

# Wik'uuyam Heeta'

"Friend, Away from Here"

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



**Tuú Yap'a Xumá Tribal Garden**

Volume 26, Issue 10  
October 2016

**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 5:30 PM

No Walk-Ins. Please Call for Same-Day Appointment

### **Canyonville Clinic Hours**

Monday - Friday 8 AM to 5:30 PM

No Walk-Ins. Please Call for Same-Day Appointment

## Office Closures

January -- New Year's Day

January -- Martin Luther King Jr. Day

February -- Presidents' Day

May -- Memorial Day

July -- Independence Day

September -- Labor Day

October -- Columbus Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

# Letter from the Chairman

## Quarterly Letter from Chairman Daniel Courtney

As we enter into the fall season, there continues to be many challenges and opportunities facing the Tribe. With the threat of the Coquille Tribe placing a casino in the Medford, Oregon area, our Tribal team continues to work the issue at the local, state, and federal level that includes the Department of Interior and the White House. We received word in late June that Larry Roberts, the Assistant Secretary of Interior, would be making a decision “soon” and “this year.” However, since that time we have seen little progress and are concerned that any decision may now be postponed until after the Election in November. The reality of a casino in Medford would result in significant loss of revenue and approximately 500 jobs at Seven Feathers.

Recently, the Tribal board took an introspective look at current policies and procedures of the Tribal Board of Directors. As a result of concerns over several years, the Tribal Board has reviewed the 2007 rule regarding eligibility for holding a position as a member of the Tribal Board of Directors and being employed by the Tribe as well. After a lengthy discussion, it was agreed that as the Tribal Constitution states, anyone who is 21 years of age and has not been convicted of a felony, or has received a pardon for that felony, may run for a position on the Board of Directors; however, the board further agreed that employees of the Tribe who are elected would have to resign from their current position with the Tribe to accept the Board position. This determination was made to avoid conflict of interest and the appearance of conflict of interest. For more information on this policy, see page 4 of this newsletter, and please refer to the Tribal website for the complete Election Code ([www.cowcreek.com/tribal-government/cow-creek-government/election-code/](http://www.cowcreek.com/tribal-government/cow-creek-government/election-code/)).

For some exciting news, the Seven Feathers Truck and Travel Center has made some big changes. After a remodeling project over the last several months, the newly designed high end deli is open as is the brand new look for the convenience store. If you have an opportunity, stop by for a sandwich.

The Cow Creek Tribe graciously hosted the luncheon for the Open World Delegation on September 29th. See the article on page 8.

I ask that we all remember the tragic loss from the event at UCC last year. As we pass the 1 year anniversary, I am so proud of our very own Janet Cooper in our Natural Resource Department and how she has focused her grief from the loss of her son, Quinn into a positive force that is making a difference by creating the “Make Your Ripples Count” movement, featured on page 6 of this edition of the newsletter. I encourage you to like her Facebook page at [www.facebook.com/MakeYourRipplesCount](http://www.facebook.com/MakeYourRipplesCount). The message Janet is promoting on behalf of Quinn is admirable.

Sincerely,

Daniel Courtney,  
Chairman of the Board of the Cow Creek Band of Umpqua Indians



# Tribal Board of Directors Membership

The Cow Creek Band of Umpqua Tribal Board of Directors (the “Board”) is the principal governing body of the Cow Creek Band of Umpqua Tribe of Indians (the “Tribe”). It consists of eleven Tribal members who are at least 21 years of age on the date of the election, and who have never been convicted of a felony. Board Members are elected by a vote of enrolled members of the Tribe who are 18 years of age or older.

The Board oversees the activities of the Tribe, and acts on behalf of the Tribe to set policies, goals, and objectives that will insure that future generations of Tribal members will endure, succeed, and prosper. The Board does not manage the day-to-day activities of the Tribe though.

Rather, the Board appoints officers to carry out the day-to-day activities of the Tribe, and oversees the work of its officers to ensure they are acting in the Tribe’s best interests.



A Board Member who is also employed by the Tribe, or by Tribal enterprises, may have difficulty acting in the Tribe’s best interests because the Board Member’s dual role may interfere with clear lines of authority, or may create a conflict of interest or a perception of favoritism. For instance, a manager attempting to supervise an employee who also has the ability as a Board Member to influence the manager’s employment raises a lines-of-authority issue. Such a situation could influence the manager’s actions based upon the possible risk to his or her employment, instead of the manager acting strictly in the best interests of the business. Similarly problems may arise if there is a perception that the Board Member/employee is treated more favorably than other employees. Whether the perception is true or not, the appearance could have an adverse impact on coworker morale. And finally, a conflict of interest could arise if a Board Member is in the position to make a decision that affects the business or organization where he or she is employed.

To avoid such problems, the Board has enacted the following policy regarding UIDC and Tribal Board Membership:

- 1) UIDC and Tribal Board Members shall not be employed by the Tribe, or the Umpqua Indian Development Corporation (“UIDC”); and,
- 2) Current UIDC and Tribal Board Members who are Tribal employees or UIDC employees may finish their current Board term, but upon the conclusion of their current term, they must either resign from employment if re-elected to the Board, or not serve as a Board Member if they choose to maintain their employment; and,
- 3) Employees of the Tribe or UIDC may run for election to the Board, but must resign from employment when they begin their term on the Board.

The Board hopes that these two policies will safeguard the long term health, security, and permanency of the Tribe. The Board invites any Tribal Members with questions to submit such questions in writing to the Board, or to contact the Tribal Attorney. This is a summary of the policy. You may view the full policy in its entirety on the Cow Creek website at [www.cowcreek.com/tribal-government/cow-creek-government/election-code/](http://www.cowcreek.com/tribal-government/cow-creek-government/election-code/).

## Emergency Preparedness Luncheon for Elders

The quarterly Luncheon for Tribal Elders was held at Seven Feathers on 9/15/16. This quarter's theme was "Emergency Preparedness". The luncheon was coordinated by Adrionna Brim and Cindy Grizzle. The theme was chosen to correspond with National Preparedness Month as declared by President Bush after 9/11. During the presentation, Elders heard a presentation about the Tribe's Emergency Management Program and how Elders and families can begin to prepare at home for disasters or unexpected emergencies by Tracy De Pew, Director

of Emergency Management. Tribal Member Elders attending the luncheon also received an Emergency Preparedness starter kit which contained basic supplies, such as a hand crank flashlight and radio, emergency blanket, preparedness information and basic first aid kit. The American Red Cross was also present to provide information about personal preparedness and the home smoke detector installation program offered by the Red Cross. Kits will also be distributed at the Elders Honor Luncheon in November.



## Tribal Youth Opens Mariners Game

On Friday, September 2<sup>nd</sup>, 8 year-old Tribal member William Davis Dacy was chosen from the stands of Safeco Field to kick off the game by saying "Play Ball!"

Tribal member Linda McAnelly took her grandchildren Will and Norah to the Seattle Mariners baseball game against the L.A. Angels, where Russell Wilson gave the opening pitch. Little did they know that Will would be picked out of his seat in the 2nd row out on center field to open the game and meet Russell Wilson. After giving the opening shout of "Play Ball," he and Norah ended up catching three balls during the course of the game.



If you would like to feature a story about a Tribal member, please contact the Communications Coordinator Brick Andreasen at [BAndreasen@cowcreek.com](mailto:BAndreasen@cowcreek.com).

## The Tribal Gardens Receive a Takelma Name

The Tribal Board of Directors recently approved a name for the Tribal Garden. It will now be known as the "Tuú Yap'a Xumá Tribal Garden."

Tuú Yap'a Xumá means "good people food" in Takelma, and is pronounced "do yapa whooma".

The name will be posted at the Gardens soon.



# Tribal News

## Government Office Employee Makes Her Ripples Count

Tribal employee Janet Cooper has begun a stirring movement called “Make Your Ripples Count.” The mission statement reads as follows:

“The ‘Make Your Ripples Count’ movement originated from the tragic loss of my 18 year old son Quinn Glen Cooper, who lost his life after being shot on October 1, 2015 at Umpqua Community College. I taught my boys, Cody and Quinn, to Make Your Ripples Count always. By that, I meant do good in this world because you never know how far reaching even the smallest act of kindness or compassion will go. Even a simple smile can have a huge impact. Quinn not only lived by this code he danced through life trying new things, meeting new people and reaching out to the world at large. His life was one of making ripples upon ripples that will go into infinity.

“The ‘Make Your Ripples Count’ movement is about continuing what Quinn started. It’s about each one of us making ripples of good that will continue to reach far and wide. We know we can’t fix all that is wrong with this world. What we can do is repair it one smile at a time, one act of kindness at a time, one ripple at a time. Please join us in making a difference. If we all commit to making our ripples count one person at a time, before we know it there will be more good than evil in this world. Together we can do great things.”

To learn more about the movement, visit [www.facebook.com/MakeYourRipplesCount](http://www.facebook.com/MakeYourRipplesCount) or send an email to [makeyourripplescount@gmail.com](mailto:makeyourripplescount@gmail.com).



## The Seven Feathers Rodeo: A Grand Tradition

During September 17<sup>th</sup> and 18<sup>th</sup>, the seventeenth annual rodeo sponsored by Seven Feathers was held at the rodeo arena built on the Tribal property off I-5's Exit 101. Board members Gary Jackson and Rob Estabrook, with the support of dozens of other Tribal member volunteers, have kept the tradition going despite everything that life has thrown in the way during the seventeen years since the rodeo's inception.

Each year, Gary Jackson and his wife lead a riderless horse around the arena to honor all the soldiers and Tribal members who have passed away in the last year. Additionally, Robert Van Norman and the Color Guard honor the Cow Creek Tribe by presenting the Eagle Staff. Another tradition is the “Century Roping” event, where a team of riders whose ages total over 100 are let loose to rope animals in the arena.



## **Oregon Youth Development Council Visits the Tribal Community Center**

Cow Creek Education Department Director Tammy Hunt hosted staff from the Oregon Youth Development Council at the Tribal Community Center (formerly the Education and Workforce Center) during September.

Center Program Specialist Amber Lomascola led a demonstration on beading, as well as a continuation of a previous mosaic tile art project. As a result, the Center was featured on the Oregon Youth Development Council's website, which can be read at the following web address:

[www.oregonyouthdevelopmentcouncil.org/visit-to-cow-creek-education-and-workforce-center/](http://www.oregonyouthdevelopmentcouncil.org/visit-to-cow-creek-education-and-workforce-center/)

Photo courtesy of the Oregon Youth Development Council.



## **A Great Time at the Tribal Picnic**

On September 10th, over 100 Tribal members gathered under the warm sun to participate in the Tribal picnic. With a barbecue-style meal and lots of produce from the Tribal gardens, attendees enjoyed time together with good food. Youth who attended participated in egg-balancing games and water balloon tossing, while adults took part in a big raffle for prizes like a fire pit, a barbecue, patio tables, gift cards, and more. Tom and Peggy Cox escorted former Chairwoman Sue Shaffer to the event. Tribal Elder Clem Rice gave a Takelma blessing on the meal. We look forward to seeing more Tribal members come out to attend this event next year!

## **Cow Creek Tribe Hosts 2016 West Coast Salmon Summit at the Seven Feathers**

The Cow Creek Tribe hosted the third annual West Coast Salmon Summit at the Seven Feathers Casino Resort. The summit, which brought together scientists, agency representatives, policy analysts, and tribal and public members, was held from the 26th to the 29th of September. Dozens of representatives from environmental agencies all over the West Coast congregated in the convention center, sharing accomplishments, research, and plans for future identifying and solving salmon recovery problems.



Cow Creek Natural Resources Director Jason Robison and Water and Environmental Resources Program Manager Kelly Coates headed the Steering Committee that organized the event. The committee included Cow Creek Director of Forest Management Tim Vredenburg, Public Affairs officer Susan Ferris, and many others. They steered scheduling, inviting guests and speakers, and directing Cow Creek Communications Coordinator Brick Andreasen in designing and publishing [www.salmonsummit.org](http://www.salmonsummit.org).

This year also featured the presentation of the first ever Frank and Jeanne Moore Award for Conservation Excellence, which Tribal CEO Michael Rondeau presented to Frank Moore himself during the banquet. Frank Moore is renowned for his environmental conservation work, part of which is detailed in the film *Mending the Line*. The award was created to recognize individuals or groups who have a long-standing record of significantly contributing to conservation efforts in innovative ways

# Tribal News

## **Cow Creek Tribe Hosts University Delegates from Ukraine**

For the 10<sup>th</sup> year, the Cow Creek Tribe hosted a luncheon for delegates from Ukrainian universities participating in the congress-funded “Open World” program that allows professors from Ukraine to visit Oregon universities and learn how Americans conduct higher education. The five exceptional female professors from Ukraine all had PhDs while only being in their 30s. Representatives from the Tribe, as well as representatives from various levels of government, were in attendance.

CEO Michael Rondeau shared information with the delegates about the Tribe’s sovereignty and efforts in the community, and was followed by representatives from Federal, State, and local government. After that, the Ukrainian delegates shared presentations about the Kremenchuk Mykhailo Ostrohradskyi National University and the Uzhhorod National University, the two schools that they represented. The Tribe and the Ukrainian delegates exchanged cultural gifts in a spirit of mutual gratitude and learning. after the luncheon.



## **A New Opportunity for an Experienced Employee**

Kelly Warner is a familiar face at the Tribe, as she has worked for the Tribe for over a year and a half. However, she has now taken the position of Manager of the Tribal Workforce Development Program, where she will be focusing on helping Tribal youth ages 14-24 develop skills and find opportunities for careers.

With 13 years of experience working with youth and young adults as a College and Career Advisor and Youth Transition Specialist, as well as assisting with Title III programs for the Tillamook School District, she brings a lot to the position. She will help Tribal members prepare through career exploration, building quality resumes and interviewing skills, job shadowing, work experience, internship and apprenticeship opportunities, and much more. She will emphasize building strong relationships and allowing students to develop personal growth, self-esteem, and independence via a self-directed approach. She looks forward to communicating with Tribal members through future newsletter articles, events, and other information beneficial to students and families. She wants to help Tribal youth better themselves, and help Tribal members become stronger together. She can be contacted for more information at 541-677-5575.



## **Opening on UIDC Board**

There is an open position on the Board of the Umpqua Indian Development Corporation for a Tribal member. UIDC board members meet the 4<sup>th</sup> Monday of each month to review financial progress and policies about Tribal businesses. To apply, send a resume to Vanessa Pence, who can be contacted for more information at [VPence@cowcreek.com](mailto:VPence@cowcreek.com) or 541-672-9405. If you have applied for this opening within the last year, then there is no need to apply again. Applications must be received by December 16, 2016.

## **Make Sure Your Address is Current for the 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 address on the form, or fax it to 541-677-5565. Those with minor children not living in their households, 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. Checks will be mailed on 11/12/16. Please allow for 7-10

**8** days for postal delivery.

## Halloween at the Gardens

The Annual Halloween Party will be held on October 22<sup>nd</sup> from 1 - 3 PM at the Tribal Gardens. Please join us for food, fun, games, prizes, candy, and of course pumpkins! Wear your costume to participate in the costume contest. We recommend you bring your own lawn chairs. This is a drug and alcohol free event. Please, no drop-offs! For more information and to RSVP your space, please call Kayla Knight at 541-677-5575 by October 17<sup>th</sup>. Sponsored by the Youth Activities Committee and the Behavioral Health Prevention Department.



## Youth Pow Wow

The Annual Youth Pow Wow will be held on November 12<sup>th</sup> at the Seven Feathers Convention Center, (Dogwood, Evergreen, & Fir Rooms). Doors open at 4 PM. Dinner is at 4:30 PM and Grand Entrance at 6 PM. Please call to RSVP and order sweatshirts for youth ages 3-18. Orders must be received by Friday, October 28. To RSVP, contact Kayla Knight at 541-677-5575. This is a Drug and Alcohol Free Event. As per Government Office Policy, if you are planning on being a guest drum, you must be pre-approved PRIOR to the event. There will be no exceptions made. Contact Sophia Gosselin for more information about drumming at 541-677-5575.



## Upcoming Culture Classes

- New Takelma Class: Oct. 24<sup>th</sup>, and Nov 12<sup>th</sup>, 28<sup>th</sup>  
6 - 7 PM @ Tribal Community Center (formerly EWC)
- Ongoing Takelma Class: 10 AM - 12 PM @ TCC  
Oct. 6<sup>th</sup>, and Nov. 3<sup>rd</sup>, 10<sup>th</sup>, 28<sup>th</sup>
- Basket Weavers: Oct. 4<sup>th</sup>, 24<sup>th</sup>, and Nov. 1<sup>st</sup>, 14<sup>th</sup>, 28<sup>th</sup>  
2 - 5 PM @ Canyonville Block House
- Youth Drum: 4 - 6 PM @ TCC, Nov. 8<sup>th</sup>, Dec. 13<sup>th</sup>
- Family Drum: 5-7PM @Block House, Nov 10<sup>th</sup>, Dec 8<sup>th</sup>

## Reschedules and Cancellations

The October 4<sup>th</sup>, and October 6<sup>th</sup> Classes for 2-3 year olds has been rescheduled for November 15<sup>th</sup> at the Tribal Community Center In Myrtle Creek (formerly known as the EWC) and on November 17<sup>th</sup> in the Board Room at the Government Offices in Roseburg. See page 12 for more information.

There will be no Family Fun Night on October 18<sup>th</sup> at the Tribal Community Center, and no Family Fun Night on October 20<sup>th</sup> at the Tribal Government Offices. This program will resume in January.

Additionally, there will be no Round Circle Reading Group on Thursdays at the Government Office. The classes on Tuesdays will still take place at the Tribal Community Center (Formerly the Education Work Force Center – EWC) from 10 - 10:45 AM. If you are interested in having a Round Circle Reading Class in Roseburg, please call Kayla Knight at 541-677-5575 to reserve your place.

## For Tribal Elders:

The Annual Elders Honor Dinner and Blanket Ceremony is scheduled for 4 PM Saturday, November 12, 2016, at the Seven Feathers Casino Resort Convention Center in the Cedar and Birch Rooms. Watch your mail for a “reservation form.” All reservations must be received by the office by October 20<sup>th</sup>. Each Elder can bring their spouse or one guest.

The Elders Annual Holiday Luncheon is scheduled for December 2<sup>nd</sup>, 12 PM, at the Seven Feathers Casino Resort, Grape/Huckleberry Rooms. RSVP with Cindy Grizzle at [cgrizzle@cowcreek.com](mailto:cgrizzle@cowcreek.com) by November 25<sup>th</sup>. Bring a gift to participate in the gift exchange.

## Upcoming Elders Exercise Classes

The Dance Club class will come to a close on October 27<sup>th</sup>, but Elders shouldn't worry! The Water Aerobics Class will start up again on November 1<sup>st</sup>, and the New Exercise Class will start for the first time on November 7<sup>th</sup>. For more information on these classes, please contact Adrionna Brim at 541-677-5575.

# Education Corner

## News from the Tribal Community Center and Expanding Horizons Youth Center

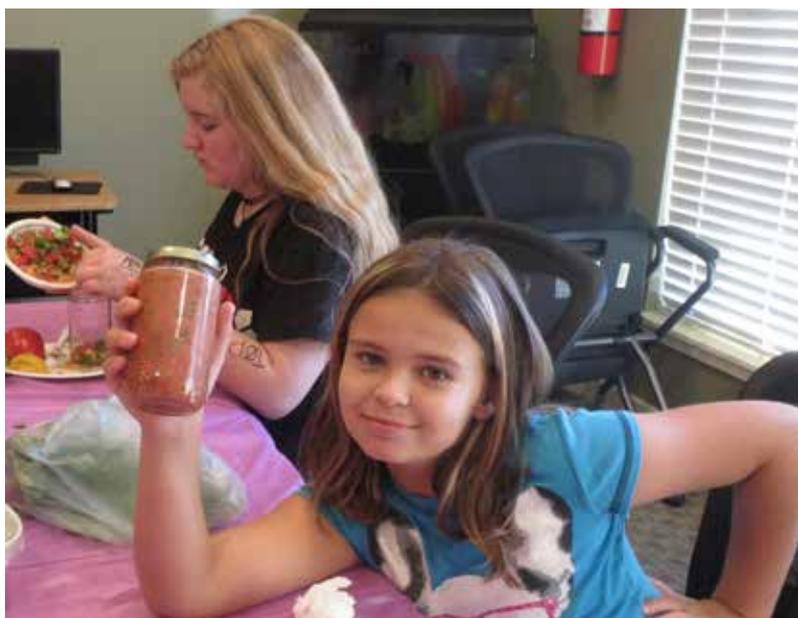
The Tribal Community Center (formerly the Education and Workforce Center) has surely benefited from what the Tuú Yap'a Xumá Tribal Garden has supplied. Our youth have enjoyed many new and seasoned fruits and vegetables throughout out the summer and into our fall season. The variety offered by the garden has provided a great example for the youth in making healthy food choices today and into the future.

The summer program dined on Asian Pears, apples, and cucumber salad. Mixed berry and strawberry smoothies were a staple treat served to the youth, thanks to the Gardens beautiful varieties. Since the beginning of school, our students have acquired a liking for sweetened butternut squash, stuffed zucchini, and frequent snacks of cherry tomatoes. Corn on the cob and the variety of melons have been a favorite for all the students.

Corn, Zucchini, and green beans have been prepared and stored for use later in the year. The youth are learning seed preparation by peeling, collecting and drying green bean, squash, and corn kernel seeds that they will plant next spring. We had a full day of salsa making here at the Center. Each youth left with a jar to share with their families.

Colorful flowers, hazelnuts, and pumpkins of various sizes have been used throughout the classroom as decoration and in various craft projects made by our tribal youth.

Any leftover fruits and vegetables not used during the week at the TCC are offered to families of our enrolled students. The gratitude and willingness to try new foods and the ability to enjoy well-loved favorites is a benefit for our members. For more information about Center activities, or to enroll your Tribal youth in grades 4<sup>th</sup>-12<sup>th</sup>, please contact Amber Lomascola at 541-860-7296 or email [alomascola@cowcreek.com](mailto:alomascola@cowcreek.com).



## New FAFSA Application Date

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, 2016, allows students the ability to use the 2015 tax information to complete the FAFSA. This will reduce the need to go back and update information on your application.

The Education Department is holding two FAFSA workshops on November 1st at the Tribal Community Center, and November 2<sup>nd</sup> at the Government Offices. For more information, please contact Tammie Hunt, Education Director, at 541-677-5575 or [thunt@cowcreek.com](mailto:thunt@cowcreek.com).



## You've Got Mail!

Junior and Senior High School Students, check your postal mailbox in October, because 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 or university, helpful strategies, and all of the deadline dates for submission of applications and testing.

If you have not received a packet, please contact Tammie Hunt at [thunt@cowcreek.com](mailto:thunt@cowcreek.com).

Please note that in order for Tribal students attending college or university full-time to receive their Tribal benefits, they are required to contact the Education Department. Remember that most scholarship applications have a deadline before April 2017. Make sure to submit your FAFSA as soon as you can.

## A NIGHT FOR PARENTS AND STUDENTS TO PREPARE FOR COLLEGE

- College and University Representatives will be present
- How to pay for college – scholarships, benefits, grants
- Financial Aid and advice on filing your FAFSA – New Availability in 2016
- Native American scholarship opportunities

Hosted by the Cow Creek Education Department

## AMERICAN INDIAN COLLEGE NIGHT

Wednesday  
October 19, 2016  
6:00 pm – 9:00 pm  
\*Dinner Provided\*

Cow Creek Tribal Board Room  
2371 NE Stephens St  
Roseburg, OR 97470

For more information call 541-677-5575

# Government and Programs

## Early Learning Programs

Do you want to receive over \$150 worth of games and activities? Do you want to be entered into a drawing to win a FREE 8" KINDLE FIRE HD with Wi-Fi and 32 GB Memory?

If so, two great programs will be taking place beginning in November in 2 locations and running through the 2016-2017 school year. If you have a 2-3 year old child who is already in or preparing for pre-school or Head Start, or a 4-5 year old child who is preparing for Kindergarten in the Fall of 2017, join us for dinner and an interactive class in order to learn how to best teach your children and prepare them for pre-school, Head Start and Kindergarten. The classes consist of 4 different meetings, each covering a different topic. Dinner, free resources, materials, books and supplies will be provided. During the last class, someone will receive a FREE Kindle Fire. Childcare services may be available (Please indicate if you need childcare services when you RSVP). Please call Kayla Knight at 541-677-5575 to RSVP your spot in this wonderful and exciting educational opportunity. This program is open to all Tribal Parents. Parents with children who fall into both class ranges are welcome to attend both series. Dates and locations are as follows:



Classes for Parents with children 2-3 Years Old (Pre-School & Head Start Preparedness)

2 Locations and Dates (4 Class Series)

- Tribal Community Center in Myrtle Creek, 6:15 - 8:15 PM. Nov 15, Jan 3, Mar 7, May 2
- Tribal Government Offices Board Room in Roseburg 6:15 - 8:15 PM, Nov 17, Jan 5, Mar 9, May 4

Classes for Parents with children 4-5 Years Old (Pre-Kindergarten Preparedness)

2 Locations & Dates (4 Class Series)

- Tribal Community Center in Myrtle Creek, 6:15 - 8:15 PM. Nov 1, Feb 7, Apr 4, May 16
- Tribal Government Offices Board Room in Roseburg 6:15 - 8:15 PM, Nov 3, Feb 9, Apr 6, May 18

## New Diabetes Prevention Program

Worried about developing diabetes? Do you want to become as healthy as you can be? If you answered yes, then the new Diabetes Prevention Program is for you! This intensive 8-week program has had over 50 people with pre-diabetes and metabolic syndrome see results. Over 400 pounds have been lost, blood sugars have returned to normal, and cholesterol dropped by an average of 20 points!! Take off and keep off the pounds with customized weekly classes from your own personal Registered Dietitian and Lifestyle Coach! To join our new and improved Diabetes Prevention Program, please contact Erin Audiss, RD at 541-672-8533 or Jill Boyce, RD at 541-839-1345.

## Free Eye Exams from OHSU's Casey Eye

OHSU's Casey Eye Exam Bus will be coming to the Cow Creek Health & Wellness Center in Canyonville from 9 AM to 3 PM on November 5<sup>th</sup>! Exams are open to all Tribal Members, however, preference is given to those with diabetes and those without vision insurance. Please allow up to 2 hours for your exam to be completed as you will move between different stations to have the exam done. This is largely a volunteer-ran service and therefore takes longer than a typical eye appointment would. We will also be helping participants obtain eye glasses as funding allows. If you are interested in signing up or want more information, please contact Jill (541-839-1345) or Erin (541-672-8533).

## Healthy Living with Diabetes

The Cow Creek Health & Wellness Center's diabetes self-management classes are for those living with diabetes who want to learn how to be the healthiest they can be! In these monthly classes we review a different topic, have group conversation, eat a diabetic friendly meal and have giveaways! Our next class topic is Healthy Eating. Registration is required so please call either clinic (541-672-8533 or 541-839-1355) to sign up. The next class will be held at 5 PM on November 28th at the Roseburg clinic.

# Government and Programs

## Special Tribal Services and Programs

Free Douglas County Bus Passes! - The Bus Pass program is offering free monthly passes for Tribal adults, students, Elders, and disabled in Douglas County. These passes are refreshed every month, but there are a limited amount, so request yours today!

Energy for Those In Need - The Tribe's Low Income Heating and Energy Assistance Program (LIHEAP) is offering energy assistance for those who need it. This is offered once a year for Tribal members in the seven-county service area who meet the qualifications on income and status. Resource and referral information can also be provided.

For more information on any of these services or programs, or to find services or supports in your area, please contact Sarah Thompson, Resident & Self-Sufficiency Manager, at 541-677-5575 or [SThompson@cowcreek.com](mailto:SThompson@cowcreek.com)

## Cow Creek Self-Sufficiency Program

Are you unemployed, under-employed or looking for a career path? Do you need assistance acquiring the skills needed to become employed? Are you homeless or under-housed? Do you have goals you are trying to attain, but have no idea how to get there? Do you need help managing a budget? Or trying to get out of debt? Are you interested in homeownership and credit counseling? If you answered yes to any of these questions, the Cow Creek Tribal Self-Sufficiency Program may be the help you need to break down your barriers and set you on course to your desired goals.

Sarah Thompson has been working with the Cow Creek Tribal Housing Program since 2013. She has recently become certified to teach home-buyer and credit counseling classes as well as perform one-on-one coaching. These activities include but are not limited to: access to Employment, Financial Counseling, Homeownership, and General Life Skills.

For more information, or to request a Client Intake Form, contact Sarah Thompson, Resident & Self-Sufficiency Manager, at 541-677-5575 ext. 5282 or by email at [SThompson@cowcreek.com](mailto:SThompson@cowcreek.com).

## 7 Reasons to Use Teladoc

Did you know that you now have a Teladoc membership that can connect you with a licensed physician via phone or video anytime, anywhere? In fact, Teladoc has connected its members with doctors across the U.S. more than 1,000,000 times, making it the leader in telehealth!

To begin using your Teladoc membership, register your account today. And for added convenience, download the Teladoc app. If you have any questions about your Teladoc membership, please do not hesitate to contact us at 541-677-5575.

## What in the World are the Book Kiosks?

The Cow Creek Tribal Education Department received a grant which has enabled them to purchase 3 Book Kiosks. Book Kiosks have been springing up all over the country for the past 5 years. How does it work?

All you need to do is borrow a book from the Kiosk, and when you are done reading it, place it back for the next person to enjoy. If you like the book and want to keep it, than by all means do so. Just please place another appropriate book of your choosing in the Kiosk so that they are full of books all the time.

Staff from the Education Department will restock the Kiosks weekly with new books, so frequent it often to find something new. There are books for all ages, from Board Books for your baby and toddler, to Adult Novels and everything in between. Research shows that school aged children, from Kindergarten to 12th grade, who read, or are read to, for at least 20 minutes a day will have a much greater chance of success in school than children who don't read at home. So grab a book, return a book, and have fun exploring the great world of books. For more information, please contact Mark Andrews at 541-677-5575.



# October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Senior Meal  Yoga Class  Nahankuotana Weavers Group 2-5 PM @ Block House	4 Senior Meal  Dance Club  Round Circle Reading Group @ TCC	5 Senior Meal	6 Takelma Class  Dance Club  Round Circle Reading Groups @ GO	7 Elders Luncheon 12 PM @ 7F	8
9	10 Government Offices Closed for Columbus Day/ Native American Day	11 Senior Meal Dance Club Food Bank Open 9 AM - 12 PM Youth Drum 4 - 6 PM @TCC Round Circle Reading Group	12 Senior Meal	13 Family Drum 5-7 PM @ BH  Dance Club	14	15
16	17 Senior Meal  Yoga Class	18 Senior Meal	19 Senior Meal	20 Dance Club  RSVP Deadline for Elder Honor Dinner	21	22 Halloween at the Tribal Gardens! 1 - 3 PM
23	24 Senior Meal  Yoga Class (Last Day)  Nahankuotana Weavers Group 2-5 PM @ BH	25 Senior Meal  Dance Club  Food Bank Open 1 - 4 PM	26 Senior Meal	27 Dance Club (Last Day)	28 RSVP Deadline for Youth Pow Wow	29
30	30 Senior Meal  Diabetes Self-Management 5 PM @ GO					

## Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Dance Club: 10:45 AM to 11:30 AM @ Canyonville Clinic

Takelma Class: 10 AM - 12 PM @ Block House

Round Circle Reading Group: 10 - 10:45 AM @ TCC

Yoga Class: 9:15 - 10:15 AM @ Zory's Yoga Shed,  
300 Pleasant Ave, Myrtle Creek

**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.

# November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meal Water Aerobics  Nahankuotana Weavers Group 2-5 PM @ BH  Round Circle Reading Group	2 Senior Meal	3 Takelma Class  Water Aerobics  Kindergarten Prep 6:15 PM @ GO	4 Elders Luncheon 12 PM @ 7F	5 Free Eye Exams from Casey Eye 9 AM - 3 PM @ South Clinic
6	7 Senior Meal  Exercise Class	8 Senior Meal Water Aerobics Food Bank Open 9 AM - 12 PM Youth Drum 6 - 7 PM @ TCC Round Circle Reading Group	9 Senior Meal	10 Takelma Class  Water Aerobics  Family Drum Practice 5-7 PM @ BH	11	12 Youth Pow Wow 4:30 PM @ 7F  Annual Elders Dinner & Blanket Ceremony 4 PM @ 7F Doors open 3 PM
13 Tribal General Council Meeting 10 AM Lunch Provided  Food Bank open after meeting	14 Senior Meal Exercise Class Takelma Class 6 - 7 PM @ TCC Nahankuotana Weavers Group 2-5 PM @ BH	15 Senior Meal Water Aerobics Round Circle Reading Groups PreSchool Prep 6:15 PM @ TCC	16 Senior Meal	17 Takelma Class  Water Aerobics  PreSchool Prep 6:15 PM @ GO	18	19
20	21 Senior Meal  Exercise Class	22 Senior Meal Water Aerobics  Food Bank Open 1 - 4 PM  Round Circle Reading Group	23 No Senior Meal Today	24 Thanksgiving Day GO Closed  No Water Aerobics	25 GO Closed	26
27	28 Senior Meal Nahankuotana Weavers Group 2-5 PM @ BH  Exercise Class Takelma Class 6 - 7 PM @ TCC	29 Senior Meal Water Aerobics  Round Circle Reading Group	30 Senior Meal			

## Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Water Aerobics: 9 - 9:45 AM, 10 - 10:45 AM @ Seven Feathers RV Resort, Canyonville

Takelma Class: 10 AM - 12 PM @ Tribal Community Center

Round Circle Reading Group: 10 - 10:45 AM @ TCC

Exercise Class: 11 - 11:30 AM @ South Clinic in Canyonville

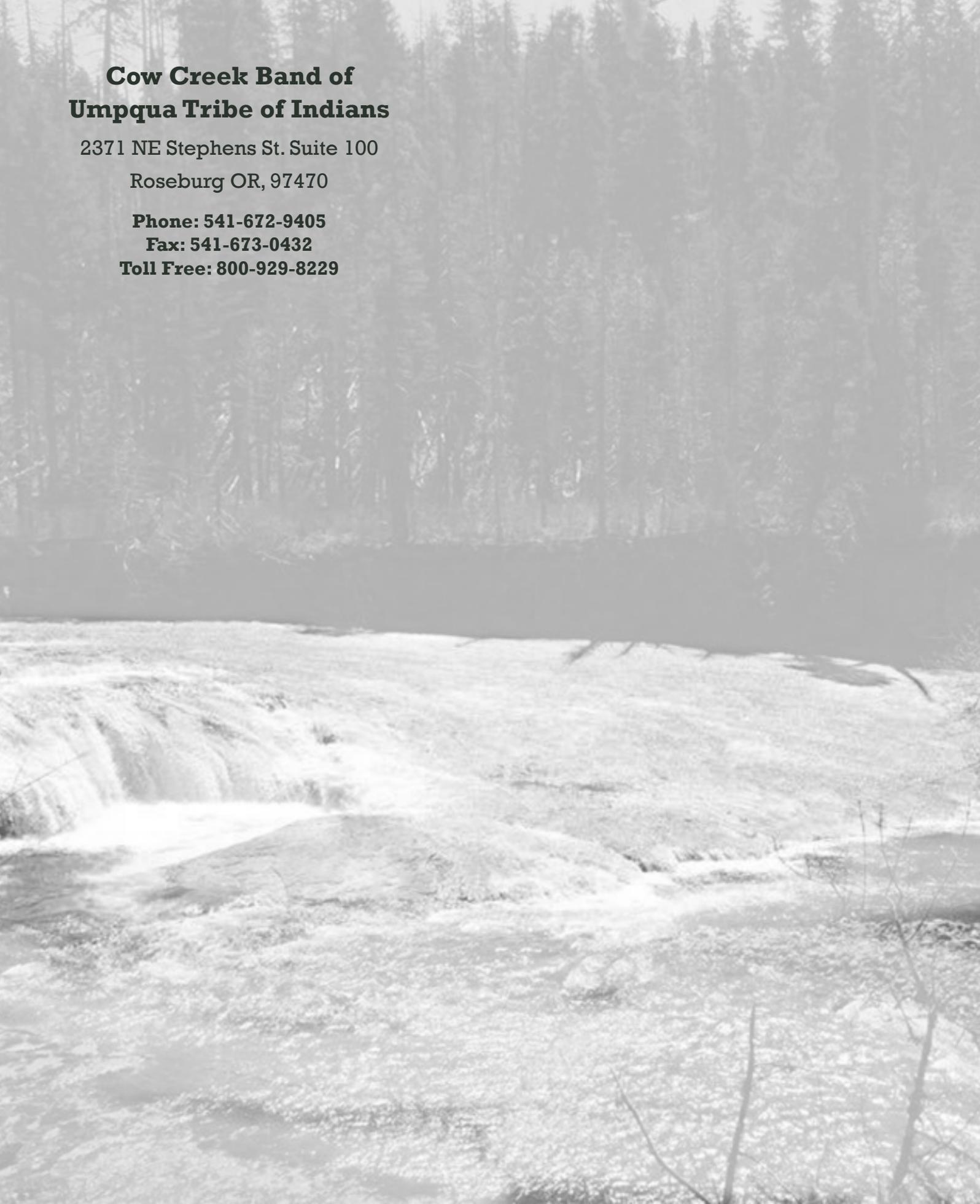
**GO:** Government Offices, Roseburg, OR

**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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