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Schedules:

Government Office Hrs:

Mon-Fri 8 AM–5 PM

Roseburg Clinic Hrs:

Mon-Fri 8 AM-4 PM

Canyonville Clinic Hrs:

Mon-Fri 8 AM-5 PM

[Appointments are encouraged - Walk-ins are always welcome.](#)

Office Closures

May 26-Memorial Day

Hunting Superstitions of the South Umpqua

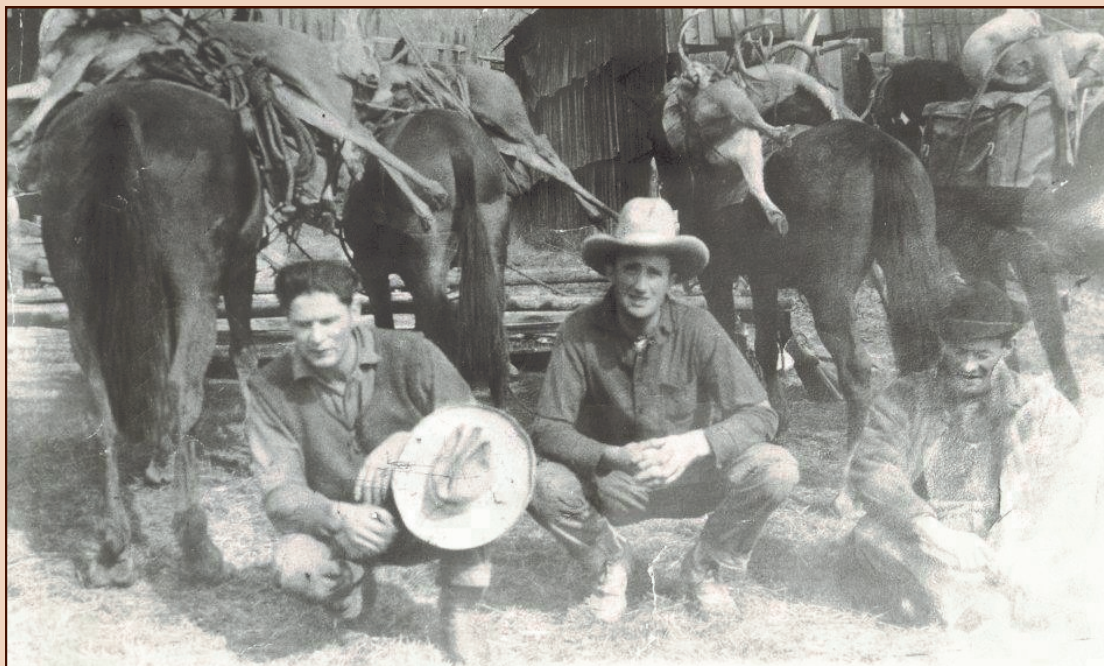
Tribal Hunters, Do You Observe Any of These Old Practices?

Stephen Dow Beckham, Introduction

In 1928 the *Journal of American Folklore* published “Hunting Superstitions in the Cow Creek Region of Southern Oregon.” The authors were Kimball Young and Thomas D. Cutsforth. Cutsforth was from Riddle where he grew up among the pioneer and Indian families of southern Douglas County. Blind since his early childhood, he was a good listener and wrote about the lore of the Cow Creek Valley.

Cutsforth attended the Oregon School for the Blind, 1905-12, graduated from the University of Oregon in 1917, and earned his Ph.D. at the University of Kansas. He had a distinguished career as a clinical psychologist and was author of *The Blind in School and Society*. Dr. Cutsforth died in November, 1962.

Kimball Young (1893-1972) was a grandson of Brigham Young, Mormon leader in Utah. He earned his Ph/D. at Stanford in 1921 and began his college teaching career at the University of Oregon. He was a distinguished sociologist and author of several books.



Walter and John Rondeau hunting trip

Hunting Superstitions of the South Umpqua (Continued)

In their article, Young and Cutsforth discuss three cultural backgrounds shaping the folklore of the South Umpqua: American Indian, French Canadian, and that of pioneer settlers who emigrated from the Mississippi Valley.

Article of Young and Cutsforth (1928)

The local hunting customs and beliefs in the Cow Creek region of Southern Oregon have had their origin in three distinct cultural backgrounds. These are, first, the practices common to the Cow Creek and Rogue River Indians; second, the French-Canadian hunting superstitions which were introduced into this territory before the middle of the last century by the Hudson Bay Company; third, the set of superstitions which have been transplanted into this locality from the Border States, that is, from the mountain regions of West Virginia, Kentucky and Tennessee by early Oregon settlers.

The present paper deals particularly with the superstitions developed around deer hunting. These are largely of two sorts. First, those which are of the nature of avoidance or tabooed acts. Secondly, those which are of the nature of actions which must be performed in order to bring good luck. We may, for our convenience, denominate these as negative and positive superstitions.

We shall give the negative type first, followed by the positive. We shall indicate the provenience of each particular superstition, so far as this region is concerned. No attempt will be made to unravel the superstition within its own culture setting before it was brought into Oregon.

Negative Superstitions or Taboos: Those said to be of Indian origin are as follows:

1. The porcupine should never be killed unless the hunter is lost.
2. When a good shot has been missed, the gun should not be cleaned or oiled until a successful hit has been scored.
3. A hunter should not kill a raven while hunting.
4. The knife that is to be used in dressing the deer should neither be sharpened nor whetted previous to the kill.
5. Too many shells should not be taken on a hunt. A modest number is between seven and fifteen.
6. It is decidedly unlucky to hunt on Sunday.

The Hudson Bay group apparently introduced into this region no negative superstitions which have persisted in common practice.

Positive Superstitions: Those of a Border State origin are:

1. If when setting out from camp or home to hunt, your dog should stop to defecate, it is necessary to pass the dog before it finishes and moves on.
2. A hat, shirt, shoes, or any other garment which has been worn upon a previously successful ("lucky") hunt should by all means be worn every time one goes out on a fresh hunting expedition.
3. In order to insure "good luck" in the hunt, the first fresh deer dung that is found should be carried in the left shirt pocket. (Known also in Wisconsin; introduced by settlers from Kentucky and Tennessee).
4. Whenever a spot is reached where the hunter has previously killed a deer the hat should be lifted in a reverent manner. (Known also in Wisconsin).
5. When on an extended hunting trip, all members of the party should smear their arms and faces with the blood of the first deer killed.
6. Sunday is a "lucky day" for deer hunting.

Apparently no positive superstitions thought to be of local Indian origin have persisted among the present inhabitants of this region.

Hunting Superstitions of the South Umpqua (Continued)

In addition to these superstitions, the Hudson Bay group seems to have been responsible for the rules for the division of the spoils. The pelt went to the person who scored the first hit on the game. The carcass of the deer went to the individual who finally killed the animal. This rule is still observed.



Lerwill, Vernie & Johnson, Johnny

From the Hudson Bay source is said to have come the custom that the hunter who has been the most successful during the day's hunt is regarded as a sort of leader or hero for the time being. Generally he is permitted to wear a distinguishing head-gear or a decorated belt. He is relieved of all camp duties. Furthermore, he is permitted to select the member of the group who is to eat his meal with the fried male organ of a buck upon his plate. This crude raillery was originally designed as a mark of disapproval or a piece of witticism directed against the hunter who had been most unfortunate in the day's hunting. At the present time, it has degenerated until the person who is known to be the most easily nauseated by such performance is chosen.

Individual hunters in this region tend also to create superstitious observances, regarding local hunting territory. Some hunters' personal preferences, become accepted, naturally, by other men who are closely related, either in their family or neighborhood. For instance, certain canyons or ridges are believed to be lucky or unlucky hunting areas. Such places are consequently avoided. Like all superstitions, no doubt, these are at first rationalizations of personal dislike or like for a particular locality. If a hunter never hunts in some part of the country, he will say that he has "never had any luck there." If closely questioned, however, he will usually admit that he has either missed some good shots there or has let a crippled deer escape him. Thus is produced an emotional set against the place.

Mention should also be made of the fact that the difference of attitude toward hunting on Sunday still persists in this region. It is evident from the data above that the Border States tradition was opposed to this practice, while the Canadians reckoned Sunday a day for successful hunting. Opinion is sharply divided on this matter. Some individuals have continued the avoidance of Sunday hunting, others believe the day most propitious.



Need health insurance?

Come to the Health Benefits Application Fair to get help applying for health insurance. By using the Cover Oregon application, you can find out if you qualify for no-cost health insurance or help paying your health insurance premium.



DATE: Monday, April 21st, 2014
TIME: 4:00PM – 6:00PM
LOCATION: Government Office - Boardroom

DATE: Tuesday, April 22nd, 2014
TIME: 3:00PM – 6:00PM
LOCATION: 7-Feathers Huckleberry Room

All are welcome. Please bring the following documents:

- Social Security number, tribal ID or certificate, residency card or immigration documentation for everyone who is applying for health insurance.
- Income documents or self-employment records such as your last tax return, most recent pay stub, financial statements or documentation of other sources of income.
- Insurance plan information (for each person on the application) about any current health coverage or health insurance available through an employer.

For more information, please contact:

Christy Sanford or Annette Wells
 Tel: 541.672.8533

YOUTH Leadership



New Youth Leadership Program Starting!

The “Expanding Horizons Youth Leadership” program is kicking off in May! This is an exciting opportunity for youth to participate in an ongoing leadership development program. Youth ages 14-17 are eligible to participate.

Participating youth will develop leadership skills, create strong connections with tribal and local community members, and participate in experiential and service learning activities. Participants may earn community service credit needed for graduation.

Youth will participate in meetings and activities twice a month. Meetings will be approximately four hours long and centered on building everyday leadership skills. Activities will introduce

youth to new experiences, college and working environments, and leaders within the tribe and community.

The program will kick off on May 10 and the first youth leadership volunteer event will be in June at Culture Camp.

All interested youth and parents should call Nichole Wood at 541-677-5575 for registration and more information.



**Healing Our Wounded Spirit
Historical Trauma Presentation
With Native Speaker Dr. Tom Ball**

April 23, 2014

5:30 pm-8:30 pm

**Seven Feathers Casino & Resort
Canyonville, OR**

5:30 pm Huckleberry/Grape
Room Doors Open
6:00 pm Dinner
6:30 pm Presentation starts



Cultural Trauma is defined as emotional shock experienced by a culture of people caused by historical circumstances that creates disassociation with culture, language and identity. Cultural Trauma has happened to people of Jewish decent, African Americans, Anglo-Saxons as well as Native Americans and others.

TRIBAL FAMILIES PLEASE ATTEND

This is a subject for older teens and adults. Childcare will be provided by tribal staff. After dinner the children will be escorted to the arcade for free arcade games and ice cream.

**Contact: Rhonda Malone or Michael Martinez at
541-677-5575, space is limited to 75 people.
RSVP by April 16, 2014**



Wellness Program Coordinator



Please welcome Jacob Swinn as Cow Creek Health & Wellness Center's new Wellness Program Coordinator!

Jacob is a Roseburg native with a BA from the University of Oregon and a Masters degree from USC. He comes to us with extensive experience as a personal trainer and swim coach. In his "spare" time Jacob is also a professional triathlete!

He is busy getting both gyms ready for use so please call him at ext. 1347 or e-mail him at Jswinn@cowcreek.com to set up an appointment and start getting ready for summer!

Come check out our new gym! Located across from Burger King in Canyonville, in the modular home in front of the storage units, you can come talk to Jacob Swinn, Cow Creek's Wellness Program Coordinator and Personal Trainer, from 11-2 Monday through Friday. (Jacob is also available in the Roseburg gym most afternoons after 2:30, or by appointment). Get set up with an exercise plan, or just get some advice on fitness/wellness in general. The gym currently has 2 treadmills, a stair-climber, an elliptical, 3 rowing machines, and various weight/resistance-training equipment. Also, don't forget about our Zumba class, Tuesdays and Thursdays from 5:30-6:30 in the South Clinic classroom. Stay tuned for more fitness classes as we get our Wellness Program up and running.

Contract Health News

Spring is officially here! The weather is slowly starting to warm up and the flowers are blooming.

It is the perfect time to be sure you are eligible for CHS. The more you get out and do things the more likely you could have an accident. So be prepared.

- ◆ **Q:** What happens if I have to go to the emergency room for a true emergency room visit on the week-end?
- ◆ **A:** Call on Monday for a purchase order.
- ◆ **Q:** Why do I need to call 2-3 days before my appointment for a PO #?
- ◆ **A:** In case CHS staff is in a training or meeting that requires all CHS staff to attend.
- ◆ **Q:** Why do I need to call a week in advance if it is a new doctor or facility?
- ◆ **A:** The doctor or facility needs to provide CHS with a current W9 so they can be set up in account so CHS can pay them.
- ◆ **Q:** What happens if I do not call for a PO?
- ◆ **A:** The bill is then your responsibility.
- ◆ **Q:** Why do I need PO # for each date of service?
- ◆ **A:** All PO#'s are date sensitive and only good for the date of service issued. If you are rescheduled it requires a new PO# for the new date.
- ◆ **Q:** Why do all surgeries and MRI's require prior approval?
- ◆ **A:** Surgeries and MRI's require chart notes, medical need and the cost so it can be determined if it is necessary.
- ◆ **Q:** Why should I use the Cow Creek Health and Wellness clinics?
- ◆ **A:** The service is great with short wait times and excellent care from the Providers. Also, it helps the Tribe to be able to provide more types of care for the members and to keep costs down.
- ◆ **Q:** Have you heard of the new 340B Pharmacy plan? Hometown Pharmacy in Roseburg is Cow Creek's 340B Pharmacy.
- ◆ **A:** How it works: when you come to the clinic, ask to have your prescriptions sent to Hometown. Hometown will send them through the courier to the Canyonville Clinic for you to pick up. They also do mail order. The benefit of the 340B plan is the cost of the medicine plus a small fill cost and the rest of what the pharmacy would make comes back to the tribe, which saves around 50% cost. Call the office and ask for more information.

If you have any question please call 541-672-8533 or 800-935-2649

Chief MiWaleta 2014

Chief MiWaleta Day will be held on Saturday June 7, 2014 at Galesville Reservoir in Azalea, Oregon. This day will be filled with many activities, great food, and **FREE** fishing!!!!!! Last year a very good time was had by all.



We are looking forward to seeing all of you again this year!! To guarantee you get a t-shirt for this year's event please **RSVP by Friday, May 16, 2014.**

Please keep in mind that reservations are necessary to ensure that everyone will get a chance to fish out on the boats and we ask that you are on time for the time that you reserve. Times available for the boats are as follows; 9:00 am, 10:30 am, 1:00 pm, and 2:30 pm. Each boat is out on the water for one hour.

If you have questions or would like to attend this event please call

Cindy Delay at 541.677.5575 or email at cdelay@cowcreek.com

Hope to see you there!!!!!!

Tribal Garden News



Jim Rich



Mark Stewart

Hello from your Tribal Garden and the Natural Resources Department. We are happy to announce two newly hired seasonal garden employees. They are Jim Rich, who is married to Tribal member Shiela Rich, and Mark Stewart.

There is still some winter produce available such as lettuce, kale, swiss chard and broccoli.

The Tribal Garden is open Monday through Friday 8:00 a.m. to 4:00 p.m. and weekends by appointment. Please contact Ken at: (541) 530-6979 prior to visiting the garden to see what is ready for harvest. Volunteers are always needed and very appreciated as the garden is busy year round.

To get to the Tribal Garden take exit 101 from I-5 and head to Yokum Road.

Spring Break Culture Days!!



The Culture Days during Spring Break was a HUGE success!!!! Thank you to all the families that participated. We had trips to South Umpqua Falls, Table Rock, and to the Fish Ladder. There was much to learn and lots to talk about! Each day featured some history of the Cow Creek Tribe regarding Language, shelters, games, and many other subjects. We plan to do this annually and hope to grow. Looking forward to next year!!!!!!!!!!!!!!



Saturday Kids Art Classes



The Arts Center offers Saturday Kids Classes for ages 3-11 on a drop in basis. Cow Creek Tribal members can attend for **free**. **Just let them know you are a Tribal member.**

Classes Are Every Saturday

10:30-Noon or 12:30- 2:00 ages 6 – 11 year olds

10:30-11:30, ages 3-6 (with parent or guardian)

To see what classes will be taught this Saturday for children 6-11 go to uvars.com or call Umpqua Valley Arts Association at 541-672-2532

Solutions to Simplify Life - FREE, Easy, Confidential

The EAP (Employee Assistance Program) can help you to privately resolve problems that may interfere with work, family, and life in general. Your EAP is provided for FREE to you and dependents, living at or away from home, as well as household members, related or not. EAP services are always confidential.

Confidential Counseling

24-hour Crisis Help – toll-free access for you or a family member experiencing a crisis. 866-750-1327

In-person Counseling – up to **6** face-to-face counseling sessions for each new issue. Simply call for access to qualified, local counselors who can help you with a variety of problems such as family, parenting, relationship, stress, anxiety, and other challenges. 866-750-1327.

Online Consultations – convenient access to online consultations with licensed counselors through RBH eAccess at MyRBH.com. Online consultations are a great way to try counseling for the first time or to get support even when time is limited. www.MyRBH.com

Website Resources

MyRBH – at MyRBH.com, you can access current health news, tools for parenting, health topic movies, wellness resources, financial calculators, legal forms, and over 50 online trainings.

Life-Balance Resources

24-Hour NurseLine – registered nurses help callers make more informed health decisions about illness, wellness, nutrition, exercise, alternative medicine, and mental health topics (a library of recorded topics is also included).

Health Coaching – available to support positive changes such as losing weight, exercising more, reducing stress, and improving life in other ways; coaching is free, private, and available by email or phone.

Legal Services – access a free, half-hour consultation, by phone or in person, followed with a 25% discount in legal fees.

Financial Services – access free phone consultations for financial issues such as debt counseling, budgeting, and college or retirement planning.

Mediation Services – request free consultations for personal, family, and non- work related issues such as divorce, neighbor disputes, or real estate.

Simple Will Kit – receive a free will template to complete in your own time, then just have it signed and notarized in accordance with your State's laws.

Home Ownership Program – get free support and information about making smarter choices when shopping for a new home; making financing decisions; relocating; or selling a home.

Identity Theft Services – access support in planning the recovery process for restoring your identity and credit after an incident.

Worksite Services – all supervisors have convenient access to phone consultations, on-site orientations, topical trainings, critical incident response, and online supervisor resources.

MyRBH.com 866-750-1327 Access Code: CowCreekTribe

May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Get Active 11am-2pm (Gym @ South Clinic) Sumba Class 5:30-6:30 PM South Clinic Education Rm	Get Active 11am-2pm (Gym @ South Clinic)	1 Get Active 11am-2pm (Gym @ South Clinic) Zumba Class 5:30-6:30 PM South Clinic Education Rm Elder's Culture Class 1-4 PM Gov Library	2 Get Active 11am-2pm (Gym @ South Clinic) Elder's potluck & bingo @7F Huckleberry Rm 12:00 PM	3 Sweat Lodge 10 AM at 613 Rod & Gun Club Rd, Canyonville
4 AA Mtg 6 PM Gov Office	5 Get Active 11am-2pm (Gym @ South Clinic)	6 Get Active 11am-2pm (Gym @ South Clinic) Food Bank 9-12 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	7 Get Active 11am-2pm (Gym @ South Clinic)	8 Get Active 11am-2pm (Gym @ South Clinic) Zumba Class 5:30-6:30 PM South Clinic Education Rm	9 Get Active 11am-2pm (Gym @ South Clinic)	10
11 AA Mtg 6 PM Gov Office	12 Get Active 11am-2pm (Gym @ South Clinic) Youth Ed Committee Mtg 5-7 PM Gov Office S. Bldg	13Get Active 11am-2pm (Gym @ South Clinic) Zumba Class 5:30-6:30 PM South Clinic Education Rm	14 Get Active 11am-2pm (Gym @ South Clinic)	15 Get Active 11am-2pm (Gym @ South Clinic) Elder's Culture Class 1-4 PM Gov Library Zumba Class 5:30-6:30 PM South Clinic Education Rm	16 Hunting Application Deadline Get Active 11am-2pm (Gym @ South Clinic)	17 Rock Shelter Hike Up N. Umpqua River
18 AA Mtg 6 PM Gov Office	19Get Active 11am-2pm (Gym @ South Clinic)	20 Get Active 11am-2pm (Gym @ South Clinic) Food Bank 1-4 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	21 Get Active 11am-2pm (Gym @ South Clinic) Cultural Trauma History Presentation @ 7F	22 Get Active 11am-2pm (Gym @ South Clinic) Zumba Class 5:30-6:30 PM South Clinic Education Rm	23 Get Active 11am-2pm (Gym @ South Clinic)	24
25 AA Mtg 6 PM Gov Office	26 Get Active 11am-2pm (Gym @ South Clinic) YEP Wildlife Safari Trip 11 AM-3 PM	27 Get Active 11am-2pm (Gym @ South Clinic) Zumba Class 5:30-6:30 PM South Clinic Education Rm	28 Get Active 11am-2pm (Gym @ South Clinic)	29	30	31

Announcements

Births/New Enrollments

No new births

Obituaries

Patricia Ernestine Adams, Betty Jean Berg

Future Events

The Youth Education Program is sponsoring 30 tickets to the Sunday, April 27th at 2:00 p.m. showing of Treasure Island at the Umpqua Actors Community Theatre. This play is recommended for youth ages 8 – adult. To reserve your tickets please contact Tammie Hunt at 541-677-5575 or thunt@cowcreek.com.

The Youth Education Program will be visiting the Wildlife Safari on May 26th. Keep your eyes open for a flyer with more information.

Hunting applications have been sent out for the 2014 Tribal elk and deer season. **Reminder:** deadline to return your application is **May 16th**. If you did not receive an application, you can pick one up at the Tribal Government office or go on-line to www.cowcreek.com. Elk and deer hunting season starts on October 4th.

Culture Camp 2014 is coming soon.....June 20, 21 and 22, 2014 at Bare Park

It is that time of year again! Packets for Culture Camp will be sent out by April 11th. If you plan to attend, the packets are due by May 16th to ensure a T-Shirt.

We are looking for Salmon Ceremony Warriors. If you are or have youth between the ages of 12-18 and would like to participate or have questions please contact Tabbitha Johnson at 541.677.5575 or email at tjohnson@cowcreek.com.

POW WOW DATES ARE JULY 18, 19, 20.

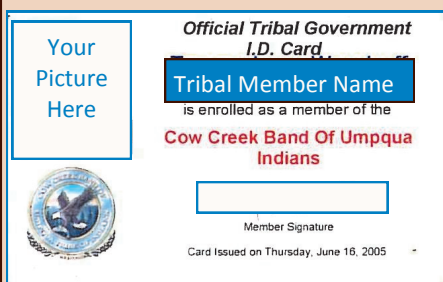
Address and Phone Number Updates, Very Important!



If your address has changed, the Address Change forms are available on the Cow Creek Website to print and mail, or call the Government Office at 541-672-9405 to have one mailed to you. **Address changes can no longer be made over the phone.**

Those who have minor children who are not living in their households should also make sure their children's updated addresses are on file at the tribal Government Office. Trust Fund Statements, youth related events and other information won't be relayed properly if mailing addresses are not correct.

Tribal Identification Cards



Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact Janet at the Cow Creek Government Office at 541-677-5575 or 800-929-8229. You will be sent an application to fill out and sign. You will be required to enclose a photo and mail the completed application back to the Government Office for processing. Properly filled out applications will be processed with the tribal Chairman's signature and will be mailed back to you. **Tribal I.D. cards are legal documents and are accepted as legal proof of identity.**

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



ONLINE JOBS...GO TO: uidchr.com

Visit us online @ cowcreek.com