

Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 28, Issue 9 September 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/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

Coming Soon: a New Tribal Community Center

The Cow Creek Education Department is excited to announce that by winter 2018, they will be moving the Tribal Community Center (TCC) and Expanding Horizons Youth Center (EHYC) to a new location!

The Tribe purchased a 1955 church in April of this year for remodeling of the new TCC. The current TCC is a bit cramped, at roughly 1,600 square feet, but this new building has over 5,700 square feet available, not to mention the space around it which will be used for parking, a playground, a basketball court, and a place where the Tribe can hold barbecues or other gatherings. After completing renovations, the new TCC will feature a community center area, an upstairs loft (which the Youth Development Council will use to meet), an Elders Lounge where Tribal Elders can have their biweekly meals and weekly Takelma lessons, two kitchens, a reception area, a library, a quiet study area, and a dedicated space for the EHYC after-school program.

This space will not only allow for the TCC to be open for longer hours for Tribal member use, but it will also allow the EHYC to accept many more Tribal youth for events and the after-school Program. In the current TCC, space is at a premium, and instructors have had to, on occasion, turn youth away from activities because there just weren't enough physical seats for everyone. Now, however,

the EHYC can accommodate nearly triple the amount of youth before running out of space.

This move is made possible by generous support from the local community and from the Cow

Creek Tribe. Nearly 50% of the costs for the new center are being covered by grants from the Collins Foundation, the Ford Family Foundation, Preschool Promise, the Youth Development Council, and Northwest Farm Credit Services.

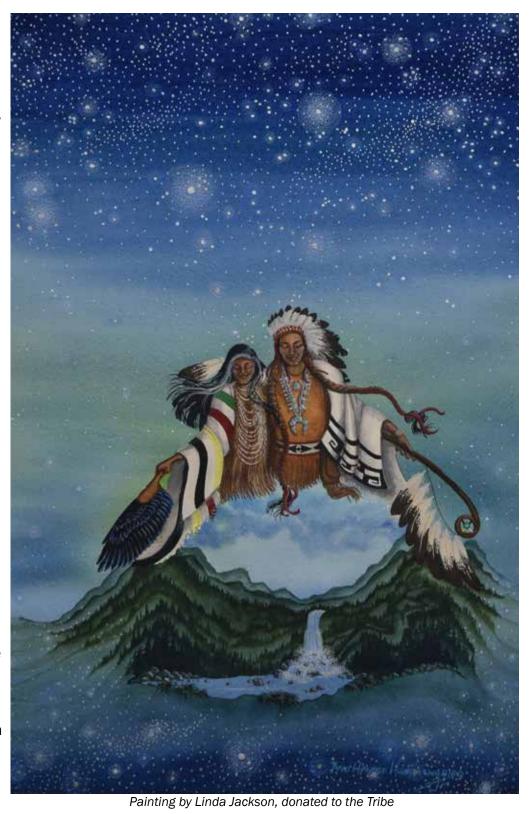
This new location also opens new opportunity for Tribal children: the Education Department announces the Yimisa' (he/she dreams) Preschool! If you are interested in FREE quality preschool for your child of 3-4 years, please contact Tammie Hunt at 541-677-5575. We will have more information on this exciting opportunity as the new TCC gets closer to opening its doors. Yimisa' Preschool will be able to provide high quality preschool with evidence-based curriculum. Preschool Promise has strict guidelines for teacher and teacher assistant requirements, which ensures the high quality of education for our youth. All Tribal members will be able to engage in the first part of the Yimìsa' Preschool's day by tuning in virtually through the Cow Creek Education website. This is possible through a generous grant from the South Central Oregon Early Learning Hub, which provided the necessary equipment needed to produce this opportunity to all of our Tribal membership.



Some renovations to the new TCC will include removing the steeple and adding more parking

Tribe Gifts Beautiful Tribal Art to Elected Officials

On January 8, 2018, the Western Oregon Tribal Fairness Act was signed into law. This accomplishment came as a result of the tireless work and great efforts by many people, especially the Oregon Congressional Delegation. Without the support of Oregon's Senators and Congressmen, this transfer of over 17,000 acres would have never happened. Tribal leadership wanted to show their appreciation to those specific members of the Oregon Delegation, so the Tribe commissioned four paintings from the exceptionally talented Cow Creek artist Linda Jackson, aka "Two Handed Hummingbird." These four paintings will be gifted to Congressman Peter DeFazio, Congressman Greg Walden, Senator Lisa Murkowski and Senator Ron Wyden later this year. After completing the beautiful paintings, Linda painted a fifth piece which she graciously gifted to the Tribe. This piece is displayed to the right. All five pieces are similar in design, but the two Native American figures wear different Tribal regalia in each painting, making each of them unique. The gifted paintings are displayed on page 5.











Paintings by Linda Jackson, gifted by the Tribe to: (Upper Left) Senator Lisa Murkowski (Upper Center) Senator Ron Wyden (Upper Right) Congressman Greg Walden (Lower Left) Congressman Peter DeFazio

New Fishing Opportunity for Tribal Members

The Water and Environmental Resources Program is proud to offer a new fishing opportunity to Cow Creek Tribal members! The Tribe will offer five guided fishing trips in 2019 for either Winter steelhead, Spring Chinook salmon, or Fall Chinook salmon. The Trips will be granted by lottery. Additional information, as well as the application, rules, and the deadline to submit applications, will be sent out with the October Tribal newsletter. The drawing will be held

in December of 2018 and trips will be scheduled in 2019. Make sure to watch out for the October newsletter so you don't miss your chance! If you have any questions about this program, please contact Kelly Coates at 541-622-8577, or kcoates@cowcreek.com.

Food, Fun, and Sun at the 2018 Tribal Family Picnic

On Saturday, September 9th, the Cow Creek Band of Umpqua Tribe of Indians hosted the annual Tribal Family Picnic at Bare Park. Staff from Seven Feathers catered the event, providing delicious salad, potatoes, chicken, tri-tip, rolls, two kinds of cobbler, and ice cream.

After lunch, kids games included a tug-of-war, a sack race, and a water balloon toss, with prizes for the kids. Thanks to some thrifty shopping, there were also plenty of amazing prizes in the raffle for the adults.



The sack race was a popular activity among the kids



Tribal members line up for an excellent lunch



Bubble wands brought even more fun to the day



Rhonda Richardson delivers a raffle gift



The water balloon toss helped kids cool off

2018-2019 Tribal Youth Council Officers

The Cow Creek Tribal Youth Council, now in its 2nd year, welcomes our new youth council officers for the 2018-2019 term.

President: Madison Fife
(South Umpqua HS)
Vice President: Alyssa
Rainville (South Umpqua HS)
Secretary: Hannah Lowell
(South Umpqua HS)
Treasurer: Aria Mathison
(Roseburg HS)
Alternate for all positions:
Nicholas Lowell
(Graduate 2018)





Ts'ámx tap'aàlaw is a Takelma phrase that means "Strong Youth"

Council Members:

Melissa Bryant (Sutherlin HS) Ally VanNorman (Graduate 2018) Lance Gipson (South Umpqua HS) Kellee Gearin (new inductee- RHS) Elizabeth Bryant (Sutherlin HS)
Monte Sertain (Riddle HS)
Aubrey Rainville (new inductee-South Umpqua HS)
Kalista Bochart (new inductee-RHS)

Advisors: Kelly Warner, Kayla Knight, Robert Lowell

Our annual retreat was held on August 17-18, 2018, in Florence, OR. The students and its advisors held an extensive four-hour meeting to discuss our council mission statement, values, leadership, and goals for this next upcoming year. Last year's Council was a big success, and this year, with our numbers growing, we can only expect the same. Our thankfulness to the Tribe, who continue to support these amazing young adults and the Council they represent themselves in.

Pillows, Clothing, Medical Supplies, Cell Phone Chargers, and Chairs, Oh My!

The Cow Creek Tribal Youth Council put on the first fund raising Surplus Sale on August 24-26th at the at the Seven Feathers Hotel & Casino parking lot. Surplus merchandise was graciously donated to the youth from the Seven Feathers Hotel and Casino as well as from the Cow Creek Government Office. Donated items, such as office supplies, furniture, and equipment will help support the Council's efforts in raising money for their future community service projects and to attend leadership conferences. This 2 ½ day event brought Tribal members, employees, and the public in search of buying sunglasses, microscopes, and any other treasure of inventory on its 50 table displays. We exceeded our expectations of what was sold and proceeds earned. We thank all of those who helped to make this fund raising Surplus Sale a great success.



Blue-Ribbon Tribal Crafts at the Douglas County State Fair

At the recent 2018 Douglas County Fair, people could submit art of all kinds of varieties in a display competition. Tribal member Cindy Grizzle submitted six of her personal pieces of traditional Tribal artwork. She won first place with four of her entries, and second place with the other two. The drum is from the spine skin of an elk, and features a hand-painted Hopi Indian design, meaning "bring abundance to the earth." Tribal Elder Butch Bochart advised Cindy on how to work the leather to make the turquoise knife sheath. The cobalt tea set, first place in the Table Setting category, is for a tea house Cindy hopes to build.



Hand-painted Hopi design on hand drum



Blue leather tassel knife sheath



"Tea Time: The Beauty in Blues"



Wheat-stitch pine needle basket



Beaded men's breastplate necklace



Basket-woven bag with an abalone button

Expanding Horizons Youth Center Robotics Challenge

On August 15th, Tribal youth participated in the final event of the Expanding Horizons Youth Center Summer Program of 2018: The Robotics Challenge. The youth divided into teams that built and programmed LEGO robots for a variety of tasks, such as delivering balls into a container, pushing items into a pen, racing with other robots, or the popular robot sumo challenge, where the robots try to push each other out of the ring. During the event, the youth were visited by Oregon Governor Kate Brown and Cow Creek Chairman Dan Courtney.



Robot sumo was very popular



Chairman Dan Courtney and Governor Kate Brown visited the youth at the event



The Tribal youth who built and programmed functioning robots from LEGOs

Tribal Firewood Program Revisions

At the August 22, 2018, Board meeting, the Tribal Board of Directors made a decision to amend the Firewood Program to limit the Firewood Voucher to up to \$500 per tribal household. The Tribal Firewood Program is 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. Members 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 \$500 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 \$500 voucher will be issued to the Tribal member to use at one of the participating firewood vendors. The voucher will then be exchanged for firewood.

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 Cow Creek Government Offices Natural Resources Department at (541) 677-5575.

Messages from the Clinic

September Is Suicide Prevention Awareness Month: Make a Difference

Every life matters. Simply put, kindness can save lives. It doesn't take much to show you care, a shoulder to lean on, a listening ear or even a smile can change the course of someone's day.

We all have bad days, but for people suffering from suicidal thoughts, depression, or some form of a mental health issue, a bad day can send them cascading into a dark hole of hopelessness. Be mindful, we all have our battles but some people don't have the strength to fight them alone.

This month, step up and be there for someone who may need someone to show they care. A life is a life, every person is somebody to someone. It's easy to

get busy or distracted and forget that basic concept. Don't get in the mindset that you can't make a difference; people see you even if you feel invisible, and you might be the only person who can reach them.

It has been said our greatest strength as Native people is when we come together – not as individuals, but in community with everything around us. It's time for all of us to come together to restore a sense of purpose and hope in our Tribal communities.

Call 1-800-273-TALK (8255) or visit suicidepreventionlifeline.org.

Just a reminder in case your mind is playing tricks on you:
You matter.
You're important.
You're loved.
Most important.....
Your presence on this earth makes a difference whether you see it or not.

#WeNeedYouHere

Blue Zones Project Corner

BLUE ZONES® POWER 9 - Principle 1: Move Naturally

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

Blue Zones® researchers discovered that many of the world's oldest and healthiest people engage in low-intensity activities on a daily basis. The key is to engage in low-intensity activity most days of the week. 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. Moving naturally is one of them.

You don't have to run out and buy a gym membership to be more active. Instead, build activities that you like to do into your lifestyle, whether it's riding your bike, gardening, walking the dog, swimming, or anything else you enjoy.

Remember when you were a kid constantly on the go? You didn't have to think about it – you just moved for the sheer fun of it! Movement was part of everyday play. Find what you enjoy and do it! If you like an activity, you're much more likely to keep it up, well into your golden years.



Kelly Audiss passes out flyers on Power 9: Principle 1

Top 5 Ways to get moving without thinking about it:

- 1. <u>Move For the Fun of It!</u> Make a list of activities that you enjoy. Instead of thinking of it as exercise, focus on making your lifestyle more active.
- 2. <u>Inconvenience Yourself</u>. Small things, like getting up to change the TV channel or taking the stairs, can add up to a more active lifestyle.
- 3. Are You Ready, Feet? Start Walking. Walking is easy to do and free to anyone! All you need is a comfortable pair of shoes, and you can go almost anywhere. Walking invites company and it can relieve stress after a hard day. Plus, it's good for your ticker if you walk quickly enough to get your heart pumping.
- 4. <u>Strengthen Your Social Connections</u>. Getting active is more fun when you have company. Establish a regular time to walk with your "moai" a group of lifelong friends and build social connections while you take steps to improve your health.
- 5. <u>Grow a Garden</u>. Gardening is a great way to be physically active every day, while reducing stress. It involves a wide range of movements that may improve flexibility, strength, endurance, and balance. Plus, you reap the benefits of having plenty of fresh veggies!

We did it! The Cow Creek Government Office is one of the first worksites to officially be a Blue Zones Project Approved worksite in our area. We are continuing to move forward to reach our goal of making the healthy choice the easy choice by providing our employees with a variety of new activities to be involved with. On September 10th we will be launching our 10 week Worksite Walking Moais. Walking Moais will help create a stronger sense of community in the workplace as well as providing support and motivation to develop a more active lifestyle.

Culture Corner

Taltál - The Transformer (A Traditional Takelma Story), Part 1

Part 1 - The Beginning

Taltál the dragonfly resided by the sea at what is now known as Gold Beach. Taltál saw people's bodies come floating down the Rogue River with legs and arms lopped off, bodies all cut through. Taltál asked himself why this was happening; he waited for a long time and the bodies continued coming towards the ocean.

After a long time passed, he decided to go up the river to find out why this was happening, what was causing the people to die like that. As he traveled up the river he came across a lark, a bird, he shot at it and pierced its nose.

The lark said, "My nephew, I am glad that you pierced my nose! Where are you going"?

Taltál replied "I am going up the river to find out why all the bodies are coming down the river."

Taltál continued on his way, he shot another bird. He shot an arrow way up high and it came down on top of its head. That blood made the bird's head red. It was Taltál's younger brother Woodpecker and now they continued as travel companions.

As they traveled up the river, someone told them: "People are being destroyed at Dilomi! Their bodies are being cut through!"

As they continued up the river to find out why people were dying, they wrestled with oaks bearing white acorns, they wrestled with oaks bearing black acorns, they wrestled with firs, and they wrestled with the ts'aàsaph berry bushes, and they became stronger! They came to a certain person, old woman Bluejay, mother of K'uk'u, a wild man of the woods; there she sat.

"Ah! My Aunt!"

Part 2 - K'uk'u, Wild Man of the Woods, coming in the Culture Corner of next month's newsletter.



Possible Taltál (dahl-dahl): dragonfly Lessons in this story?

- 1. Think before you act.
- 2. Prepare for long journeys, and don't travel alone.
- 3. Eat 'these' foods to be strong while you travel away from home.
- 4. Explanations about how the redheaded woodpecker came to be.
- 5. We are all relatives though we look different (lark, dragonfly and woodpecker)?
- 6. Learning land marks, Dilomi, Rogue River, and Gold Beach?

There are many lessons in traditional stories. Every person who hears it might get a different life lesson.

Crater Lake Currant

Ribes erythrocarpum is an uncommon North American species of currant known by the common name Crater Lake currant. It is native to the Cascade Mountains in Oregon, including inside Crater Lake National Park. The berries are collected in the late summer for consumption.



Crater lake currant

Culture Corner

How Do You Catch a Lamprey?

With a fish trap of course! Fish traps were made from thkwiil (hazel) shoots. By leaving the bark on the branches, the trap lasted longer.

The trap has an inverted cone shaped opening that allows for fish to swim in but is difficult to swim out. Rocks were placed inside the trap to weigh it down and to attract the fish. Dark colored rocks attracted lamprey. Light colored rocks attracted trout.

Once the trap was left in the water for a sufficient amount of time, it was pulled out of the water and the fish were easily removed by untying the top.



A fish trap made from hazel shoots

Compound Tools

In archaeology, some of the more complex artifacts that are found, though they are rare, are called compound tools. A compound tool is a tool that is made up of one or more different materials later put together. An example would be a bow or an arrow. Both the bow and the shaft of the arrow are made of wood, while the bow string and the hafting element of an arrow is traditionally sinew. Additionally, an arrow will have a stone tip and feathers for fletching. All of these different materials (wood, sinew, stone, and feathers) were independently crafted and then combined.

Help Us Celebrate Treaty Day!

Join us at Bare Park on September 22nd from 10 AM to 2 PM as we celebrate our Tribal sovereignty! There will be lunch provided, and presentations from our Wildlife Program, the Elk Conservation and Revitalization Project, and the native plant walk. We will also be highlighting our hunters of this year's tags. RSVP to



The 1853 Treaty

Jennifer Bryant at 541-677-5575.

Mini Cedar Basket Making Class

Join us at the Cow Creek Government Office Board Room on October 13th from 10 AM to 2 PM to learn how to make a mini cedar bark basket! You will learn



Examples of mini cedar baskets

the plaiting technique with the two-strand twine. You can finish your basket with a folding or fringed top. Call Jennifer Bryant at 541-677-5575 to RSVP.



Bows and arrows are an example of compound tools

Emergency Preparedness

Be Careful in the Woods, Even After Smoke Is Gone

Presented by Tracy DePew, Cow Creek Emergency Management Director, via the Nevada Type 3 Incident Management Team As the smoke disappears it is easy to believe the fire is no longer an issue. We tend to feel we can go back into the forest with no consequences, but this is not the case. In many cases, there is still active fire on the interior, and other dangers, such as trees that have been damaged and are waiting for as little as a strong wind to make them fall. Please help us keep you and the firefighters safe by staying out of fire areas.

12 Ways to Prepare for an Emergency Situation

Presented by Tracy DePew, Cow Creek Emergency Management Director, via the Federal Emergency Management Agency

September is National Preparedness Month!

We encourage everyone to take steps to prepare for emergencies in homes, schools, businesses, and communities.

While we don't often know when disasters will strike, we can prepare for them. This September, use this checklist to track your preparedness. Taking just one preparedness action counts! Join us in taking steps to be better prepared for emergencies.



Prepare Out Loud: Rise to the Challenge of a Cascadia Earthquake

The Roseburg Red Cross Prepare Out Loud presentation can empower you to be ready for disasters of all kinds (including a Cascadia earthquake) by taking practical steps to start preparing, being vocal about your preparedness, and encouraging others to start preparing.

Learn more about: human behavior during disasters, what to expect during and after a Cascadia earthquake, how to prepare to quickly locate your loved ones following a disaster, how many supplies you will need, and more.

Please join us at this free-to-attend event on Tuesday, October 23, 2018, from 6 -7:30 PM at the Roseburg High School Rose Theatre. Register in advance at redcross.org/



Learn the facts. Take action. Talk about it.

Government and Programs

The U.S. Census Bureau Is Hiring!

by Dee Alexander, Tribal Affairs Coordinator, US Census Bureau

The U.S. Census Bureau is hiring field representatives in your area and we're asking you to help us. The Census Bureau conducts more than 130 surveys every year. Our ability to conduct continuous surveys - other than the once-a-decade population count — depends on survey takers in the field and our Regional Offices are hiring these workers. Even though we are gearing up to hire workers for the 2020 Census, we still need field representatives for our other ongoing surveys. This is where you can help!

Field Representatives perform a variety of vital functions, such as updating address lists and maps; conducting interviews with residents in assigned areas; explaining the purpose of the census interview; and answering residents' questions. Hours of work for field positions will vary - some require employees to work during the day to see addresses on buildings, while others require interviewing the public usually in the evening and on weekends.

For more information, please go to https://www. census.gov/fieldjobs?CID=CBSM+FRJobs, or call the Regional Office at 1-800-992-3529.



The U.S. Census Bureau is hiring for full-time and part-time Temporary Field Representative positions

FAFSA Application Date Opens Soon

Don't leave money on the table. Here's why it's worth the effort to fill out the FAFSA. The FAFSA helps determine whether students are eligible for federal loans, grants or work-study programs. Many colleges also require it to be on file for their own need-based or merit-based aid packages. In order to receive your Tribal higher education benefits, the Education Department requires that you complete the FAFSA. The new application date, October 1, 2018, allows students the ability to use the 2016 tax return information to complete the FAFSA. This will reduce the need to go back and update information on your application. For more information, please contact Tammie Hunt, Education Director, at 541-677-5575 or thunt@ cowcreek.com.

High School Juniors and Seniors: You've Got Mail

Check your postal mailbox in late October or early November: the Education Department is sending out your future! Inside this package will be all the necessary items for you to find money, the right college/university, helpful strategies, and all of the deadline dates for application submissions and testing. If you don't receive your packet, contact Tammie Hunt at 541-677-5575.

Important Information for Higher Education Benefits

In order to be eligible to receive your Tribal benefits for Higher Education, the Education Department requires students attending college or university on a full time basis to apply for an additional outside scholarship. Remember that most scholarship applications have a deadline before the month of April 2019 for the 2019 - 2020 school year. Ask your college or university if they have a diversity scholarship. That is a great place for Native American students to find additional funding.

Government and Programs

Elders Water Aerobics Are Returning!

The Tribe is happy to announce that Elders water aerobics are coming back in November. These classes will be available on Tuesdays and Thursdays from 9 - 9:45 AM at the Seven Feathers RV Resort in Canyonville, Oregon.

There is a limited amount of space in the pool per class, so if you are interested in participating, please call the AOA Coordinator in the Human Services Department at 541-677-5575.



Halloween at the Tribal Gardens

Don't miss this exciting event at the Tuú Yap'a Xumá Tribal Garden (I-5 Exit 101) on October 20, 2018, from 1 - 3 PM. There will be food, fun, games, prizes, candy, and pumpkins! Wear your costume to participate in a costume contest.

Please no drop-offs! Please bring your own lawn chairs. Please RSVP with Kayla Knight at 541-677-5575, so that we have enough food and prizes.

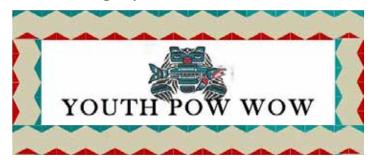


2018 Cow Creek Youth Pow Wow

When: November 10, 2018

<u>Where</u>: Seven Feathers Convention Center Time: Dinner (Tribal families only) at 4:30 PM, Grand Entry (open to the public) at 6 PM.

Please call Kayla Knight at 541-677-5575 to RSVP. She can also give you more information.



Make Sure Your Address Is Current for Distribution Checks

If your address has changed, then you need to make sure the Government Office knows about it; otherwise, you may not receive your distribution check in November.

To update your address, mail a Change of Address form to the Government Office, or fax it to 541-673-0432. Those with minor children not living in their households need to make sure that the childrens' updated addresses are on file at the Tribal Government Office to allow for proper notification of events and Trust Fund information. Contact Vanessa Pence at 541-672-9405 for more information on Change of Address Forms.

Annual Tribal Elders Dinner and Blanket Ceremony

Save the date: Saturday, November 10th, held at the Seven Feathers Convention Center.

Registration forms will be mailed to you to reserve a Hotel room and Dinner tickets to this special annual occasion! This event is by invitation only.

Government and Programs

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

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	8 Tribal Family Picnic 11 AM - 3 PM @ Bare Park
9 Elders Trip	RSVP Deadline for Treaty Day	11 Senior Meal Food Bank Open 9 AM - 11 AM	12 Freedom from Smoking Class	Elders Trip 13 Senior Meal Takelma Classes	Elders Trip 14	Elders Trip 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: 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.

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Senior Meal	3	4 Senior Meal	5 Elders Monthly Luncheon	6
7	8 GO Closed for Columbus/ Indigenous Peoples Day	9 Senior Meal Food Bank Open 9 AM - 11 AM	10 Freedom from Smoking Class	11 Senior Meal Takelma Classes	12	13 Mini Cedar Basket Class @ GO 10 AM - 2 PM
14	15	16 Senior Meal	17 Freedom from Smoking Class	18 Senior Meal Takelma Classes	19	20 Halloween at the Gardens 1 - 3 PM @ Tribal Gardens
21	22	23 Senior Meal Food Bank Open 2 PM - 4 AM Red Cross Prepare Out Loud 6-7:30 PM @ Roseburg High	24 Freedom from Smoking Class	25 Senior Meal Takelma Classes	26	27
28	29	30 Senior Meal	31 Freedom from Smoking Class			

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

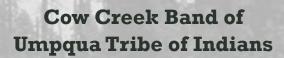
Freedom from Smoking: 4 PM @ Roseburg Clinic

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.



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

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