

# Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 29, Issue 9 September 2019

We will be known forever by the tracks that we leave.

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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)

#### Seven Feathers Casino Ranks in Top 10 Casinos in America

Recently, *Business Insider* used TripAdvisor reviews to rank the top 50 casinos in America, and the Seven Feathers Hotel and Casino Resort ranked in 10<sup>th</sup> place, beating out many Las Vegas casinos, such as the Bellagio and Caesar's. This amazing honor is made even more special by the fact that the rankings are based on guest reviews.

"It's ranked by how the guests score you when they visit," says Shawn McDaniel, General Manager at Seven Feathers, "so our success is all due to our team members. It's their friendly service that did it. I know they're better than anyone in the U.S., and this ranking confirms that. You can have a beautiful casino, but if the guest service is terrible, then it doesn't mean anything."

McDaniel attributes much of the great customer service that the team provides to the amazing work environment that the casino provides, thanks to the generosity of the Cow Creek Tribe.

"The Tribe has invested in the team members here, and that is paying off. People have longevity here, and feel like part of the family. They feel valued, and they go the extra mile to pass that on to the guests."

Business Insider's ranking isn't the only accolades the team at the casino has earned. Recently, Seven Feathers was listed as one of the nominees for Casino of the Year in the International Event Buyers Association's annual Industry Awards. The ceremony will declare the winner on October 29, 2019. Even if Seven Feathers doesn't win the award, even being nominated is a huge honor.

All of the Tribe's businesses are always making improvements, such as the Truck and Travel Center upgrading their bathrooms this winter. The Seven Feathers casino is planning a renovation of the hotel during late fall and winter, and also plans to upgrade the casino entrance.

To start, a new gift shop will be constructed in the lobby, up the ramp, where guests can get tickets without going into the shop. Next, the arcade will be moved into the gift shop's current position next to the entrance. Finally, the arcade's current position will be renovated into the Takelma Cafe, a combination bakery and pizza restaurant that will provide 24-hour room service to hotel rooms via the service elevators nearby. This will replace the current Kabi Cafe.



The new exterior paint makes it easy to project lights of any color on the walls for event-specific mood lighting

#### Tribal Youth Council Holds 3rd Annual Retreat

The Tribal Youth Council held its 3<sup>rd</sup> Annual Retreat on August 16-17, 2019, in Sandy, Oregon, where 13 council members attended. The annual retreat involves council members in engaging in a 3-4 hour work session where they hold elections of new titled officers, set activities and project goals for the upcoming year, and review their mission statement, Constitution, and Bylaws. The council currently holds 17 members.

"As the lead advisor," says Kelly Warner, Cow Creek Tribal Workforce Development Manager, "I am thrilled at seeing our membership grow in ways that exceeded my expectations. In working with these dynamic students who take their council roles and responsibilities with great pride and leadership, I believe the Tribe will start to see more of them in the community and within Tribal events."

Some planned events on this year's Council calendar include the 2<sup>nd</sup> Annual Nine Tribe's Youth Summit, the Festival of Trees, fundraising projects, the Treaty Day celebration, Culture Camp, Culture Conference, Camp Millenium, and other LCIS (Legislative Commission on Indian Services) events.

Following the work session, the Council enjoyed some "adrenaline time" at Mt. Hood Adventure Park at Ski Bowl where they zip lined, rode on the alpine slide, bungee jumped, raced go carts and Indy carts, and walked on suspension bridges from tree-to-tree. A special thanks to Tribal chaperones Robert and Melissa Lowell for their continued time and support.



2019 - 2020 Tribal Youth Council Officers, left to right: Monte Sertain (Alternate), Elizabeth Bryant (President), Kellee Gearin (Vice President), Lance Gipson (Treasurer)



Aubrey Rainville "flies" on the zipline at Mt. Hood Adventure Park



Left to right: Nick Lowell, Michael Zimmerman, Hannah Lowell, Aubrey Rainville, Alyssa Rainville, Madison Fife, Elizabeth Bryant, Melissa Bryant, Kellee Gearin, Thunder Estabrook, Lance Gipson, Monte Sertain, Lightning Estabrook

#### **Summer Youth Employment Opportunity Program a Huge Success**

The Tribe's Workforce Development program's Summer Youth Employment Opportunity program was able to place 12 Tribal students in summer work experience positions this year: a record-breaking number for the program.

During this 10-week program, students gained valuable skills such as: communication, customer service, developing work ethics, and other specialized training. Positions included: limited laborer in construction and maintenance, Tribal Government Office receptionist, assistant to Emergency Management, Human Services' assistant, PA referral assistant at the South Clinic, UIUC office assistant, Takelma Roasting Co. event assistant, and EHYC's program aide. These working environments proved successful learning sites in career exploration.

Two of our Tribal youth who recently graduated from high school will go onto be hired in longer-term positions. One has become a seasonal maintenance limited laborer, and the other has been offered and accepted a position as assistant cook/EHYC program assistant at the new preschool located in the Tribal Community Center in Myrtle Creek.

"My special and heartfelt thanks to the directors, supervisors, and department managers who allowed these students to develop invaluable work skills and abilities," says Kelly Warner, Tribal Workforce Development Manager.

If your business or department seeks to provide a learning work environment to our Tribal youth for next summer, please contact Kelly Warner, Workforce Manager at (541) 677-5575 ext. 5222 or email at <a href="mailto:lnfo-workforce@cowcreek.com">lnfo-workforce@cowcreek.com</a>.



Tribal students working as limited laborers to help construct Tribal housing



Aria Mathison working with Adrionna Brim, Tribal
AOA Coordinator

#### **Obituary: Francis Elaine Davis**

Elaine Davis passed away in Roseburg, Oregon, on Saturday, August 3, 2019, at the age of 76 years old. She had a long, difficult battle with Alzheimer's Disease.

The daughter of Ben and Alcie Jantzer, she was born on November 22, 1942, in Grants Pass, Oregon. She grew up in Azalea, Oregon, on Starveout Creek Road, which, in those days, was very remote and rural. She was an honor student at Grants Pass High School, and graduated in 1960.

Elaine's husband Larry also grew up on Starveout Creek Road, and they knew each other since they were very young. Larry and Elaine dated in high school, then married in 1963, and had their daughter Kris in 1964. The couple was married for 56 years.

The family moved to Boise, Idaho, in 1966, where Larry started his long-time career as a commercial paint contractor. Elaine was a stay at home mom, caring for their daughter until 1977, when she was hired at Hewlett Packard in Boise, where she worked for 28 years.

Elaine and Larry loved to go camping and fishing and spent many years traveling around Idaho enjoying the beautiful outdoors. They also loved dogs, and over the course of many years, had two very loved and spoiled dogs: Measley and Peppy.

The couple also had a great love of golf. They played together for many years, and traveled all over the west to experience different courses. Larry took Elaine to Maui, Hawaii, in 1995 to watch the PGA Senior Skins Tournament with Arnold Palmer, Lee Trevino, Jack Nicklaus, and Ray Floyd. It was a great adventure for them.

Elaine always loved gardening, something she inherited from her parents. Larry built a big, beautiful greenhouse for her at their home in Boise, and she spent many happy and peaceful hours tending her huge variety of plants and flowers. After retirement, that was her primary source of happiness and relaxation. Whenever they had

visitors, the first thing Elaine would do was to show them what was new in the greenhouse.

Their daughter Kris and her husband Derek had a daughter Cheyanne, and Elaine and Larry spent a lot of time



Elaine and Larry Davis

caring for her when Kris and Derek were working or out of town. Cheyanne had many fun times and silliness with her grandparents. Cheyanne has fond memories of all the gardening, shopping, and lunching she did with her Grandma Davis.

Elaine was a very compassionate and caring person, who would open her home to family and friends whenever it was needed, no questions asked and no judgement ever. Family could always depend on a helping hand from her, and a kind ear to hear problems and concerns in people's lives. She always saw the bright side of the situation, and just wanted her family to be happy.

In 2015, Elaine and Larry moved back to their home state of Oregon, specifically Myrtle Creek. They both have enjoyed having family nearby, and they have appreciated all the support and help they have gotten from their nephew Dustin and his family, and also from Larry's sister Linda.

Elaine is survived by her husband Larry, her brother Steve Jantzer, her daughter Kris Schenck, her granddaughter Cheyanne Schenck, her sister-in-law Linda McAnnelly, her sister-in-law Marcella Golden, her niece Merissa Golden, her nephew Ron Golden, her neice Misha Dacy, and her nephew Dustin Looney.

#### **Another Meaningful Year at the Huckleberry Gathering**

On a warm, sunny morning, Tribal members traveled up the mountain to partake in an event that has been happening since time immemorial: gathering huckleberries.

Attendees shared many stories of "when I was young" and "when I used to come here" from everyone. It was concluded that the timber has changed in all those many years; whether by fires or encroaching fir trees, "the landscape just looks different," attendees said.

"What a great day to get those delicious berries and spend time with loved ones," said Jennifer Bryant, Event and Activity Specialist. "I look forward to next year's harvest and am grateful for those who attended this year."



The trip was a fun experience, even when not picking huckleberries



Fresh-picked berries in a hand-woven cedar basket

#### You Can Help Us Restore the Huckleberry Patch

The Natural Resources Department has partnered with the Rogue River Siskiyou National Forest, Umpqua National Forest and a nonprofit group to restore portions of the Huckleberry patch that burned in the 2017 High Cascades Complex fire. We will be planting huckleberry seedlings after the first rains this fall.

If you are interested in helping with planting, please call Jennifer Bryant at 541-677-5575. Please note that planting dates will be weather dependent and as much advance notice as possible will be given to volunteers regarding the dates and times.



Huckleberries are a Tribal first food

#### Seven Feathers Hotel Remodel Sale

As the Seven Feathers Hotel begins its remodel in October, hotel management is offering Tribal members a unique opportunity to purchase the surplus furniture at incredible prices. The remodel will be done one floor at a time, so there will be four different sales as each floor is cleared of surplus furniture:

- Tuesday, October 1, 2019
- Thursday, November 7, 2019
- Monday, January 5, 2020
- Tuesday, February 11, 2020

Each sale will be held while supplies from that floor last. Tribal members will be asked to present their Tribal ID. Both cash and card are acceptable forms of payment, and there is no limit on how many items each individual may purchase. Items must be paid for at Hotel Front Desk.

All items are being sold at \$5 per piece, regardless of item. For sale on each date are 66 each of night stands, entertainment centers, closets, benches, and lamps, 80 each of chairs, and approximately 14 King-sized headboards and 52 Queen-sized headboards.

For more information, please contact Jasmine Naylor at 541-839-1152 or jasmine.naylor@sevenfeathers.com.



King headboard



Oueen headboard



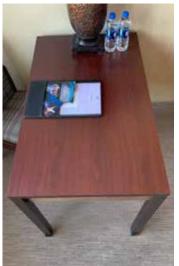
Bench













Big chair

Small chair

Desk

Closet

#### Tribal Members Get Free Admission at Oregon Zoo "World Rivers Day" Event

The Tribe's Natural Resources Department's Water and Environmental Resources Program (WERP) has been working with the U.S. Fish & Wildlife Service, the Oregon Zoo, the Columbia River Inter-Tribal Fish Commission and other Pacific Northwest Tribes on a Pacific Lamprey exhibit at the Oregon Zoo in Portland.

The exhibit will feature five adult Pacific lamprey and incorporates a cultural connections component. The Cow Creek Umpqua Tribe will be featured prominently in the exhibit. The Tribal name and Takelma word for lamprey (xtáan) will be etched into the exhibit and a photo of a Cow Creek Tribal youth teething on dried lamprey will also be part of the display. Lamprey are a culturally significant first food source for the Tribe and the species plays an important ecological role in rivers of the Pacific Northwest.

The grand opening of the exhibit will be on World Rivers Day, September 29<sup>th</sup>, and Tribal members are welcome to attend. There will be a cultural ceremony from 10 - 11:30 AM and public activities from 12 - 3 PM. WERP staff will have a booth set up with information on the Tribe's Lamprey Program at the event.



Lamprey were an important Tribal first food

The zoo is extending free admission to all American Indian/Alaska Natives for both World River's Day (September 29<sup>th</sup>) and Indigenous Peoples' Day (Oct 14<sup>th</sup>) for those who want to see the lamprey exhibit. To access free admission on these days, people just need to show proof of Tribal affiliation or descendent status (Tribal ID, CDIB, etc.). Free admission will be offered for up to four family members per card.

If you have questions about the exhibit or event please contact Kelly Coates at 541-677-5575.



# Child Care Provider Information Night

October 22 2019

5:30 p.m. - 7 p.m.

Located at 1600 NW Stewart Pkwy. Roseburg, OR 97471

Join us for dinner and information session to learn more about becoming a DHS listed child care provider, what it takes to become a licensed provider in the state of Oregon and the supports available to providers as they care for the children in our community. There is a big need for childcare providers in Douglas County, you could be part of the solution.

PARA ASISTENCÍA EN ESPAÑOL POR FAVOR LLAMAR A GIO PIÑEDA Á 541-714-0991 🖔

Kindly Respond CCPROVIDER\_RSVPIFY.COM 541-315-1310 by October 15th. 2019

Space is Limited PRIORITY WILL BE GIVEN TO THE FIRST 50 PEOPLE TO RSVP

# Treaty Day Celebration Tribal Family Picnic

September 21, 2019 10AM-2PM Bare Park Treaty Day is a day to celebrate the signing of the treaty that was signed on September 19, 1853. Please join us for talks about the treaty, sovereignty, and celebrate who we are today. There will be fun kids games and don't miss out on the <u>raffle!</u> We will also be honoring the Tribal Board Members for all they do for us.

Lunch will be provided by Rolling Thunder BBQ. RSVP to Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com

# Culture Corner

#### **Traditional Dance: Ladies Fancy Shawl**

This is a modern style of dance that is very popular among the younger girls and women. They wear a yoke or vest/yoke combination that is either beaded or elaborately-appliqued or sequined, a flared kneelength skirt, and a shawl opened wide over their shoulders and held at the edges in both hands. They also wear leggings that are beaded or elaborately-appliqued cloth or sequins, and beaded moccasins. They usually wear eagle plumes and/or feathers, and long ribbon streamers hanging from their beaded hair ties.



Ladies fancy shawl is one of the more active types of traditional women's dance styles

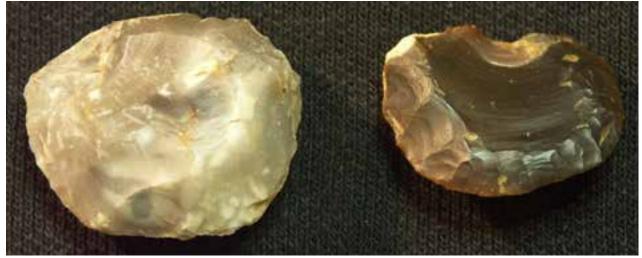
#### **Archaeology: Scrapers**

One of the most important stone tool types that would have been included in any toolkit is the scraper. A scraper is a worked tool that is made for woodworking, or to help clean hides or process plant materials.

A scraper is made with a specific function in mind, particularly in regards to the edge angle of the blade. Take, for example, processing an animal hide: To remove the fat and tissue from the underside of the hide, you would want an edge angle that is wider

or steeper to cut through the tissue but that would glide along the hide so as to not cut it. Conversely, to remove the hair from the other side of the hide, a more acute (narrower and sharper) edge angle is needed, but so too is caution needed, as now the scraper could cut through the hide more easily.

Scrapers could also be made with different elements, like notching to form teeth for a sawing motion, or a concave edge to help work wood shafts or handles; this is called a spokeshave.



Examples of scrapers made from stone

# Culture Corner

#### First Foods: Golden Chinquapin

Golden Chinquapin, or *Chyrsolepsis chrysophylla*, have a light brown, spiny burr that hides a triangular nut that are good to eat. You can identify this peèm (tree) by the laàp<sup>h</sup> (leaves), which are evergreen, leathery, tapered at both ends, and golden underneath. These trees are found over most of western Oregon below an elevation of 5000 feet. Be on the lookout for this hidden treasure.



Golden Chinquapin

#### **Cattail Basket Class**

Date: September 20, 2019

Time: 10 AM - 5 PM Place: Bare Park

Did you read last month's article about lep'ees (cattail mat)? Did that make you curious on how things are made with cattails? Join us at Bare Park for a cattail basket making class. Celeste Whitewolf and Cow Creek Tribal member Beth Gipson will teach us how to make a cattail basket.

RSVP to Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com.

Learn how to weave your very own cattail basket

#### **NNABA Basket Weaving Event**

The Culture Program is proud to announce that we will be hosting a Northwest Native American Basketweavers Association (NNABA) event from 9 AM to 4 PM on both October 19<sup>th</sup> and 20<sup>th</sup> at Seven Feathers Casino. This event is open to all Native Americans interested in basket weaving. Teachers are being provided by the NNABA committee, and all proceeds go to benefit the NNABA's mission of promoting, preserving, and perpetuating Northwestern native american basketry.

As a special bonus, the Cultural Program is covering the registration fee of \$90 for all Cow Creek Tribal members who wish to attend. Lodging, meals, and material kits are not included in the registration fee, so please bring some extra cash to pay teachers directly for material kits. To take advantage of this offer, contact Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com. Contact must be made by October 7<sup>th</sup>.



Don't miss out on this great opportunity

# Messages from the Clinic

#### Flu Shot Has Unexpected Benefits for Adults 65 and Older

Protection from the flu virus is definitely worth the discomfort of a shot—and that's true for almost everyone. But for older adults, the benefits may go even further. The flu shot may be linked to a lower risk of stroke or death after a hospital stay.

In a study that spanned 11 years, researchers in Denmark followed the recovery of nearly 90,000 patients age 65 and over after they left intensive care. The patients who had received flu shots before their illness fared better in the year after their hospital stay. That first year is a crucial time when patients are at high risk for death or life-threatening complications, researchers said.

People who had received flu shots:

- Had a 16% lower risk of stroke.
- Had an 8% lower risk of dying the year after the illness.
- Had fewer serious complications overall.

This was true even when the patients with flu shots had more chronic illnesses and took more medicines than those who skipped the flu shot.

Given the safety and low cost of flu shots, researchers said more adults over 65 should get vaccinated. Although they cautioned that it was not yet clear if the flu shot was solely responsible for the better outcomes, they believe it may play a significant role.



Contact the Cow Creek Health and Wellness Centers to find out how you can live a happier, healthier, longer life

The Centers for Disease Control and Prevention (CDC) and Cow Creek Health & Wellness Centers (CCH&WC) recommend a flu shot for everyone 6 months and older, but it's especially important for people 65 and older. They are at high risk of developing complications from the flu. Yet only 69% of seniors get the flu shot, according to CDC.

Cow Creek Health & Wellness Centers encourage you to get a flu shot. Due to supply shipment timing, we will have Flu Vaccines available for our patients after October 15, 2019. If you require the vaccination earlier than that, there are many resources throughout the community that offer it now, including some pharmacies. The important thing is to get it.

Be well, and call CCH&WC for an appointment at 541-672-8533 (Roseburg, Oregon) and 541-839-1345 (Canyonville, Oregon).

#### **September Is Suicide Prevention Awareness Month**

September is Suicide Prevention Awareness Month. The Cow Creek Prevention team is spreading awareness this September with targeted media advertising. This month Roseburg moviegoers will see our new suicide prevention PSA during the preshow advertisements. Because so many teens frequent our movie theater, we found this to be an ideal opportunity to reach them.

14 Our message to teens is about reaching out

to their friends in distress and asking if they are thinking about suicide. Research shows that the number one way to prevent suicide is to talk about it. When a people feel comfortable discussing issues around suicide, we can save lives. Because suicide is preventable.

The Cow Creek Prevention Team is dedicated to suicide prevention awareness in our community. Contact us at 541-672-8533 to learn more.

# Blue Zones Project Corner

# BLUE ZONES® POWER 9: Breakfast Basics

By Kara Dressler, Cow Creek Health and Wellness Center, Clinic Communications Coordinator

According to numerous studies, only about a third of American adults regularly eat breakfast, and over 50 percent skip breakfast at least once a week. Mornings can be hectic, but science has proven the importance of breakfast, time and time again.

Make the first meal of your day your biggest, and only eat three meals a day. Ideally, breakfast or the first meal of the day will consist of protein, complex carbohydrates (beans or veggies), and plant-based fats (nuts, seeds, oils). There's a wealth of scientific evidence that suggests front-loading calories to the earlier part of the day supports both weight loss and may help reduce risk factors for heart disease. What researchers have found is that people on diets who front-load calories to the earlier part of the day are generally more successful - they lose more weight overall and lose more inches around the waste.

Put together a hearty meal using any of the four Blue Zones Breakfast Basics:

- Cooked whole grains
- 2. Fruit & veggie smoothies
- 3. Beans
- 4. Tofu scrambles.

For something easy and delicious, try either of the two recipes on this page.

#### **Sunbutter Breakfast Cookies**

#### Ingredients

- 1 banana
- 3 tbsp. sunflower seed butter
- ½ cup rolled oats
- 2 tsp cinnamon
- 4 dates
- 2 oranges



Image courtesy of MyRecipies.com

#### **Directions**

- 1. Preheat the oven to 375°F/190°C.
- 2. Mash the banana with fork until it's a soft puree.
- 3. Cut each date into tiny pieces.
- 4. Add the mashed banana, sunflower seed butter, rolled oats, cinnamon, and dates in a bowl and mix until fully blended.
- 5. Drop the dough by the tablespoonful onto a cookie sheet, then press down slightly to make cookies.
- 6. Bake for 10 minutes, then allow to cool. Enjoy your delicious healthy treat with an orange on the side!

#### Strawberry-Vanilla Chia Seed Pudding

#### **Ingredients**

- 3 cups unsweetened almond milk
- 2 tsp vanilla extract
- 3 tbsp. maple syrup
- ½ tsp cinnamon
- ½ cup + 2 tbsp. chia seeds
- 3 cups fresh strawberries

#### **Directions**

In a bowl, whisk together
 unsweetened almond milk,
 vanilla extract, maple syrup,
 and cinnamon. Pour liquid
 mixture over the chia seeds



Image courtesy of <u>bluezones.com</u>

- and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together.
- 2. Let sit in the refrigerator overnight. Mixture will thicken.
- 3. In the morning, slice strawberries. Stir chia pudding and top with fresh strawberries.

# **Emergency Preparedness**

#### **September Is National Preparedness Month**

Presented by Tracy DePew, Cow Creek Emergency Management Director

As we've seen in recent weeks with wildfires and Hurricane Dorian, heeding the warnings and directions of government and other official sources are key when actions need to be taken during a disaster. One of the most effective tools is individual and family preparedness for emergencies.

Just like the motto "All disasters are local," also true is the adage that preparedness needs to begin with individuals and at home. A stark realization during our earlier spring snow event was how many households were not prepared to shelter in place or endure long periods of time without utility service, such as electricity. Interruptions to transportation also became an impediment to people being able to access items of basic need.

Much of these impacts can be avoided by preparing in advance and having a plan. The bottom line is that while government is here to assist in a disaster and protect the public and property the most effective thing people can do is to prepare themselves, their families and homes for whatever emergency might come their way.

This year, FEMA has divided National Preparedness Month in to 4 weekly themes. They are outlined here, but visit <a href="https://www.ready.gov">www.ready.gov</a> for more information.

Week 1 (Sept. 1-7): Save Early for Disaster Costs

- Check your insurance coverage and review the Document and Insure Property Guide.
- Visit <u>Floodsmart.gov</u> to learn more about flood insurance and how to protect your home or business.
- Plan financially for the possibility of disaster.
- Complete an Emergency Financial First Aid Kit

#### Week 2 (Sept. 8-14): Make a Plan to Prepare for Disasters

- Make an Emergency Plan.
- Sign up for alerts and warnings in your area.
- Learn your evacuation zone and have an evacuation plan.

#### Week 3 (Sept. 15-21): Youth Can Help with Preparedness

- Visit <u>www.ready.gov/youth-preparedness</u> and/or <u>www.ready.gov/kids</u>.
- Kids may engage with children-focused preparedness programs, such as:
  - The U.S. Fire Administration's "Sesame Street Fire Safety Program for Preschool Children."
  - Ready Wrigley, by the Center for Disease Control.
  - Owley Skywarn, by the National Weather Service.

# Week 4 (Sept. 22-30): Get Involved in Community Preparedness

- Visit <a href="https://www.nvoad.org">www.nvoad.org</a>, <a href="https://www.nvoad.org">www.nvoad.org</a>
- Watch www.ready.gov/today for State and Local information.



PREPARED, NOT SCARED





**National Preparedness Month 2019** 

# Government and Programs

# Opening on the Cow Creek Tribal Housing Review Board

There is an opening on the Cow Creek Tribal Housing Review Board. The board was organized for the purpose of establishing, reviewing, and enforcing regulations of the Tribal Housing Community. The main goal for the Housing Board is to assist the Housing Director with providing clean, safe housing for our Tribal members. The Housing Board has the authority to adopt rules, regulations, and procedures as deemed necessary to run and operate an effective housing community, in accordance with NAHASDA regulations.

Applications are open to any Tribal member who is interested in housing for the Tribe. To apply, send your resume to the Cow Creek Government Offices at 2371 NE Stephens Street Suite #100 Roseburg, OR 97470, or by email to <a href="mailto:SThompson@cowcreek.com">SThompson@cowcreek.com</a>. Resumes must be received by October 7, 2019.

# 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 541-677-5565. 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.



The Cow Creek Government Offices are here to help you

# September 2019

Cum days	Monday	Tuosday	Wodnoodor	Thursday	Evidore	Catuaday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 GO Closed for Labor Day	3	4	5 Senior Meal	6 Elders Monthly Culture Items Class @ 7F 10 - 11:30 AM	7
					Elders Monthly Luncheon 12 PM @ 7F	
8	9	10 Senior Meal Food Bank Open 9 AM - 11 AM	11	12 Senior Meal	13	14
15	16	17 Senior Meal	18	19 Senior Meal Takelma Classes	20 Cattail Basket Class @ Bare Park 10 AM - 5 PM	21 Treaty Day Celebration and Family Picnic 10 AM - 2 PM @ Bare Park
22	23	24 Senior Meal Food Bank Open 2 PM - 4 PM	25	26 Senior Meal Takelma Classes	27	28
29 Oregon Zoo (Portland) Lamprey Exhibit Grand Opening 10 AM - 3 PM Free admission (See page 9)	30					

# Regular Activity Times and Places

Senior Meals: 12 PM @ TCC

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

**GO:** Government Offices, Roseburg, OR

TCC: Tribal Community Center (formerly the

Education and Workforce Center), Myrtle Creek, 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 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meal Seven Feathers Hotel Remodel Sale @7F	2	3	4 Elders Monthly Culture Items Class @ 7F 10 - 11:30 AM Elders Monthly Luncheon 12 PM @ 7F	5
6	7 Tribal Housing Review Board Resumes Due NNABA Basket Weaving Event RSVP Deadline	8 Senior Meal Food Bank Open 9 AM - 11 AM	9	10 Senior Meal	11	12
13	14 GO Closed for Columbus/ Indigenous Peoples Day Oregon Zoo (Portland) free admission (See page 9)	RSVP Deadline for Child Care Provider Information Night	16	17 Senior Meal Takelma Classes	18	19 NNABA Basket Weaving Event 9 AM - 4 PM @7F
20 NNABA Basket Weaving Event 9 AM - 4 PM @7F	21	22 Senior Meal Food Bank Open 2 PM - 4 PM Child Care Provider Information Night (See page 10)	23	24 Senior Meal Takelma Classes	25	26
27	28	29 Senior Meal	30 Tribal Veteran Fall Gathering @7F 11 AM - 3 PM	31 Senior Meal Takelma Classes		

# Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

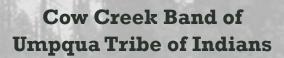
Youth: 2 PM @ TCC

GO: Government Offices, Roseburg, OR

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

**7F:** Seven Feathers Casino Resort **BH**: Block House, Canyonville

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



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