellness Center at (541)839-1345 or (541)672-8533.

When: Saturday, August 25th

Time: 10 AM - 2:00 PM (Appointments are needed)

According to a recent article in the *Willamette Week*, "From 2006 to 2015, suicide doubled as a percentage of total teen deaths in Oregon. In 2013, 38.3 percent of teen deaths were suicides, making it the number one cause of death."

The suicide rate in Oregon spiked by over 41 percent between 2010 and 2013. Suicide is more prevalent on a per capita basis in rural Oregon, where access to and availability of licensed mental health facilities and licensed therapists are scarce.

Cow Creek Health and Wellness (CCH&W) Behavioral Health is working to change the direction of this upward trend in youth suicide. CCH&W will be offering sessions of Question, Persuade, and Refer (QPR) classes. This simple 90 minute class can empower you to save the life of someone who is contemplating suicide. Call Darlene Chapman at 541-492-5236 for more details.

Diabetes Prevention Program Fall Sign-Ups

One in three adults living in the United States has pre-diabetes. If you have pre-diabetes, you can make changes now to improve your health and prevent or delay diabetes. Cow Creek Health and Wellness is beginning recruitment and enrollment for the fall Diabetes Prevention Program (DPP). The Diabetes Prevention Program is a 16 week program where individuals with pre-diabetes learn to eat healthier, increase their physical activity and lose weight, which can help prevent or delay type 2 diabetes. Lessons from a Registered Dietitian or Lifestyle Coach and support from others can help improve your health and prevent or delay the onset of diabetes, one of the fastest rising chronic diseases! If you're interested in signing up for the Diabetes Prevention Program, please call Cow Creek Health and Wellness at 541-839-1345 or 541-672-8533.

Blue Zones Project Corner

BLUE ZONES® POWER 9 - LIVE LONGER BETTER

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

What's the Secret to a Longer, Healthier Life?

If you were offered the chance to live an extra five, ten or more years, and remain healthy and active, wouldn't you take it? The great news is you have that opportunity – and you don't have to overhaul your entire life to do it. The secret to living longer and better can be found in the simple things you do every day, like the foods you eat, the company you keep, and your overall outlook on life.

Residents living in the original Blue Zones areas share common principles called Power 9®—these are healthy lifestyle habits that help them live longer, healthier, happier lives.

Discover the Fountain of Youth

It all started when a team of researchers and scientists set out on a seven-year quest to uncover the secret to leading longer, healthier, and happier lives. They discovered five places in the world, called Blue Zones® areas, where people enjoy active lives with less illness well into their golden years. Although each Blue Zones area has its own recipe for living longer, there are nine common ingredients that the people living in these communities share, which all contribute to their well-being. These nine powerful, but simple lifestyle behaviors focus on moving naturally, eating wisely, knowing your purpose, and belonging to a social community.



They are the Power 9® Principles:

- Move Naturally (be active without having to think about it)
- 2. Know Your Purpose
- 3. Down Shift (slow down daily, rest, take vacation)
- 4. 80% Rule (stop eating when you are 80% full)
- 5. Plant Slant (eat more veggies, less meat and processed foods)
- 6. Friends @ Five (enjoy a healthy beverage with friends each day)
- 7. Right Tribe (create a healthy social network)
- 8. Community (be part of a spiritual community)
- 9. Loved Ones First (make family a priority)

The Power 9: You, too, can boost your own well-being by applying the Power 9 Principles to your daily life. These are easy tips you can live by to help you get the most enjoyment out of life. The great news is, you don't have to take on all nine of these lifestyle behaviors at once to enjoy their benefits. After all, improving your well-being is not about adding more to your "to do list", or restricting yourself to "do this, not that". It's about simplifying and doing the little things that add more meaning to your life – like slowing down, spending time with the people you love, eating foods that give you energy, and doing activities you enjoy.

At the Cow Creek Government Office, we are bringing in these small changes to a place that can have one of the largest impacts on your life: the worksite! We are moving towards our goal, one change and one pledge at a time. We currently have over 25 pledges (nearly halfway there!) for making the Cow Creek Government Offices a Blue Zones Approved Worksite!

Culture Corner

Takelma Language Corner

Wik'uuyám! This coming Fall/Winter, Taltál - The Transformer, a traditional Takelma story, will be rolled out to the Tribal community in a four-part series. Storytelling is an art that traditionally passed stories from generation to generation. The stories were entertaining and taught important life lessons to its listeners. In Taltál - The Transformer, the two most significant characters are Taltál the dragonfly and his brother the bird. During their adventures, they discover other relatives, such as their Uncle Lark and their Aunt Old Bluejay woman, as well as their cousin K'uk'u, the wildman of the woods. Their adventures are full of life lessons and humor.

Stay tuned for this exciting and entertaining four part series of the Taltál story!

Additionally, beginning August 2nd, and continuing every Thursday thereafter, Takelma Language Classes will be held from 10 AM to noon at the Tribal Community Center located in Tri-City, Oregon. Starting September 6th, Takelma youth classes will also be held at 2 PM at the TCC. Here are a few Takelma words to start the Taltál story out!

- 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
- 5. Taheelyepepì'n (dah-ell-yeh-beh-be-n): I sing for him/her



Taltál (dragonfly)

Dyeing Materials with Red Alder

What color do you get when you use red alder to dye materials? Orange, of course! Phóph (red alder) is a large tree that the Nahonkuotana people used in the dyeing process. To create the orange tone on beargrass, the bark of the tree would be



Red alder leaves

boiled to extract the color.

The beargrass would be placed into the colored water and let sit for many hours until the desired color was achieved. The beargrass would then be used for overlay in baskets.

Culturally-Modified Trees

Culturally-modified trees are an important, but little appreciated or recorded cultural resource. People have modified trees for thousands of years. Tribal ancestors used tree bark for skirts. dresses, and capes. They also used the inner layer of the bark of certain trees, called the cambium, for medicine for coughs, shortness of breath.



Tree peeled to reach the cambium

and curing worms. Modified trees were also used to mark trails and territorial boundaries, as well as for spiritual reasons. Modified trees are rare due to fires, logging, and natural tree mortality.

Culture Corner

Pine Nut Processing

Gathering season for pine nuts is just around the corner. Pine nuts are gathered in September and October. Once you have gathered all of your pinecones, you must wait for them to dry and open up, revealing the pine nuts inside. Then you can start the sticky process of pulling the pine nuts out of the cone. Now you will just need to drill the pine nuts, clean the nut out of the shell. and bake them. After they are done baking,



Regalia beadwork with pine nuts

you will need to take the nut that you cleaned out of the shell and rub it on the shell, this will make your pine nut shiny. Once you have all of these steps completed, you are now ready to start adding pine nuts to different parts of your regalia, such as our traditional aprons, skirts, and necklaces.



Regalia skirt with pine nuts



Beaded necklace with pine nuts

Do You Know What Loxóm Looks Like?

Loxóm (manzanita) is a shrub that you can find all over the forests in the area. The berries of the loxóm were collected and dried and mixed with sugar pine nuts and dried meat. The berries could also be dried and made into flour. Next time you venture out in the woods in the summer time, be on the lookout for this plant.



Manzanita leaves and blossoms

Nahonkuotana Day Is Cancelled

This event has been cancelled due to poor water conditions. The air quality and health concerns due to the fires in the area are also posing a concern. Please be cautious while you enjoy other activities. Contact Jennifer Bryant at 541-677-5575 or email at ibryant@cowcreek.com with any questions.

Join Us for Treaty Day!

Join us on September 22nd from 10 AM - 2 PM at Bare Park as we celebrate our Tribal Sovereignty. Come together for presentations on our Wildlife Program, the Elk Conservation and Revitalization Project, and take a native plant walk. We will also be highlighting our hunters of this year's tags. Lunch will be provided. RSVP to Jennifer Bryant at 541-677-5575 by September 10th.

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.



Tribal Elders Monthly Luncheon

Tribal Elders, you are invited! This special event is planned for the first Friday of each month for Tribal Elders to come celebrate holidays, birthdays, and anniversaries with us. Following the luncheon, fun prizes are available to win in a fun game of BINGO!

Our next luncheon will be held on Friday, September 7, 2018, at 12 PM noon in the Grape Room at the Seven Feathers Casino Resort. Reservations are required, to make sure we have enough for everybody, so call 541-677-5575 to reserve your seat today!

Future dates to put on your calendar are Friday, October 5th, at 12 PM; Saturday, November 10th, for the Annual Elder Honor Dinner & Blanket Ceremony from 3:30 - 6 PM (see page 17 for more details); and Friday, December 7th, at 12 PM.

Annual Tribal Family Picnic

Come join us at Bare Park on September 8th for the Annual Tribal Family Picnic! The event will be held from 11 AM - 3 PM with lunch served at noon. There will be kids games and a raffle. Please RSVP by August 31st to Kayla



Lots of fun to be had at the picnic!

Knight at 541-677-5575.



Bare Park will soon have a new restroom building

Medicare Part B Reimbursement Program Reminders

If you are currently receiving benefit payments through this program, please be aware your payments will automatically stop in December each year. Participants will need to reapply every January by submitting proof of your paid premiums of your Medicare Insurance premiums. Upon receiving receipt of your documents, we will process your reimbursement payment.

You may choose the following:

- 1. Monthly reimbursement payment (once a month)
- 2. Annual reimbursement payment (once a year)

Watch your mail this fall for a letter from the Social Security Office stating the amount of your

2019 Medicare Insurance Premiums. We must receive a copy of this letter to begin your 2019 reimbursement payments. To receive your annual payment, submit a copy of a 1099 form sent to you each Jan-Feb from your Social Security Office. This is the document needed to receive your annual reimbursement payment. This document shows how much you have paid for the entire previous year for Medicare Insurance.

Please submit your documents via fax or regular mail as soon as possible to:

fax: 541-677-5565, or mail to: 2371 NE Stephens St, Roseburg, OR 97470.

Regarding Medicare Part B Reimbursements and Elder Distribution Payments

Cow Creek Elder distribution payments begin the month following the Elder's 60th birthday. Likewise, Cow Creek Tribal members who pay Medicare Part B Insurance premiums and qualify for Tribal reimbursement may request monthly reimbursement payments. The established procedures for these payments require them to be mailed by the 15th of every month, therefore when the 15th falls on a Saturday, the checks will be mailed on the Friday prior. If the 15th falls on a Sunday, the checks will be mailed on the following Monday.

As for any Direct Deposits. If the 15th should fall on a Saturday, the transaction will be processed on Thursday so that the Direct Deposit will be posted on Friday. If the 15th should fall on a Sunday, the transaction will be processed on Friday so that the Direct Deposit will be posted on Monday.

For any questions, please contact Jackie Miller at 541-672-9405.

Paid Training and a Career Await with the Swanson Group

The Swanson Group, an Oregon-based and environmentally conscious forest products company, in partnership with the Cow Creek Umpqua Tribe, is offering a fast-tracked training program with Swanson New Employee Mentor Program and Umpqua Community College (UCC)'s Certified Production Technician Course. The program lets trainees attend classes at UCC in the morning, then apply that knowledge directly by working at the Glendale Plywood plant in the afternoon.

The Swanson Group has agreed that any Tribal members who are selected, and who successfully complete the course with satisfactory rating from the Mentor program, will be offered a full time position at the Glendale Plywood Plant, with a starting average salary of \$40,000 per year and a zero premium contribution health plan.

The deadline to apply is September 7th, as classes are scheduled to start at UCC on September 24th. There is no time to lose. To learn if you are qualified and how to apply, please contact Kelly Warner at 541-677-5575, ext. 5222 or go to www.swansongroup.biz/Careers/Get-hired.

Tribal Rental Assistance (TRA) Program and Extended Tribal Rental Assistance (ETRA) Program

The Cow Creek Tribal Housing Program provides rental assistance to eligible low-income Tribal members living in Douglas County. TRA pays \$200-\$300/month toward the Tribal member's rent for a year. Payments are made directly to the landlord; payments cannot go to the Tribal member, a family member, or a mortgage company.

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

Once Tribal Rental Assistance ends, the Tribal member may apply for Extended Rental Assistance.

ETRA pays \$100-\$150/month toward the Tribal member's rent for another year. ETRA is also federally funded and participants must still meet and maintain income and rent payment guidelines. After both TRA and ETRA have been exhausted, the Tribal member is eligible to apply again in five years.

For more information, contact Justin Mathison, Housing Director, at JMathison@cowcreek.com or 541-677-5575; or the Housing Admin Assistant, Mel Johnson, at MJohnson@cowcreek.com or the number above. You may also download the application 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 the Housing Admin Assistant, Mel Johnson, at 541-863-3730 or MJohnson@cowcreek.com. You may also contact our Resident & Self-Sufficiency Manager, Sarah Thompson at the number above or SThompson@cowcreek.com. The application is available for download at www.cowcreek.com through the Tribal Members' portal. Just click "Login" at the top.

New Tribal Firewood Program

The Natural Resource Department is rolling out a new Tribal firewood program designed to provide more opportunities to Tribal members living in the seven county service area and beyond. Below are more details about the new program.

The Tribal firewood program is designed to provide firewood to "Primary Participants" including:

- 1. Tribal Elders
- 2. Members who have a wood burning stove or furnace
- 3. And/or those that have a demonstrable need to use firewood as a heating resource

The firewood program allows for up to 2 cords of firewood per household per year, or up to \$250 in total product, including any delivery fees. The program requires a \$55.00 per cord co-pay, with the first cord being free for Tribal Elders. Once payment is received, a \$250 voucher will be issued to the Tribal member to exchange for firewood at one of the participating firewood vendors.

Tribal members who do not use wood heat as their primary source of heat or use it for recreational purposes may be put on a waiting list and may be eligible for the benefit if and when all primary participants have received their benefit.

To utilize the Firewood Program, please contact the Natural Resources Department at (541) 677-5575.

Annual Elder Honor Dinner & Blanket Ceremony

The Annual Elder Honor Dinner & Blanket Ceremony will be held on Saturday, November 10, 2018. Reservation packets will be sent out for Tribal Elders to get registered for this annual event. Please save this date on your calendar so you don't miss this special day! This event is by invitation only and your dinner tickets will be sent to you after we receive your completed registration forms. Watch your mail in September for your registration packets.

Childcare Program News

Annual Proof of Income Due Date: August 31, 2018. This program is funded by a federal grant. The fiscal year runs October 1st through September 30th each year. Annual proof of income must be provided by the above deadline in order for each family to be recertified for this program. If proof is not received by this due date, families may be disqualified and no longer eligible for the program. We currently have a wait list for families to apply in this program. Please submit your documents via fax or regular mail as soon as possible to: fax: 541-677-5565, or mail to: 2371 NE Stephens St, Roseburg, OR 97470.

Project Warmth Program

This program will reimburse parent or guardian expenses for 1 coat and 1 pair of shoes per Tribal enrolled child ages newborn to 17 years of age, a maximum of \$40.00 per item once a year.

Project Warmth applications are available on our Tribal website under Human Services Tab, or you may call or stop by our front desk reception to request an application. Attach receipts with application to submit for payments.

Please submit your documents via fax or regular mail as soon as possible to:

fax: 541-677-5565, or mail to: 2371 NE Stephens St, Roseburg, OR 97470.

TRIBAL FOOD BANK HOURS

The new Food Bank hours are:

2nd Tuesday each month from 9 AM - 11 AM

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

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Freedom from Smoking Class	2 Senior Meal	3 Elders Luncheon 12 PM @ 7F	4
5	6 EHYC Takelma Claymation Day	7 Senior Meal EHYC Takelma Claymation Day	8 Freedom from Smoking Class EHYC Takelma Claymation Day	8 Senior Meal Takelma Class	10	11
12 General Council Elections Meeting 10 AM @ GO Lunch Provided Food Bank Open after meeting	13	14 Senior Meal Food Bank Open 9 AM - 11 AM	15 Freedom from Smoking Class	16 Senior Meal Takelma Class	17	18
19	20 EHYC Robotics Challenge Day	21 Senior Meal EHYC Robotics Challenge Day	22 Freedom from Smoking Class EHYC Robotics Challenge Day	23 Senior Meal	24 7F Surplus Sale 8-10 AM Tribal only 10-6 PM Public	25 Casey Eye Exam Bus 10 AM - 2 PM @ Canyonville Clinic 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 Food Bank Open 2 PM - 4 AM	29	30	RSVP Deadline for Tribal Family Picnic	

Regular Activity Times and Places

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

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.

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 GO Closed for Labor Day	4 Senior Meal	5 Freedom from Smoking Class	6 Senior Meal Takelma Classes	7 Elders Luncheon 12 PM @ 7F	8 Tribal Family Picnic 11 AM - 3 PM @ Bare Park
9	RSVP Deadline for Treaty Day	11 Senior Meal Food Bank Open 9 AM - 11 AM	12 Freedom from Smoking Class	13 Senior Meal Takelma Classes	14	15
16 Youth Pow Wow Regalia Class 1 - 3 PM @GO Board Room Must RSVP to K'Ehleyr McNulty at 541-677-5575.	17	18 Senior Meal	19 Freedom from Smoking Class Sept. 19, 1853 Original treaty signed with Joel Palmer, Superintendant of Indian Affairs	20 Senior Meal Takelma Classes	21	22 Treaty Day 10 AM - 2 PM @ Bare Park
23	24	25 Senior Meal Food Bank Open 2 PM - 4 AM	26 Freedom from Smoking Class	27 Senior Meal Takelma Classes	28	29

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

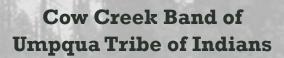
Freedom from Smoking: 4 PM @ Roseburg Clinic

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.



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> Phone: 541-672-9405 Fax: 541-673-0432 Toll Free: 800-929-8229 www.cowcreek.com