

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 25—ISSUE 1

January 2015

Inside this issue:

Tribal/Life	1-3
Health	4
Address Change Form	5
Programs	6,7
Traditional/Life	8,9
Calendar of Events	10
Announcements	11

Cow Creek Reservation Bill Will Be Reintroduced In Congress

After more than 160 years, the Cow Creek Band of Umpqua Tribe of Indians came close in 2014 to reclaiming a reservation that was promised in the 1853 treaty between the Tribe and the United States Government. As a result of the treaty, the Cow Creeks ceded more than 800 mi. in the Umpqua Valley to the United States government, which in turn sold land to pioneer settlers.

Beginning in 2012, Oregon's Senator Wyden vowed to see that the treaty promise was fulfilled. Over the course of the last three years efforts to get a bill passed through Congress have been in process. Last year the bill passed out of the House of Representatives, as well as the Senate committee.

Unfortunately, late in the session, our Bill fell victim to the political horse trading that is a common practice in congress. Because of political disputes between other Oregon tribes that were packaged within the same bill along with ours, the bill died in the final hours of the 113th Congress.

The fact that the Cow Creek Reservation bill was introduced in both the House and the Senate; gives us a better advantage in the 114th Congress that our bill will again be introduced in both houses. Reintroduction of our bill is expected very soon in this congress.

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

No Walk-Ins

Please call for Same
Day appointment

Office Closures

Jan. 19th - MLK Jr. Day

Feb. 16th President's Day



Hunting News

Reminder!! To all Tribal members who hunted this year with an Oregon State tag. Report big game and turkey tags by Jan. 31, 2015

Don't forget to report your hunt results no later than Jan. 31, 2015 for most 2014 hunts. Report online or by phone (1-866-947-6339).

Hunters need to complete a report for each deer, elk, cougar, bear, turkey and pronghorn tag purchased (or picked up as part of a Sports Pac)—even if they didn't hunt or weren't successful.

Deer and elk hunters who don't report must pay a \$25 fine to get a 2016 hunting license.



Tribal General Council Meetings for 2015

Tribal General Council Meetings for 2015 have been scheduled as follows:

February 8th 10am

May 17th 10am - Nominations Meeting

August 9th 10am - Annual Election Meeting

November 8th 10am

All General Council Meetings are held at the Cow Creek Tribal Government Offices located at: 2371 NE Stephens Street, Roseburg, OR. A buffet lunch will follow the meetings.

Food Bank will be open 1 hour before and 1 hour after each General Council Meeting.



Water Aerobics-Coming to Seven Feathers RV Resort!!!

Who: Tribal Elders, other Tribal Members, those with medical need for low impact exercise, RV Resort guests, Tribal employees

When: Starting 1/27/15, classes will be held at the Seven Feathers RV Resort Pool on Tuesdays and Thursdays, 10AM to 10:45AM.

Space is limited to the first 15 people, but an extra class may be provided if interest warrants.

If interested, please contact Matt at 541.677.5575.



The Tribal Board Is Coming to Washington



The Tribal Board will be travelling to Washington for the Annual informational meetings in March. The first meeting will be held in Kelso at the Red Lion Hotel on Friday, March 13th at 7 PM in the Cedar Room.

The second meeting will be held in Port Angeles at the Red Lion Hotel on Saturday, March 14th at 1 PM. The meeting will be in the Juan de Fuca Room.

Attention Business Owners



The Tribe maintains and uses a registry of Native-owned businesses when getting bids for various business services and projects. Being on this registry ensures you are given the opportunity to bid on qualified projects and business opportunities. To add your business to the registry or for more information, contact Nichole Wood at 541-677-5575.

Winter Gathering is Near



2nd Annual Lep^hnixa Gathering 2015



It's here once again! Bring your best chili to be entered in the Chili Cook-Off. There will be 1st, 2nd, and 3rd prize winners. Play Shinny and sit by a warm fire.

When: Saturday, January 17, 2015

Time: 11:00 am-2:00 pm

Where: Bare Park @ 5719 Dole Rd

Hope to see you there!

For questions or RSVP call Tabbitha at 541-677-5575 or email tjohnson@cowcreek.com

Introducing Jeri Parret



The Education and Workforce Center, also known as the Expanding Horizons Youth Center, would like to welcome Jeri Parret to the office. As the Center Program Specialist, she assists the Center with administrative duties, runs the afterschool meal program, works daily with the youth and much more. Jeri is part of the Cherokee Tribe. She brings to the Center over 20 years of experience working with youth. Jeri is passionate about working with youth and enjoys seeing them develop and achieve their goals. When not working, she enjoys the outdoors. Her hobbies are bead working, painting, sketching, horseback riding and spending time with family and friends. Please join us in welcoming Jeri to the organization.

Welcoming Dr. Basham to the Health & Wellness Clinics



Cow Creek Health and Wellness is pleased to welcome Dr. Derwood Basham as a new provider to our clinics. Dr. Basham comes to us from New Mexico where he practiced at Sante Fe Family Health Clinic. He originally hails from Rocky Mountain, Virginia, and went to college and medical school in Kentucky. Dr. Basham's wife, Amy, was born and raised in Portland, Oregon, and is happy to be back in her home state. In her spare time she loves to scrapbook.

Dr. Basham enjoys hiking and biking and is looking forward to getting out on many of the trails we have available here in Oregon. Reading and gardening are also hobbies of Dr. Basham, and with spring right around the corner he is excited to begin his garden.

Dr. Basham sees patients of all ages and is ready to see you for all of your health care needs. Please call either clinic at 541 672-8533 or 541 839-1345 for an appointment to be seen by Dr. Basham.

Grocery Store Tour



Grocery shopping can be a daunting and confusing task when trying to make healthy choices!

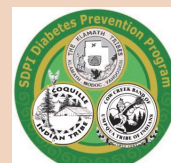
Join Chef and Registered Dietitian, Bre Syron for a guided and customized grocery store tour. In this tour we will go aisle by aisle and help you make better food choices, show you how to read labels, introduce new ingredients and answer all your food and nutrition questions. Then we will come back to the clinic for a cooking demo using ingredients we bought during the tour!

This activity is open to all and the first After-core activity of the year for our Diabetes Prevention Program!



When: Wednesday, January 28th 1:00-3:30 PM

Where: Roseburg Clinic





Cow Creek Band of Umpqua Tribe of Indians
2371 N.E. Stephens Street, Suite 100
Roseburg, OR 97470
(541) 672-9405 Fax (541) 677-5565

Change of Address Form

[Please Note: Tribal Members Ages 18 & Over Must Complete & Sign Their Own Address Change Form]

Name: _____
Last First Middle

Old Address: _____
Street

City State Zip

New Address: _____
Street

City State Zip

Phone Number: () Message Number: ()

Veteran? Yes ___ No ___ Branch of Military: Service Era:

Social Security #: - - Date of Birth:

Please List All Enrolled Minor Tribal Members Ages 17 & Under Who Are At This Address:

Name: _____
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 Fill Out The Section If There Has Been A Name Change

Name: _____
Last First Middle

New Name: _____
Last First Middle

Reason For Name Change: _____
Married, Adopted, Legal Name Change, Etc.

By signing below, I the adult Tribal member or adult representative for the minor Tribal member, certify the above information is correct:

Signature: _____ **Date:** _____

The New Year brings great news for our Elders Program!

Our Cow Creek Tribal Elder's Program now has two separate meal programs available to Tribal elders and transportation is now offered.

Monthly Cow Creek Elder Luncheon

Meals are provided for Cow Creek Tribal Elders and spouses.

Location for our monthly Elder Luncheon is in the **Grape & Huckleberry Rooms** at Seven Feathers Casino beginning at 12:00 pm. *These luncheons are funded by the Cow Creek Tribe.*



Weekly Cow Creek Senior Meals

Meals are provided for Cow Creek Tribal Elders and Elder's spouses. Location for these meals will be in the private dining room in the Gathering Place Buffet at Seven Feathers Casino, and are held every Tuesday & Thursday 12-1:30.

Funded by Aging on Administration Grant with detailed requirements. (Donations will be accepted to help cover the costs of meal preparation. A suggested donation amount is \$3.50 for those who can and want to help.)

Rides Now Available:

Please call Cindy Delay at 541-677-5575 to schedule rides to any of the above lunches. There is a 48 hour notice required for all rides in order to ensure driver availability. We recommend you call to schedule your ride immediately after you know of an appointment. If you currently have more than one appointment, please call to schedule rides for all appointments, so none get missed.

Cow Creek Veteran Information and Stories Wanted



The South Umpqua Historical Society, located in Canyonville, Oregon, would like to honor our South County Veterans who served this great country in the 2015 issue of "Pioneer Days in the South Umpqua Valley" book.

The Historical Society would like to know who these men and women are, who they served, in which branch of service, when they served and in what capacity (military occupation specialty) and other information people would be willing to share. The Historical Society would also like photos during their time of service; the photo will be scanned and returned.

The South Umpqua Historical Society focuses on the people, life and culture of the Canyonville, Riddle, Days Creek, Tiller, Glendale and Myrtle Creek area. However, any Veteran's story will be accepted and highlighted in a tribal newsletter.

If you are interested in submitting a short "blurb" or a story please include a picture of the veteran and submit to rmalone@cowcreek.com. In the subject line of the email please put **Cow Creek Veteran Story**. Mailed stories and pictures may be sent to:

Cow Creek Band of Umpqua Tribe
Attention: Rhonda Malone
2371 NE Stephens
Roseburg, OR 97470.

Youth Activity



Let's Go Bowling
Food, Fun, and Prizes

When: Sunday, January 25
Time: 2 pm—4 pm
Where: Nickel Bowl

670 South Old Pacific Hwy, Myrtle Creek

Please RSVP by Friday, January 16 to save your place -
Tammie Hunt 541-677-5575 or thunt@cowcreek.com

This is a drug and alcohol free event.

Housing Program



Low Income Rental Housing

The Cow Creek Housing Program is still accepting applications for the Tribes Low Income Rental homes located in Tri-City, Myrtle Creek, Winchester and Winston Oregon. This program is federally funded through the Housing and Urban Development (HUD), Indian Housing Block Grant and is administered by the Tribe.

This program can assist eligible Tribal members whom are currently living or are willing to relocate to the seven county service area with low-income rental units. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc.

Reminder

If you are currently on the waiting list for a house please make sure that your address and phone number are up to date. If your name is coming up on the list and we cannot get ahold of you, we will be forced to pass you by until we hear from you. Also remember that if you are on the waiting list your application needs to be updated on a bi-annual basis.

Total Wellness Challenge

Is being a healthier you on your list of New Years Resolutions?

Join us for the Total Wellness Challenge and have a chance to get healthier and win some fun prizes!

The challenge starts January 12th, 2015. All you need to do is pick up an instruction packet at either clinic! You can join at any point during the Challenge and it does not require you to attend weekly classes or meetings. All you have to do is track when you make healthy choices!

Prizes include: Gift cards, cookbooks, t-shirts, aprons and much more!

Questions? Contact Bre at 541-839-1345 or bsyron@cowcreek.com

LANGUAGE CORNER

In 2011, the Tribe expanded its service to the members and began the long process of Takelma Language restoration. Cow Creek Umpqua ancestors spoke several languages, as many Tribes did in the Pacific Northwest. Commerce, inter-marriage and multilingualism were common among tribes. So while many choices were available, the leadership chose the Takelma language as the direction for our work at this time, work which could extend to future projects on other languages of the area.

The Takelma Language was spoken in Southwestern Oregon and nowhere else in the world. It represents a unique and precious view of the world, rooted in a particular place. The last known fluent speaker of the Takelma language passed away over 60 years ago. The extinguishment of the language was a great loss to the Tribe and our Takelma cousins. Now, the Tribe has the opportunity to have new speakers of Takelma.

In order to begin the work of Takelma language restoration the Tribe explored many sources, and valuable information was gathered from several repositories, museums and personal diaries. The currently available materials on the language include publication and notes collected up to a century ago, many by a linguist named Edward Sapir. The work was intended purely as a basis for academic research, with no thought that anyone might ever want to use it as a practical guide to speaking the language.

In partnership with the Northwest Indian Language Institute (NILI) at the University of Oregon, information has been compiled into a draft form dictionary, class room curriculum, audio CD's and various printed materials. Words and phrases are being incorporated into various phases of tribal government, programs and activities.

In this and future editions of the newsletter the LANGUAGE CORNER will be used to share information about the Takelma Language Restoration Project and Takelma words.

As the Takelma Language Project pushes forward, collaborative work with Northwest Indian Language Institute, University of Oregon, will continue and as more words, sentences and phrases are deciphered they will be shared with the tribal membership through various avenues. Please keep watch in the tribal newsletters on the tribes Facebook page and watch for Takelma words at various functions, classes and get-togethers.

Takelma words:

family - k ^h wìnaxté [lit. 'my relative(s)']	cougar - húulk ^h	eagle - yulúm
salmon - p ^h im	red - alts'íl	yellow - alkwàsi
green - altkisàmt ^h	black - alt ^h kém	white - altk ^h ùy's

Things to remember:

1. Takelma consonants similar to English:

h as in hò'px	l as in loom	m as in mena	n as in nihwík ^h w
s as in skìsi	w as in wilii	y as in yola	

2. Other Symbols:

The glottal stop (') is an abrupt ending. Example: hà'k^haa and eyít^he'

The raised h (^h) is aspirated or "a puff of air" at the end. Example: p^him and húulk^h

The "x" sounds like a cat hissing

And 'ts is the sound at the end of the word cats, sounding like an air leak

When double letters are seen such as "ii" that means to hold the sound a little longer

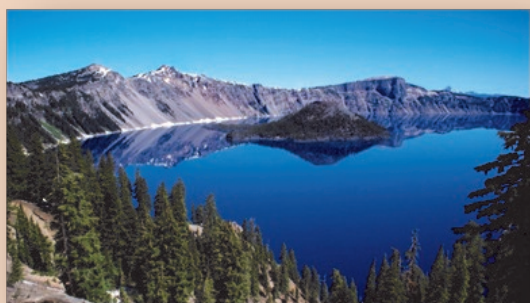
Call for Cultural Arts Enthusiasts!!

Are you interested in or already skilled at Native American arts? Cow Creek history? Research? We are looking for people who are interested in learning and/or teaching various types of native arts. Examples are but are not limited to;

Cedar bark work, tanning hides, basketry/fishing, language, bows and arrows, dentalia work, beading (various kinds), Native games (shinny), plankhouse/sweathouse, storytelling/drumming/fife, hunting decoys, carving, flint knapping, and any other types of art related to Native Americans.

This opportunity may be for you! We are looking to construct a list of resources for future classes, and for those individuals who are interested, the possible opportunity to attend cultural conferences, workshops and trainings.

For information or to get your name on this amazing list, please contact Stephanie Moore at 541-677-5575.



Crater Lake



Basket Cap

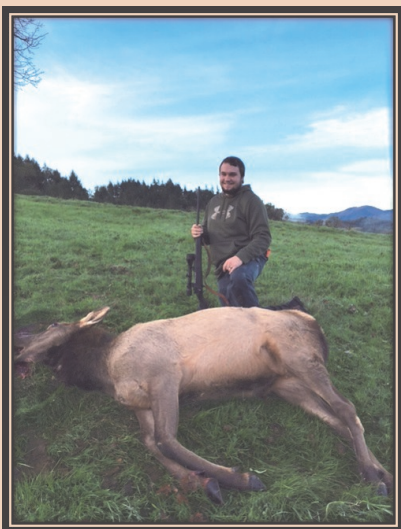


Hazelshoot
fish trap



Fish spear

Tribal Elk Ceremony



The Tribal Ceremonial Elk was harvested by Levi Rondeau on December 27, 2014. Levi was assisted on the hunt by Gerald Rainville and Wildlife Specialist Scott Van Norman. The ceremony was held at Bare Park, where the Cultural Department, led by Tabbitha Johnson, gave the ceremonial prayer and smudging to give thanks to the creator and to the animals' spirit for the sacrifice of the elk meat.

We would like to give a BIG thank you to Levi Rondeau and Tribal Board members Gerald Rainville and Robert Van Norman for their participation at the ceremony. The elk meat will be distributed at various events throughout the year. If you would like to participate or volunteer for the next Ceremony, please call Tabbitha Johnson at 541-677-5575.

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11 AA Mtg 6 PM Gov Office	12	13 Food Bank 9-12 PM Senior Meal 12 PM @7F Buffet	14	15 Senior Meal 12 PM @7F Buffet Takelma Language Class @ Workforce Ctr	16	17
18 AA Mtg 6 PM Gov Office	19 MLK Jr. Day Government Office Closed	20 Senior Meal 12PM @7F Buffet	21	22 Senior Meal 12PM @7F Buffet Takelma Language Class @ Workforce Ctr	23	24 Gathering of Oregon's 1st Nations in Salem 12-9 PM
25 YEP Bowling @ 2PM AA Mtg 6 PM Gov Office	26	27 Food Bank 1-4 PM Senior Meal 12PM @7F Buffet	28	29 Senior Meal 12PM @7F Buffet Takelma Language Class @ Workforce Ctr	30	31

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 AA Mtg 6 PM Gov Office	2	3 Senior Meal 12PM @7F Buffet	4	5 Senior Meal 12PM @7F Buffet Takelma Language Class @ Workforce Ctr	6 Elders Luncheon & Bingo 12 PM @ 7F	7
8 General Council Mtg 10am Gov Office AA Mtg 6 PM Gov Office	9	10 Food Bank 9-12 PM Senior Meal 12PM @7F Buffet	11	12 Takelma Language Class @ Workforce Ctr Senior Meal 12PM @7F Buffet	13	14
15 AA Mtg 6 PM Gov Office	16 President's Day - Gov. Offices Closed	17 Senior Meal 12PM @7F Buffet	18	19 Senior Meal 12PM @7F Buffet	20	21
22 AA Mtg 6 PM Gov Office	23	24 Food Bank 1-4 PM Senior Meal 12PM @7F Buffet	25	26 Senior Meal 12PM @7F Buffet	27	28

Announcements

Births/New Enrollments

No Births Reported

Obituaries

No Deaths Reported

Address Updates for Annual Distribution Check Mailing

The tribal distribution checks were mailed out in November. If there are any tribal members that turned 18 by December 10th, Accounting will need a W-9 form before their check will be mailed out. If your address has changed, the Address Change form is now located on page 5 of this newsletter. Just fill it out and mail it to the Government office address on the form or it can be faxed to 541-677-5565.



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. Youth related events and Trust Fund information won't be relayed properly if addresses aren't correct for them as well.

Future Tribal Events

Takelma Language class

The Takelma Language classes are now on every Thursday from 10:00 a.m. to noon at the the Education & Workforce Center located at 213 S. Old Pacific Hwy., Tri City, OR.

We will no longer be doing a potluck during the classes. For more information please contact Rhonda Malone, Cultural Development Coordinator at: (541) 677-5575 or rmalone@cowcreek.com (if you email Rhonda please put "Takelma" in the subject line so she will know it is regarding the language class).

Youth Education Program Bowling

Sunday, Jan. 25th	2:00 pm	Nickel Bowl in Myrtle Creek (Correction from last newsletter)
-------------------	---------	--

Regalia Class

Sunday, Feb. 22nd	1:00 pm -3:00 pm	Government Office Boardroom
-------------------	------------------	-----------------------------

Water Aerobics

Tuesday/Thursdays, Jan. 27th (1st class)	10:00-10:45 am	Seven Feathers RV Resort pool
--	----------------	-------------------------------

Upcoming Elder's Events

Elder Luncheon & Bingo

Friday, Feb. 6th	12:00 pm	Seven Feathers
Friday, Mar. 6th	2:00 pm	Seven Feathers

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