



Wik'uuyam Heeta'

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

Volume 26—Issue 6

June 2016

Inside This Issue

Chief Miwaleta Day 2016

See details on the activities and stories of this year's Chief Miwaleta Day (Page 3)

American Indian Week

Recently, Governor Kate Brown celebrated Native Americans with a special honor. (Page 7)

29 Chances to Learn

There will be 29 special Takelma language classes held throughout the summer (Page 7)

Pow-Wow and More

See the dates for the 2016 Pow Wow at South Umpqua Falls and other upcoming events (Page 8)

Schedules

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

July 4: Independence Day



The Tribal Gardens Prepare for Summer

Spring and summer, due to the warmth they bring as winter fades away, are often depicted as symbols of life, growth, and rebirth. In the case of the Tribal Gardens near Canyonville, Oregon, spring and summer mean much more, as planting and cultivating the ongoing crops on the 14 acres of land takes a lot of worthwhile work.

Mary Laurance, the chief gardener who tends this plot of land, works hard with Mark Stewart, a full-time garden worker, to keep the garden in good shape. 2 Tribal member interns and 2 part-time Tribal member assistants will help this summer. Mary has plenty of experience making things grow; she's an Oregon-born, third-generation rural crop gardener who learned valuable tricks of the trade from her father and grandfather. She says that they taught her that the secret of gardening is hard work.

Mary was hired last year to "make the gardens pretty and productive." In the last year of hard work, she has certainly accomplished those two goals, and ended up with an incredible amount of produce at the end of last year. As she is nearing retirement age, Mary hopes to pass on what she's learned about the Tribal garden to the next person hired into the position.

This year's work is already beginning to show promise. In February, they used a greenhouse to grow a large variety of plants during winter months that normally prove impossible for farming. It is not currently in use, as summer temperatures inside the greenhouse can reach over 300 degrees Fahrenheit. As spring pushed winter aside, it allowed for planting on the 14 acres of land in the gardens.

Already, blueberries have started to ripen, and the marionberries are not far behind. Strawberries have only recently been planted, so they will likely be ready later on in the year. The orchard, which didn't produce as much last year due to being newly planted, has been showing pears, apples, plums, and prunes in force. The gardeners have also planted tomatoes, peppers, green beans, cucumbers, watermelon, cantaloupe, pumpkins, and more. If the weather cooperates, these plants will be ready for harvesting throughout the summer and fall.



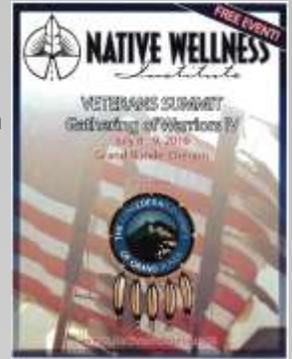
The 4th Annual Veterans Summit

The Native Wellness Institute and the Confederated Tribes of Grand Ronde will be presenting and hosting the 4th Annual Veteran's Summit on July 8-9, 2016 at the Spirit Mountain Casino Resort in Grand Ronde, Oregon. This will be an honor to our people who serve in the military.

The summit will touch on topics like PTSD, mental health, suicide prevention, self care, transition from soldier to civilian, and more. There will also be many activities, such as talking circles, veterans benefits coordination, employment information, traditional games, and much more.

It will feature speakers from the Navajo Code Talkers, as well as Linda Woods, Woman Eagle Staff Carrier. Meals will be provided, and camping is available at no cost. The Confederated Tribes of Grand Ronde Marce Norwest Veterans Pow Wow will occur after the Summit, on July 8-10, 2016.

For more information, and to obtain a brochure and application, contact Rhonda Richardson at 541-677-5575 or RRichardson@cowcreek.com.



Kenny Rogers Concert to Benefit Vietnam Memorial Wall Replica

Kenny Rogers will be singing at the Expo Jackson County Fairgrounds on Thursday, July 7th, as part of his Final World Tour, which is exciting enough by itself. However, this concert serves another purpose: it is also a fundraiser to help the Southern Oregon Veterans Benefit construct a replica of the famous Vietnam Memorial Wall to stand in Jackson County, Oregon.

Ron Kohl, President of SOVB, "We are grateful for the support the Cow Creek Tribe has shown to our effort. Many Veterans can't travel to Washington D.C. to see The Wall that lists all 58,262 Vietnam Veterans' names. We want to make that memorial more accessible by having another Wall permanently installed here in Medford."

Tickets are \$50 and \$60, and can be purchased by calling 877-772-5425, purchasing online at sevenfeathers.com, or in person at the Seven Feathers Casino Resort Box Office. For more information on Kenny Rogers' Final World Tour, go to kennyrogers.com.

Voter Registration Update

From time to time, the Tribal Government Office receives inquiries regarding specific information on the Tribal Election. The proper administration of tribal elections is one of the highest priorities and most important functions of the Tribal Government. The Tribal Constitution details who is eligible to vote, how and when elections are conducted, how nominations occur, and also the qualifications for candidates. The Constitution further directs the Tribal Board to adopt an ordinance governing the conduct of tribal elections.

Many years ago, the Tribal Board of Directors deliberated at length before it adopted the Tribal Election Ordinance to ensure that it provided for a fair and impartial election. It provides for how the elections will be conducted. The Ordinance covers issues ranging from nominations to campaigning, and from vote tabulation to registration procedures. Many tribes require their membership to come to the reservation to a polling location to participate in the election process. In order to allow maximum participation in Cow Creek Tribal elections by the membership regardless of where they reside, the Cow Creek Tribal Board opted to conduct elections exclusively by mail, rather than requiring membership to come to a specified polling location.

The Ordinance also provides that the voter registration period be closed prior to nominations and opened immediately **following the election. Voters must register in advance of the nominations meeting for that year's election to provide** enough time for the Election Committee to meet deadlines that are required to administer an absentee election. Additionally, the Tribe uses an outside, independent CPA/Auditing Firm to physically manage the required materials, i.e., campaign materials, ballots, etc. In order to provide proper notice to the Tribal membership, and properly account for all ballots, the Election Committee needs all three months to successfully satisfy all of its duties. The registration deadline is consistent with many other Tribes and States which have similar deadlines, and again is necessary because of the absence of on-site polling locations.

Voter registration is encouraged throughout the year. Annually, voter registration forms are mailed out to all 18 year olds. Notifications are frequently advertised in the tribal newsletter for members to register and registration forms are included periodically throughout the year. Additionally, the forms are available at the Tribal Government Office as well as at Tribal General Council Meetings. Tribal members are encouraged to update their signatures occasionally.

A Hot Day of Excitement at the Chief Miwaleta Day Celebration!

Our 7 Feathers Directors and Chefs came together to cook and serve a fabulous meal all in appreciation of our Tribal families! The spread included a crab boil, elk skewers, K- Bar burgers, and hotdogs, along with roasted acorn squash, BBQ corn on the cob, and so much more! We topped it all off with huckleberry ice cream cones.

Dignitary Participation

It was great to share our day with our Tribal Chairman, Mr. Dan Courtney and Brenda Malara who came to enjoy all the fun with us! Many board members also joined in on the fun, such as Tom & Peggy Cox, Robert & Linda Van Norman, John & Vonnie McCafferty, Luann Urban, Gerald Rainville, and Jessica Bochart-Leusch and family.

Games

Russ Cox & Travis Hill volunteered to call Bingo for our Elders' Bingo, and they did a fabulous job. Tabitha Johnson **coached children's games such as a balloon toss, Tug-O-war,** a 3 legged race, and our traditional stick game Shinny. She **also gave a thorough cultural presentation about our Tribe's** traditional fishing techniques and described tools that were used by our ancestors such as a fish trap, a fish whacker, net weights, salmon packer, fishing lures, and hooks.

Great Stories

Samantha Johnson (age 11) worked to release a young goose that was completely entangled with fishing line and a tree. She, with help from Ken Grizzle, cut the lines loose and freed the distraught young goose.

A family consisting of 1 Grandma & 4 grandchildren needed one more adult to take two of the children in a boat. Robert Lowell volunteered to do a good deed for the day, and later won a great raffle prize, as if his good deed had been paid back. Thank you Robert!

See some great photos of this event on the insert page!

Firewood Permits Available for Purchase

The Natural Resources Department is now offering permits for purchase to pick up **firewood!** **Don't wait to start collecting, as the wood will go fast.** Keep your home warm this winter by securing plenty of wood now! For more information, contact Janet Cooper at JCooper@cowcreek.com or 541-677-5575.



Interested in Harvesting Lamprey at Willamette Falls?

The Pacific lamprey season at Willamette Falls is from June 1st-July 31st 2016. In order to harvest lamprey, each Tribal member must have in their possession their Tribal identification card, a harvest permit, and must record their daily catch on a harvest record card. To obtain a Pacific Lamprey harvest permit, a harvest record card and a copy of the rules and regulations please contact Kelly Coates at 541-622-8577, or at kcoates@cowcreek.com



Boating & Fishing

Mid Oregon Bass brought 7 boats to take our Tribal Families **fishing all day!** **This year's fish contest had a first place trophy** in three different age groups for the longest fish caught. **Adult category winner was Mel Gibson at 14 ½", Young Adult category was Micha Case at 12", and the Youth category was Chardai Nichols at 17 ½" which was the largest fish overall.** **Zachary Witt trailed right behind her at 16 ½".** All fish contest winners received great prizes and a trophy.

Music

Country entertainer Amy Clawson announced raffle prize winners each hour and sang country music. She sang "Happy Birthday" to Connie Wolf and Becky Gaines.

We also enjoyed traditional drumming by Dancing Thunder Drum, Dances with Bears Drum, and Common Ground Drum (Intertribal Junior Drum) who will all drum at the 2nd Pow-Wow later this summer.

Many Thanks to All

We are grateful to all Government Office and Seven Feathers staff who were involved, and to Seven Feathers for sponsoring the food, entertainment, and many raffle prizes. Next time you visit Seven Feathers be sure to shake a hand and tell them THANK YOU!

Don't Miss Next Year!

Next year will be our Tenth Annual Chief Miwaleta Day Celebration; we already have more great fun planned.

PLEASE, Mark Your Calendars for Saturday, June 2nd 2017 and plan to spend the day or maybe spend the weekend. The campground is available for tenting, RV camping, and renting cabins. Reservations fill up a year in advance, so book yours now at parks@co.douglas.or.us or call Douglas County Parks Reservation Line at 541-957-7001.

The Cow Creek Health & Wellness Center Wants Your Art!

Your drawings, name, and photo could be featured on the Cow Creek Health & Wellness Center calendar!

The rules for submissions are as follows:

- Art must be on blank 8.5 x 11 inch paper (must be horizontal)
- The message must be about prevention of harmful substances or activities (such as bullying, alcohol, tobacco, drugs, gambling, etc.).
- No images of people gambling, using drugs, etc.
- Only one drawing per person can be submitted.
- Submissions open to those ages 6-12.



The deadline for submissions is July 1st, 2016. Drawings should be submitted to Amber Gaines/Behavioral Health. She can be contacted for more information at 541-677-5586 or AGaines@cowcreek.com.

Wellbriety and Celebrating Families Class

Matt Droscher and Amber Gaines are presenting this course with this mission: To help children and families be healthy, responsible, and addiction-free. By the end of the course, participants will be able to:

- Strengthen family relationships: family meals, family nights
- Perform centering/mediation/relaxation
- Affirm and encourage children (Importance of 1-on-1 time with children, **telling children "I love you," and reading to children**)
- Plan nutritious meals
- Increase communication skills
- Problem solving: Steps to make a wise decision
- **Plus much more...**



Dates: Tuesdays and Thursdays, starting July 26th, and finishing August 25th (No training on August 9th and 11th)

Times: 4 PM – 5 PM

Location: Cow Creek Tribal Offices.

The class is open to the first five families who register. Those who complete the full course will receive a gift. All who wish to participate must RSVP by July 20th, 2016. To RSVP, contact Amber Gaines at 541-677-5586.

BBQ, Shiny, and Swimming at the Summer Family Gathering

This event is open to the first 100 people who RSVP, who can be Cow Creek Tribal members and their families, Tribal employees, or members of other Native Tribes. All who wish to participate must RSVP by August 12th, for food planning purposes. To RSVP, contact Amber Gaines at AGaines@cowcreek.com or 541-672-5586.



Date and Time: Friday, August 19th, 11 AM – 3 PM (Swimming will be held from 11 AM – 1 PM)

Location: South Umpqua Memorial Pool, 727 North East Orchard Street, Myrtle Creek, OR 97457.

Gentle Elder Exercise Classes

The Gentle Yoga Class will be returning! Each Monday and Friday, starting June 20th, this class will help Elders work on their balance and strength without feeling overwhelmed.

Additionally, the Sittercise Class will also be starting back up on August 1st! It allows Elders to move and exercise without putting too much strain on their bodies.

If you are interested in participating in either class, please contact Adrionna Brim at 541-677-5575.

July Elders Luncheon

Come enjoy a delicious buffet luncheon, patriotic music, and bingo at the Seven Feathers Casino Resort! Please RSVP with Cindy Grizzle at 541-677-5575 or CGrizzle@cowcreek.com.

When: 12–3 PM, July 1st.



FEMA Earthquake Preparedness Trainings

The Federal Emergency Management Agency (FEMA) is holding two trainings that will help prepare home/property/building owners, emergency managers, and the general public for an earthquake scenario. The first training, FEMA P-909, will provide mitigation strategies for nonstructural components. The second, FEMA E-74, deals with earthquake risks.

Date and Time: July 14, 2016, 8 AM to 5 PM

Location: Josephine County Search & Rescue, 250 Tech Way, Grants Pass OR 97526

To register, email your name, organization, address, phone number, and email address to aletha.rizzo@state.or.us. For more information, visit <http://www.fema.gov/national-earthquake-technical-assistance-program> or call 503-378-2911.

Special Services and Programs for Tribal Members

For more information on any of these services or programs, or to find services or supports in your area, please contact Matt Droscher, Government Office Social Worker, at 541-677-5575 or MDroscher@cowcreek.com.

General Assistance Program - This Bureau of Indian Affairs (BIA) program offers cash assistance to meet essential needs of food, clothing, shelter, and utilities. Each General Assistance recipient must work with a BIA social services worker to develop and sign an Individual Self-Sufficiency Plan to increase independence. Program requirements are as follows: Be an enrolled member of a Federally recognized AI/AN Tribe, not have sufficient resources to meet the essential needs as stated above, reside in an approved service area, not receiving any comparable public assistance, and apply concurrently for all other Federal, State, Tribal, County, and Local program for which that person may eligible. You are invited to learn more about how to receive financial assistance from the General Assistance Program!

BIA representative Jesse Hunt will be in the Government Office South Building Conference Room in Roseburg on June 21st to inform about the program, discuss eligibility, and help with the application process. Orientation begins at 9 AM, application assistance runs from 10 AM–12 PM and from 1–4 PM. Please be on time. If you plan to come, RSVP with Matt Droscher or Andrea Davis at 541-677-5575 and bring copies of the following: Tribal ID, Social Security, Driver's License or State ID cards, unemployment benefits letter (dated no sooner than May 1), TANF benefits letter (dated no sooner than May 1), food stamp or commodities benefits letter, per capita verification letter from your Tribe, verification of residence (or a signed letter verifying homelessness, couch surfing, temporary housing, etc.).

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!

Reimbursing for a Safer Tomorrow - The Safety Program is offering reimbursement for car seats and bicycle helmets for each enrolled Tribal youth within the seven county service area.

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.



An Advocate for the Bruised and Battered - The Tribe has obtained a Crime Victims' Services

Division grant, and is using that money to partner with several co-located advocates from the Battered Persons Advocacy at the Government Offices, from the Women's Crisis Support Team in Grant's Pass, and from Community Works at the new Government Offices in Medford from 12–1 PM on Thursdays. An advocate is someone to whom you can speak privately and confidentially, and who can help you stay emotionally and physically safe. They can meet with and offer services for those affected by or interested in domestic violence, sexual assault, stalking, and human trafficking. If interested in making an appointment, please call 541-677-5575 for the Roseburg office, or the 24/7 Community Works Help Line at 541-779-4357.

Resources for Those in Unbalanced Relationships - Does your partner control who you see, including friends, family, and spiritual leaders? Does your partner make you have sex when you don't want to? Do you feel respected by your partner? Does your partner shame you in front of your family? Does your partner allow you to spend your money freely? Does your partner make you drink or take drugs? If you answered "yes" to even one of these questions, then your health, spirit, and safety may be in danger. Our Tribe supports you in your well-being through a partnership with domestic violence and sexual assault advocacy centers in the Douglas, Josephine, and Jackson Counties:

Battered Persons' Advocacy (Douglas County): 541-673-7867 or 1-800-464-6543

Women's Crisis Support Team (Josephine County): 541-479-9349 or 1-800-750-9278

Community Works (Jackson County): 541-779-4357 or 1-855-216-2111

Chief Miwaleta Day Photos

Wik'uuyam Heeta'



Wik'uuyam Heeta'

Chief Miwaleta Day Photos



Looking for Something Fun to Do This Summer?

Exciting News! The Expanding Horizons Youth Center is offering a series of activities open to all 4th - 12th grade Tribal youth and their siblings. **Lunch and a snack are provided daily.** Transportation is available in the Douglas County area; inquire when reserving your space. **Prior registration (RSVP) is required for each event.** Workshops with less than four participants registered may be cancelled.



Most classes will be held at the Education and Workforce Center/Expanding Horizons Youth Center, at 213 S. Old Pacific Hwy, Myrtle Creek. All sessions are offered free of charge! For questions and to RSVP contact Amber Lomascola 541-860-7322 or 541-860-7296. **Don't wait to RSVP as space is limited!**

Dates/Times	Activity	RSVP Deadline
June 20-22; 11 AM-3 PM	Mosaic Art	June 10
June 27-29; 11 AM-3 PM	Make Your Own Moccasin	June 20
July 5-6; 11 AM-3 PM, July 7; 9:45 AM-2 PM	Canvas Art, Book Illustration, & Clay Projects	June 27
July 18-20; 10 AM-2 PM	Exploring Science & Math in the Great Outdoors	July 8
July 25-27; 11 AM-3 PM	Build a Computer	July 18
August 1-3; Times TBA	Build a Robot	July 25
August 8-10; 10 AM-3 PM	Make Your Own Hand Drum	August 1
August 15-17; 11 AM-3 PM *This One at Roseburg Government Office*	Cardboard Challenge	August 8

Kindergarten Readiness Class

The final Kindergarten Readiness Class graduated 4 families who have children entering Kindergarten in the 2016-2017 school year. Classes covered Reading & Literacy, Math & Reasoning, and Social & Emotional preparedness. Surveys at the end of the course showed that 100% of the attendees felt that the class helped them in readying their children for Kindergarten. These classes will begin again in the fall for children who will be entering Kindergarten in the 2017-2018 school year, so keep on the lookout for additional information this fall. Call Mark Andrews at 541-677-5575 to learn more.



Accomplishment at the EHYC

Tribal kids at the Expanding Horizons Youth Center have made some big achievements! Our youth worked with Cow Creek Tribal Elders to complete lanyards for visitors to the Cow Creek Government Offices, and necklaces to gift to Cow Creek College Graduates. A lesson from our Tribal Nutritionists prepared our students for making healthy food choices in the upcoming summer months. Please keep an eye on your mail box for an invitation to special summer activities! For more information, please contact: Amber Lomascola at 541-860-7322 or alomascola@cowcreek.com.



Round Circle Reading Groups

Our Parent/Child Reading Groups will continue through the summer with a new time. **Starting on Wednesday, June 15 and running the rest of the summer through August, groups will meet from 9:00 AM - 9:45 AM.** Parents with children 0-6 may attend. All children attending get to bring home a free book every week! If you need to bring your older children with you, we now have a Library at the EWC with books for grades 1-12.

29 Summertime Takelma Learning Opportunities

Those participating in the summertime Takelma classes will be learning about the alphabet and sounds specific to Takelma while learning how to introduce themselves with a Takelma greeting. The class will move through various words for different animals, plants, basketry, bugs and foods. They will learn some useful phrases that can be used in daily conversations with others and learn interesting parts of our Takelma history. We will also be learning about traditions and **customs through stories that were captured in the early 1900's through interviews with various informants like Francis Johnson, the last known fluent speaker of the language.**

The classes are all at the EWC at Myrtle Creek/Tri-City. The summertime class schedule is as follows:

June 1, 3, 7, 8, 14 from 6-7 PM

June 2, 9 and 16 are 10 AM–12 PM

June 20-30 NO classes

July 5, 7, 26 and 28 are from 6-7 PM

July 7 and 28 are 10 AM–12 PM

July 8-25 NO classes

August (Mondays) 1, 8, 15, 22, 29 from 6-7 PM

(Wednesdays) 3, 10, 17, 24, 31 are 6-7 PM

(Thursdays) 4, 11, 18, 25, and Sept 1 are 10 AM–12 PM



RSVP's are not necessary but would be appreciated. Please contact Rhonda Richardson at 541-677-5575 ext. 5513 for additional information.

Moccasin Workshop in Washington

On June 4th, 2016, Cultural Arts Outreach Specialist, Brittany Jones, traveled to Port Angeles, Washington to hold an interactive cultural arts workshop and teach Tribal members about the Cultural Arts Revitalization Project. The workshop was focused on creating traditional baby moccasins. These workshops are a great opportunity, not only to learn new cultural arts, but also for Tribal members to get to know one another. The Cultural Arts Revitalization Project Grant, awarded through the Administration of Native Americans, continues its last year by offering outreach to tribal members located outside of Douglas County.

If you have interest in participating in a workshop, and you live outside of Douglas County, please call Brittany Jones at 541-729-4524.



Governor Brown Declares American Indian Week

Oregon's governor Kate Brown showed her respect for the Native Tribes of Oregon by signing a proclamation declaring May 14-21 American Indian Week throughout the State of Oregon.

The proclamation cited the long history that Native Tribes have in the area, and recognized the **"great contributions to their members and communities at large, through philanthropic work, cultural and language preservation, affordable housing, health care, environmental stewardship, services,"** and much more. It states that the state government's efforts to improve economy, environment, and communities **"will be strengthened by consulting with and tapping into the historical knowledge and traditional expertise of the First Oregonians."**

Additionally, she declared that the theme of the 2016 American Indian Week was **"Understanding the Importance of Tribal Sovereignty and Benefiting from Effective Consultation."** This reflects the Oregon government's continued efforts to include Tribes in lawmaking and policy processes.



39th Annual Cow Creek Tribal Pow-Wow

39th Annual Cow Creek Tribal Pow-Wow will be held July 15 – 17th at the South Umpqua Falls. Salmon dinner/potluck Friday at 7:00 p.m., bring your favorite side dish or dessert to share. Grand Entry will begin at 7:00 p.m. Saturday and the raffle will begin at 10:00 a.m. Sunday.

Please remember this is dry camping only, water is available during the event. No alcohol, drugs, or weapons are allowed.

Volunteers are always needed for: fish, fry bread, raffle, garbage, and kid's games. Come see Tammy at the fry bread trailer to sign-up.

For more information please contact Tammy Anderson at 541-672-3861 or tammy.anderson@cowcreek.com



Cooking and Diabetes Management Classes for June and July

Summer Cooking Demo

Join Bre and Jill for a grill party! We will be preparing healthy summer meals on the BBQ grill including local fresh produce from the garden and farmers market. All recipes are diabetic friendly, low fat, and heart healthy! Come hungry because we eat everything that we make. Registration is required by June 15th to ensure your spot in the class! Please call either clinic to sign up.

- July 19th 10:30 AM Canyonville
- July 21st 10:30 AM Roseburg



Healthy Living with Diabetes

Cow Creek Health & Wellness Center's diabetes self-management classes are for those living with diabetes who want to be the healthiest they can be. Classes are offered every month. At each class we go over a different topic, have group conversation, food, and giveaways! For more information please contact our Dietitians, Bre & Jill at 541-839-1345.

July Topic: Diabetes & Healthy Eating

July 25th 5:00pm

Prevent Diabetes!

The Cow Creek Health & Wellness Center has had over 40 people join our Diabetes Prevention Program! In this program participants have seen weight loss, blood sugar and cholesterol returning to normal. Our lifestyle coaches have created customized classes to help you reach your health and wellness goals. The next session will be starting soon! Please call either of our Dietitians at 541-839-1345 for more information on the program.

2016 Annual Huckleberry Gathering

Looking forward to another year of traditional gathering! The **Annual Huckleberry Gathering** will be on Saturday, August 13, 2016 at the regular meeting place on the Rogue Umpqua Divide. Prayer and Pot Luck lunch is at noon. Visiting, picking berries and storytelling until 3 PM. This is an all day trip, road travel is slow, steep and narrow, so a four-wheel-drive vehicle is suggested. For those who have not been to the huckleberry gathering before and would like to caravan, we will meet in the South parking lot of Seven Feathers, near the cemetery entrance at 8 AM. Bring your own tableware, drinks, lawn chairs, and a story to share. Any food is welcome. If you have a great huckleberry recipe (or any other) and would like to share it, please bring it along as well. **BASKET WEAVERS**, please bring your berry baskets to show others. If you have questions please contact Rhonda Richardson at 541-677-5575 ex. 5513

Come Join the Fun with Family Movie Day

Family Movie Day will be held on Friday, August 19th. *Kubo and the Two Strings* will be featured, and will start at 10 AM. A free small soda and popcorn will be provided with the free admission for all Tribal families who choose to attend.

To ensure adequate seating please RSVP to Kayla Knight at the Cow Creek Government offices, by calling 541-677-5575 or emailing KKnight@cowcreek.com.





Change of Address Form

Cow Creek Band of Umpqua Tribe of Indians

2371 N.E. Stephens Street, Suite 100

Roseburg, OR 97470

(541) 672-9405

Current Last Name, First, Middle		Tribal Roll#		Date
		SS #		
Maiden Name and Aliases: (Nicknames, Other Names Changes, Legal or Otherwise)				
NEW ADDRESS				
Physical Street Address if different from Mailing	City	State	Zip Code	Date of Birth
Mailing Address	City	State	Zip Code	<input type="checkbox"/> Male <input type="checkbox"/> Female
Home or Cell Phone	Message Phone			
New Name Change (attach copy of social security card)	Reason for Name Change <input type="checkbox"/> Married <input type="checkbox"/> Adopted <input type="checkbox"/> Legal Name Change <input type="checkbox"/> Other			
Veteran <input type="checkbox"/> Yes <input type="checkbox"/> No	Branch of Military		Service Era	
Please List All Enrolled Minor Tribal Members Ages 17 Years and Under Who Live at the Address Above				
Last	First	Middle	Date of Birth	
Last	First	Middle	Date of Birth	
Last	First	Middle	Date of Birth	
Last	First	Middle	Date of Birth	
Last	First	Middle	Date of Birth	
(Please Note: Tribal Members Ages 18 and Older Must Complete Their Own Address Form)				
By signing below, I the adult Tribal member or adult representative for the minor Tribal member, certify that the above information is correct. I also agree to have my information updated to accounting, Nesika, and the Tribal Clinic.				
SIGNATURE:		<input type="checkbox"/> Self <input type="checkbox"/> Parent/Guardian		DATE SIGNED:

Administrative Use Only:

Accounting Nesika Clinic Housing Enrollment

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5	6 Senior Meal Walking Club 10:30–11 AM @Millsite Park	7 Senior Meal Tai-Chi 8–9 AM @Millsite Park Takelma Class 6–7 PM @ EWC	8 Senior Meal Reading Group Takelma Class 6–7 PM @ EWC	9 Takelma Class 10 AM–12 PM @ EWC	10 Tai-Chi 8–9 AM @Millsite Park Takelma Class 6–7 PM @ EWC	11 Chief Miwaleta Day 9 AM–4 PM Miwaleta Park, Galesville, OR	
12	13 Senior Meal Walking Club 10:30–11 AM @Millsite Park (LAST DAY)	14 Senior Meal Tai-Chi 8–9 AM @Millsite Park Takelma Class 6–7 PM @ EWC	15 Senior Meal (With Guest Speaker) Reading Group	16 General Assistance Program 9 AM @ GO	17 Culture Camp at Bare Park Tai-Chi 8–9 AM @Millsite Park	18 Culture Camp at Bare Park	
19 Culture Camp at Bare Park	20 Senior Meal Gentle Yoga Class 9:15–10:15 AM @Zor'y's Yoga Shed Myrtle Creek, Oregon	21 Senior Meal Cooking Class 10:30 AM @GO General Assistance Program @GO 10 AM–12 PM, 1–4 PM Tai-Chi	22 Senior Meal Reading Group Cooking Class 10:30 AM @Canyonville Clinic	23 YEP Field Trip 8 AM–5:30 PM	24 Tai-Chi 8–9 AM @Millsite Park Gentle Yoga Class 9:15–10:15 AM @Zor'y's Yoga Shed Myrtle Creek, Oregon	25	
26	27 Senior Meal Regalia Classes @ EWC Gentle Yoga Class Diabetes Self- Management Class 5 PM @ Canyonville Clinic	28 Senior Meal Regalia Classes @ EWC Tai-Chi 8–9 AM @Millsite Park	29 Senior Meal Regalia Classes @ EWC Reading Group	30 YEP Field Trip 8 AM–5:30 PM	31 Calendar Art Deadline	July 2016	
						2	

July 2016

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
3		4	<u>GO Closed</u>	5	Senior Meal Tai-Chi 8-9 AM @Millsite Park Takelma Class 6-7 PM @ EWC	6	Senior Meal Reading Group	7	Takelma Class 10 AM-12 PM @ EWC Takelma Class 6-7 PM @ EWC	8	Elders Luncheon Tai-Chi 8-9 AM @Millsite Park Gentle Yoga Class 9:15-10:15 AM @Zory's Yoga Shed Myrtle Creek, Oregon	9	
10	11	Senior Meal Gentle Yoga Class 9:15-10:15 AM @Zory's Yoga Shed Myrtle Creek, Oregon	12	Senior Meal Tai-Chi 8-9 AM @Millsite Park	13	Senior Meal (With Guest Speaker) Reading Group	14		15	Tai-Chi 8-9 AM @Millsite Park Gentle Yoga Class Pow-Wow @ South Umpqua Falls Salmon Dinner 7 PM	16	Pow-Wow @ South Umpqua Falls Grand Entry 7 PM	
17	18	Senior Meal Gentle Yoga Class 9:15-10:15 AM @Zory's Yoga Shed Myrtle Creek, Oregon	19	Senior Meal Tai-Chi 8-9 AM @Millsite Park Cooking Class 10:30 AM @GO	20	Senior Meal Reading Group Cooking Class 10:30 AM @Canyonville Clinic	21		22	Tai-Chi 8-9 AM @Millsite Park Gentle Yoga Class 9:15-10:15 AM @Zory's Yoga Shed Myrtle Creek, Oregon	23		
24	25	Senior Meal Gentle Yoga Class 9:15-10:15 AM (LAST CLASS) Diabetes Self- Management Class 5 PM @ Canyonville Clinic	26	Senior Meal Tai-Chi 8-9 AM @Millsite Park Wellbriety and Celebrating Families	27	Senior Meal Reading Group	28	Takelma Class 10 AM-12 PM, 6-7 PM @ EWC YEP Field Trip 8 AM-5:30 PM Wellbriety and Celebrating Families	29	Tai-Chi 8-9 AM @Millsite Park (LAST DAY) Gentle Yoga Class 9:15-10:15 AM (LAST DAY)	30		
31	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Regular Activity Times & Places</p> <p>Senior Meals: 12 PM @ Seven Feathers Casino</p> <p>Reading Group: 9-9:45 AM @ EWC</p> <p>Tai Chi 8 - 9 AM @ Millsite Park in Myrtle Creek</p> <p>YEP Field Trips See pg. 6 for more details</p> <p>Wellbriety and Celebrating Families 4 - 5 PM @ Tribal Offices</p> <p>Yoga Class: 9:15-10:15 AM @ Yoga Studio 300 Pleasant Street, Myrtle Creek, Oregon</p> <p>YEP Field Trips: See the May 2016 newsletter for more details.</p> </div>												

**Cow Creek Band of Umpqua
Tribe of Indians**

2371 NE Stephens St. Suite 100
Roseburg, OR 97470

Phone: 541-672-9405

Fax: 541-673-0432

Toll Free: 800-929-8229



To find jobs online, go to uidchr.com

Visit us online at cowcreek.com