

# Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 27, Issue 5 May 2017

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



It is with great sorrow that I write to you about the loss of a very special and important Tribal leader for our Tribe. As many of you may know, former Chairman Sue Shaffer passed away on April 12, 2017 at the age of 94. Sue was an integral part of the early efforts of Tribal organization and led the fight for Cow Creek Tribal recognition which was obtained on December 29, 1982. Sue was first elected Chairman in 1984 and held that position for 26 years until her retirement on May 22, 2010.

Sue was an inspirational leader not only for our Tribe, but for Indian Country as well. Her unique leadership skills were recognized by Congressional leaders to be most effective. Sue was controversial at times, but was always known to speak her mind. She often said "we can have a good fight, but we always leave the meeting as friends." Her influence and impact on both fellow Tribal Board members and the Tribe are quite evident and will no doubt have long lasting effects for generations to come.



A publication by the Tribal Government on Sue is currently underway and should be completed soon. Be on the lookout for this tribute sometime around mid-June.

We have been notified by Umpqua Community College that there will be a Celebration of Life for Sue which is planned for Saturday, June 24, 2017 at Jacoby Auditorium from 1 - 3:30 PM.



### Nominations and Tribal News

## 2017 General Council Nominations Meeting

Nominations for the Tribal Board of Directors were taken at the General Council Meeting, held at the Tribal Office in Roseburg on May 21, 2017. Seven Tribal members were nominated for three positions in this year's election. Nominations accepted for the 2017 Tribal Election will appear on the ballot as follows:

Jessica Bochart-Leusch Gerald Rainville Robert Van Norman Royce Deardorff Michael Hamrick Tabbitha Johnson Garry Zimmerman

At the Tribal Board of Directors' request, the accounting firm of Wicks Emmett, LLP will have oversight of the Tribal Election Process. Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from Wicks Emmett, LLP, no later than Wednesday, July 12, 2017. If you are an eligible voter and do not receive a ballot, you must contact the Tribal Office at 1-800-929-8229 or 1-541-672-9405. Ballots are to be returned directly to the Cow Creek Elections Committee c/o Wicks Emmett, LLP, at PMB # 6B, Roseburg, OR 97470 and must be received by the accounting firm no later than 4 PM on Friday, August 11, 2017.

The Annual Election Meeting will be held at 10:00 AM on Sunday, August 13<sup>th</sup> at the Cow Creek Tribal Government Offices, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.



## Jason Robison Becomes OWEB's Tribal Representative

Jason Robison, the Tribe's Natural Resources Director, has become the Tribal Representative on the Oregon Water Enhancement Board (OWEB), where he will serve a four-year term. While not a Tribal member, Jason has focused his professional attention for the past ten years on developing solutions for natural resources management issues for Native American Tribes. Jason was endorsed for this position by many of Oregon's Tribes.

Jason Robison received his B.S. and M.S. degrees in Fisheries and Wildlife Management from Oregon State University in Corvallis, Oregon. He has developed intergovernmental agreements between Tribes, local, state, and federal agencies, and private organizations. His dedication to Tribal forestry and environmental management resulted in his being awarded the 2012 Intertribal Timber Council's National Earle Wilcox Memorial Individual Achievement Award for the Northwest.

Upon receiving news of his becoming OWEB's Tribal Representative, Robison said, "I view the Tribal position on the Board as being very valuable in furthering Tribal values while simultaneously creating more awareness around Tribal dedication to sustaining and protecting the region's natural resources, economy, and society."



### Tribal News

#### University of Oregon to Open Native American Dormitory

The University of Oregon will be opening a dormitory in the Fall of 2017 for Native American students and anyone focusing on indigenous studies. This is the university's latest effort to work with Oregon's Tribes to make the school a place where Native Americans can succeed. This spirit of collaboration has lasted nearly 20 years. Previous efforts include opening up a minor for Native American studies, in-state tuition for members of Tribes native to Oregon, and much more. Cow Creek Tribal Chairman Dan Courtney met with representatives of the nine Tribes and the university to tour the new dorm, as seen below.



Photo Courtesy of The Oregonian

#### **Tribal Easter Egg Hunt**

The Youth Activities Committee in conjunction with the Tribe's Behavioral Health Department held its annual Easter Egg Hunt at Pioneer Park in Canyonville. The event brought out nearly 70 people. There was plenty of food, fun events such as the egg toss, over 500 eggs that needed to be found, and of course, the Easter Bunny. All the children under 10 also received two different Easter books. If you missed the event this year, be sure to look for it next year.



## Oregon Healthiest State Movement to Benefit Oregon Tribal Members

The "Oregon Healthiest State" movement, a partnership dedicated to helping Oregon communities accomplish better health results, has announced that it will be expanding its efforts into various parts of Oregon. This movement first worked on Klamath Falls as a "Blue Zones Project Demonstration Community," which helped reduce rates of chronic diseases, implement local health drives, and improve quality of life. Now, they will be expanding this effort into the Dalles, Grants Pass, and Umpqua regions, which means that Tribal members living in Douglas County and many of the other counties in the service area will benefit from this movement.

This is part of a widespread movement called the "Blue Zones Project," which encompasses over 31 communities in 8 states, and which focuses on moving communities toward optimal health.

These initiatives will start small with community conversations and information gathering activities, they will use this information to form a plan for enacting a multi-year initiative to improve health in these areas.

Peggy Maguire, president and board chair of the Cambia Health Foundation that spearheads the movement, said "The positive energy and momentum around making Oregon the healthiest state is inspiring, and now is the perfect time for others to get involved to help Oregonians lead healthy, happy and productive lives."

The Oregon Healthiest State movement will work with local networks to change the way we see our environment, social networks, and policies, with the end result of improving general well-being, making healthcare more affordable, and increasing the involvement of local infrastructure.

The staff at the Cow Creek Health and Wellness Centers will be doing their part to contribute to this excellent endeavor to make Oregon the healthiest state. To learn more, see <a href="ORhealthieststate.org">ORhealthieststate.org</a> and <a href="bluezonesproject.com">bluezonesproject.com</a>.

### **Tribal News**

#### Tribal Member Highlight: Amara Mata

Though she is young, Amara Mata has been attending the Regalia Class Series provided by the Cow Creek Culture Program. Each class has anywhere from 40 -50 participants. The regalia classes are a part of the Cultural Arts Revitalization Project (CARP) which is a three-year grant aimed at connecting Tribal members with traditional Cow Creek cultural arts. The goal of the threeyear project is to increase the number of Tribal members



participating in cultural art activities and to develop mentors that in turn teach others the traditional arts they have learned. CARP is in its final year of funding through a grant from the Administration for Native Americans.

Amara's parents Alan (who is a Tribal member) and Becca (who is not) have both had a hand in helping her create her Tribal regalia, but ultimately, it's Amara who has the final say. "She is very precise and meticulous, and she hand-rolled all of her fringe pieces," says Becca. "It's hard work, but it's worth it."

For Becca, seeing her children embrace the Tribe's Culture is very important. "It will be a very proud moment to see them all in their regalia at a Pow Wow. I have been waiting for this ever since I met Alan. I asked him about his Tribe, and the language, and the regalia, and it's such a beautiful thing to see it all finally come together."

essential in being able to create regalia for her children. Regalia materials are expensive, but since the Tribe provides both instruction and everything necessary for Regalia construction, Becca and her family have been able to create regalia for the first time. "The Tribe helps the Tribal members in so many ways, and this is just one of them," she says.

Even though she's not a Tribal member, Becca understands how important it is for her family to carry on the Tribe's traditional culture. "These long-time traditions need to keep going on, from the Elders to the next generation, then to the little ones," she says. "We're finally getting to where we have a lot of the Cow Creek traditions, and the Takelma Language. It is beautiful. I want my children to have this, and to pass this on to their children, and their children's children. It's so very important to keep the tradition alive."

#### **Elder's Direct Deposit Policy Change**

Tribal members become eligible for direct deposit once they have turned 60 and begin receiving their monthly elder's distribution checks. Payments processed by direct deposit are any Elder distribution and your Medicare Part B reimbursement checks. We must always have a current address on file in order to mail the paystubs and 1099 forms to you. Effective July 1st, we will implement a policy change to the Elder's Direct Deposit policy. If your mail is returned and you do not turn in an address change form, your direct deposit will be turned off. We will then process live checks and they will be held until we receive the updated address change form. We are sorry for any inconvenience this may cause but we must keep our accounting system up to date at all times.

According to Becca, the Regalia Class Series was

## Culture Corner

#### **Harvesting Cedar Bark**

Cedar was a significant resource for our Tribe. Cedar bark could be pounded to make skirts, as well as woven to make caps, capes, baskets, or mats. It could also be used to make strong rope for nets used for fishing. Western Red Cedar is the preferred tree to harvest as it is the slowest to deteriorate, bug resistant, and has strong fibers. Cedar bark is harvested when the sap begins to flow and there is a new cambium layer of bark. Only ¼ of the width of the tree is harvested, so as to not harm the tree too extensively. If harvested at the right time, the cambium layer will easily separate from the tree.



The Cultural Program traveled up Little River on April 10<sup>th</sup> to try our hand at cedar harvesting. As you can see below, the tree gifted us with a good supply of bark. We hope to try again as the season progresses.

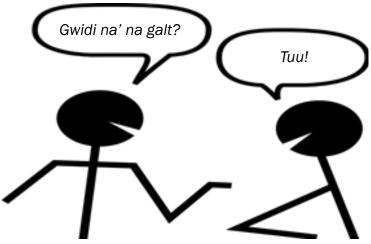


#### What Is Regalia?

What is regalia? Regalia includes clothing and other items of personal adornment that is used in ceremonies. Regalia is a living entity, with life stories, family relationships, and spiritual power. Traditional regalia was used regularly in ongoing ceremonies such as Salmon Ceremonies, Feather Dances, memorials, weddings, and Plankhouse gatherings. Stay tuned for more in-depth details on our traditional regalia.



#### Takelma Language Corner



English: How are you doing? Takelma: Gwidi na' na galt?

Pronunciation: Gweedi na' na galt

English: Good! Takelma: Tuu! Pronunciation: Doo

## Messages from the Clinic

#### What Your Food Label Isn't Telling You

You're making a healthy choice when you buy foods labeled as "low-fat" or "no sugar," right? Don't count on it, a new study cautions.

Claims like these rarely tell the whole story, researchers reported. They looked at data from more than 80 million food and beverage purchases. And they found that those packaged with low-content claims—that's any health claim involving words like "no," "free," "low," or "reduced" were often less nutritious overall than those without any claims.

Take reduced-fat cookies, for example. To earn the "reduced-fat" label, a cookie only has to be less fatty than the original version. It doesn't have to be low-fat overall, and it may still have as much or more of other unhealthy ingredients, like sugar or sodium.

Labels with "low" can be misleading as well because they depend on serving size. So a small dessert like a low-fat brownie and a larger dessert like a low-fat cheesecake might have the same amount of fat per serving. But because the brownie is smaller, it has more fat bite-for-bite.

#### How not to be misled

We want to help you make smart food choices with this tip: Look beyond the front of the package. Take a few moments to read the nutrition facts label and compare it to similar foods. Then choose the option with the lowest amounts of sodium, saturated fat, and added sugars.

To take more of the guesswork out of food claims, you might also look for foods with a hearthealthy check mark from the American Heart Association. When it's on the label, you know the product can be part of a healthy diet.



At the Cow Creek Health & Wellness Center, our Registered Dieticians are looking forward to helping you. You might qualify for the Million Hearts program. Call the clinic for an appointment.

**Foot Safety Essentials for People with Diabetes** 

With the weather starting to warm up, many people are breaking out the sandals. But if you have diabetes, it's best to stick to shoes and socks no matter what the weather is like.

Diabetes can lead to serious damage to the feet, according to the National Institutes of Health (NIH). Wearing shoes all year round can help you protect your feet from damage.

Another key to foot health:

DIABETES Keep an eye on your feet Use a mirror if you need to, or ask someone to help. Check every day for: Broken skin and cuts. Athlete's foot Hot or warm areas. Loss of feeling If you see or feel damage, don't try to treat it yourself. Visit your doctor or foot specialist for early treatment. They can help you keep your feet in great shape for the springtime activities you enjoy most

Check your feet regularly. This will help make sure you spot any problems early on, when they may be easier to treat. If you see or feel damage, don't try to treat it yourself.

Cow Creek Health and Wellness Center has many services to help you with diabetes. Our Registered Dieticians and Educators can help you understand more about the role of food and how diabetes affects your feet AND heart, kidneys, eyes and nerves. Our Podiatrist, Dr. Leonard, will assist with foot care and avoiding common problems people with diabetes often encounter. Ask your primary care provider for a referral, or just call and make an appointment.

Our staff can help you keep your feet in great shape for the springtime activities you enjoy most.

## **Education Corner**

#### **Expanding Horizons Youth Center Activities for Summer 2017**

Please join us again this summer for a variety of 3-day classes offered to our Cow Creek youth and their siblings. Students going into 4<sup>th</sup> - 12<sup>th</sup> grades are welcome. Classes will be held at various locations throughout Douglas County, with the Tribal Community Center (TCC) serving as the drop point. Lunch, snacks, and transportation will be provided to and from Canyonville, the Cow Creek Government Offices in Roseburg, and Wi'li<sup>i</sup> Tribal Housing, depending on where kids will be traveling from. We can accommodate 10 youth per class.

These activities will be held from 11 AM to 3 PM each day. See below for descriptions of each event. If fewer than 4 participants RSVP for a workshop, it may be canceled. Call and RSVP your spot today. You will need to complete a registration form before your child's first day of activities. To register or learn more, contact Amber Lomascola or Susie Puckett at 541-860-7297. Please don't wait, as space is limited!

Cooking Class: June 19 - 21, must RSVP by June 15. Learn ways to make healthy eating fun while completing a youth-friendly meal with a group of friends. Presented at the TCC by Cow Creek Health & Wellness's Nutritionists.

<u>LEGO Robotics:</u> June 26 - 28, must RSVP by June 22. Learn to build, program via computers, and watch your robot move to your commands at the TCC. Complete games and challenges designed by instructor Linda Koontz.

Hand Drum Class: July 5 - 6, must RSVP by June 29. Make 10" hand drums and sticks at the TCC. This class will be offered for youth that didn't get a chance to attend last year's class.

Learn to Play the Flute: July 24 - 26, must RSVP by July 6. Learn to play traditional flute music at the TCC. You will receive your very

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own flute, wrapped up in a customizable carrying bag.

Art Week: July 31 - August 2, must RSVP by July 27. On the 31st, travel to the Create n' Slip studio and experience creating canvas art. On August 1st - 2nd, create digital posters of the Takelma language to display at the TCC.

<u>Back Pack Giveaway:</u> August 4, 11 AM - 6 PM at the TCC. No RSVP required.

Museum Days: August 7 - 9, must RSVP by August 3. Meet at the TCC, then explore Douglas County's museums, starting at the Douglas County Fairgrounds, then in Oakland, and finishing with a day in the park.

Cardboard Challenge: August 14 - 16, must RSVP by August 10 (15 slots available for this class only). Students will meet at the TCC then travel to the Roseburg Government Offices to create an indoor arcade experience out of cardboard and other recycled items. On the last day of class, the staff at the Cow Creek Offices will get the opportunity to walk through and earn tickets by playing the games designed by the youth. See <a href="mailto:cardboardchallenge.com/">cardboardchallenge.com/</a> to learn more.

## Cow Creek Scholarship Applications Coming Soon!

It's almost summer, but in preparation for the upcoming school year, Cow Creek Scholarship applications are ready for you to begin filling out.

You can download applications from our new website at <a href="www.cowcreek.com/cow-creek-education/">www.cowcreek.com/cow-creek-education/</a>. Look under College, Adult, and Continuing Education page and choose either the Update Form (if you are currently being funded by the Higher Education Program) or choose the Higher Education Application and Policies and Procedures (if this is the first time you have applied). Please remember that you will need to complete and file your FAFSA.

If you have questions, please call Tammie Hunt at 541-677-5575 or email at <a href="mailto:thunt@cowcreek.com">thunt@cowcreek.com</a>.

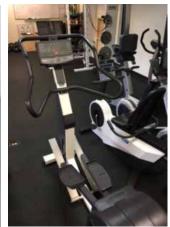
## Government and Programs

#### **Workout Equipment for Sale**

The Government Office has 21 chairs and various gym equipment that it is looking to sell to Tribal members. The chairs are being sold at \$10 per unit, and the prices for the gym equipment can be found on the table to the right. Condition on the equipment and chairs varies individually, though many look brand-new.

This is a limited-time offer, so don't wait to secure your purchase. If you are interested, please contact Kelsey Bales at 541-672-9405 before June 9, 2017.





Description	Price	
Rowing machine w/monitor Concept 2 pm3	\$500	
Indoor rower w/pm3 Monitor Concept 2 pm3	\$500	
Indoor rower w/pm3 Monitor Concept 2 pm3	\$500	
Indoor rower w/pm3 Monitor Concept 2 pm3	\$500	
Pendlay Weightlifting power cage	\$169	
Proform power 995i treadmill	\$700	
Boldy Solid dip bar	\$197	
Schwinn cycler	\$100	
Schwinn cycler Airdyne	\$200	
Proform 12.0 treadmill	\$100	
PreCore EFX 544	\$700	
PreCore C764	\$700	
CAP Barbell olympic tricep bar	\$50	
CAP barbell olympic combo zinc Hex bar	\$90	
CAP barbell olympic combo zinc Hex bar	\$90	
Set of weight lifting chains 60lbs	\$100	
Weight lifting belt Altus	\$15	
Yowza elliptical	\$300	
Precore EFX 544 Elliptical	\$700	
Ironmaster Quick lock adjustable dumbbell set with stand and 120lb add on kit	\$600	

### Nesika Open Enrollment Approaching

Please note that there has been a change to the open enrollment end date. Open enrollment will be from June 1 through June 14, 2017.

Nesika Health Group is the self-funded health insurance that is provided to all eligible employees and Tribal members that choose to participate and pay the monthly premium. The Annual Open Enrollment Month for Nesika Health Group is in the month of June.

Annual Open enrollment is the one time of the year that you can make changes without having a qualifying event. (The qualifying events are: marriage, birth, adoption, divorce, and death.) The changes that you can make are to add or delete your spouse

or dependents to or from the plan, or change the coverage that has been elected. Newly-elected Plan coverage will become effective on July 1, 2017.

If you are interested in receiving enrollment information, please call the Nesika office at 541-677-5508 or 800-284-9917. A packet will be mailed to you. The required information must be returned and in the Nesika office no later than June 14, 2017, for coverage to take effect on July 1st.

## Government and Programs

#### **Tribal Down Payment Assistance**

The Down Payment Assistance (DPA) program provides approved Tribal members in or out of the seven-county service area with up to \$5,000 in assistance once every ten years. These funds can be applied toward a down payment and/or closing costs. This funding is for either Down Payment or Repair Assistance, not both.

We recommend submitting an application for DPA as early in the process as possible. This allows the Housing Department time to process paperwork, submit the application for approval, work with lenders and title companies, and arrange for fund transfers. Mortgage and Title Companies require that we submit an award letter to them for their underwriters to review. It is ultimately up to the lender to determine if they will accept funding from the Tribe on behalf the Tribal Member. This is the most important part of the process for the Housing Program, and is why we need adequate time to submit documentation. This is in part because the funds are paid directly to the lending institution and not the Tribal Member. The ideal time to submit an application is after receiving a loan pre-approval. We also recommend reading through the application checklist carefully to ensure that all forms are thoroughly completed; missing items cause significant delays in getting an approval.

Tribal members that do not have all of the required documentation after their pre-approval, like a sales agreement or a homeowner's insurance quote, can still submit the application so that we can get a file started. The rest of the documents can be submitted as soon as they're available. DPA applications are not submitted for final approval until after all required documentation has been received and verified.

Assistance recipients are required to stay in their new home for at least five years after their transaction closes. In order to verify this requirement, assistance recipients must send verification of occupancy, such as a utility bill or property tax statement, every year.

For more information, please contact Justin Mathison, Housing Director, at <a href="mathison@cowcreek.com">jmathison@cowcreek.com</a> or Mel Johnson, Housing Admin, at 541-677-5575, extension 5282 or at <a href="mailto:Mjohnson@cowcreek.com">Mjohnson@cowcreek.com</a>.

#### **Low Income Rental Housing**

The Cow Creek Housing Program is accepting applications for the Tribe's Low Income Rental homes. This program is federally funded through the Housing and Urban Development (HUD) Indian Housing Block Grant (IHBG), and is administered by the Tribe.

This program can assist eligible Tribal members who are willing to reside in one of the Tribe's 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 a hold 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 biannual basis.

For more information, contact Resident & Self-Sufficiency Manager, Sarah Thompson at 1-541-863-3730, or <a href="mailto:SThompson@cowcreek.com">SThompson@cowcreek.com</a>, or the Housing Admin Assistant, Mel Johnson at the number above or <a href="mailto:MJohnson@cowcreek.com">MJohnson@cowcreek.com</a>.

#### Do You Know of a 2017 Graduate?

The Cow Creek Education Department is looking for contact information for all 2017 High School Graduates. If you are one, or know of one, please let us know. We are looking for names and current addresses of our high school graduates. We would like to acknowledge them and their hard efforts in this tremendous milestone. Send contact information to <a href="mailto:thunt@cowcreek.com">thunt@cowcreek.com</a> or call Tammie Hunt at 541-677-5575.

#### **BRFSS Survey Is Live!**

You could receive a \$60 gift card by taking the Behavioral Risk Factor Surveillance Survey! If you have a new phone number, please call 541-672-9405 and update it for your chance to win.

#### **Healthy Living with Diabetes**

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 the North or South clinic to sign up.

These classes will be held at 5 PM at the Roseburg clinic on the following dates: June 26<sup>th</sup> and July 31<sup>st</sup>.

#### **Spring/Summer DPP Recruitment**

We are now recruiting for our Spring/Summer Diabetes Prevention Program (DPP) Class! The sole purpose of the DPP is to help you make the small lifestyle changes needed to give you the power to prevent diabetes. While there is still no cure for diabetes, we know it can be prevented or delayed by making the changes that you can learn in our program. Call Erin Audiss, RD, LD, at 541-672-8533 for more information and to find out if you are eligible for the program.

#### **Healthy Cooking Demo**

Join our Dietitians, Jill Boyce and Erin Audiss, for

a healthy-themed Cooking & Nutrition Demonstration. All of the recipes are full of flavor, low-fat, and diabetic friendly! Please come hungry because we eat everything we make! All attendees will have a chance to win a prize. We require registration for all of our cooking demonstrations so we prepare



enough food. Please call either clinic by Friday, July 21st, to register.

Canyonville Clinic: July 25<sup>th</sup>, 10:30 AM - 12 PM Roseburg Clinic: July 26<sup>th</sup> 10:30 AM - 12 PM

#### Look Forward to the Annual Poker Walk

The Cow Creek Heath & Wellness Center will have our fourth annual Poker Walk this summer. In this fun, family friendly event, participants will walk or run either the 1.5 mile loop or 5k loop and stop and grab a poker hand along the way. The best hands will win prizes, with everybody having a chance to win the grand prize! Dates and more information coming soon, so keep an eye on the next newsletter.

#### **Youth and Family Drum Dates**

Come learn drum etiquette, as well as how to drum and sing Pow Wow songs.

Youth Drum Practice will be held at the Tribal Community Center in Tri-City, Oregon, from 4 - 6 PM on the second Tuesday of each month (June 13<sup>th</sup>, July 11<sup>th</sup>, and August 8<sup>th</sup>).

Family Drum Practice will be held at the Block House in Canyonville, Oregon, from 4 - 6 PM (with a potluck at 5 PM) on the second Thursday of each month (June 15<sup>th</sup>, July 13<sup>th</sup>, and August 10<sup>th</sup>). For any questions, please contact Rhonda Richardson at 541-677-5575, extension 5513.

### Calling All Teachers and Mentors! Volunteers Needed!

Do you know how to do a cultural art? Do you want to pass down your knowledge to future generations?

The Culture Department is in need of individuals interested in teaching traditional cultural arts. If you are interested in passing on your cultural knowledge and skills, then please contact Jennifer Bryant at 541-677-5575.

#### 2017 Elders Trips

There will be three exciting trips for Tribal Elders in 2017, so if you are interested, please contact Adrionna Brim at 541-677-5575. They are as follows:

July 6 - 7: the Oregon Garden August 10 - 11: Newport Aquarium and Wax Museum September 29 - 30: Jerry's Rogue Jet Boats

#### 40th Annual Cow Creek Tribal Pow Wow

The 40<sup>th</sup> Annual Cow Creek Tribal Pow-Wow will be held July 14<sup>th</sup>
– 16<sup>th</sup> at the South Umpqua Falls. There will be a Salmon dinner/ potluck on Friday at



7 PM, so bring your favorite side dish or dessert to share. The Grand Entry will begin at 7 PM on Saturday and the raffle will begin at 10 AM on 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, kids games. Come see Tammy Anderson at the fry bread trailer to sign up.

For more information, contact Tammy Anderson at 541-672-3861 or <a href="mailto:tammy.anderson@cowcreek.com">tammy.anderson@cowcreek.com</a>.

#### 2017 Plant Gathering Days

Limited transportation will be provided as we search for and gather various plant materials over the next several months. Transportation will be provided from the South end of the Seven Feathers parking lot near the cemetery entrance at 2 PM. We will be returning by 4:30 PM on the following dates:

May 8<sup>th</sup> and 15<sup>th</sup>: Camas, yew, juncus and maple.

<u>June 5<sup>th</sup> and 19<sup>th</sup></u>: Salmon berries, fir boughs, tule, red alder, bear grass, woodwardia and maidenhair fern

No dates in July

<u>August 12<sup>th</sup> and 21<sup>st</sup></u>: huckleberries, Iris, sedge, Beargrass and maple.

Bring your own clippers, gloves, shovel (if needed), 5 -gallon bucket to hold your gathered items in, water, snack and dress for the weather. If you think you might need a chair please bring a lawn chair that is collapsible. For any questions please contact Rhonda Richardson at 541-677-5575 ex 5513.

#### **Chief Miwaleta Day Celebration**

Don't miss out on a great day of fun! Seven Feathers will be catering a great meal, and there will be live music by Amy Clawson! There will be a kids zone, Elders bingo, raffle prizes, a fishing contest, and more. You can camp right next door at the Galesville Reservoir Campground. You can find out more about camping options at <a href="https://www.co.douglas.or.us/parks/">www.co.douglas.or.us/parks/</a>.

The celebration will be held on Saturday, June 3, 2017, from 9 AM - 4 PM at the Galesville Reservoir at Chief Miwaleta Park Day Use Area "Pavilion." All Cow Creek Tribal Families are welcome. Watch your mailboxes for registration forms, and please bring your own lawn chairs!

#### **Get Ready for Culture Camp!**

There will be great things happening at Bare Park this year, including use of the newly remodeled kitchen. A big thank you goes out to our maintenance crew!

Our instructors are busy getting ready for their classes: archery, flint knapping, language, pine needle basketry, pine needle medallion, bear grass braid necklaces, mini leather bag, jute basket, fishing lures, and feather fans. Join us for story telling Friday night. Don't forget to bring your regalia for Saturday night!

Friday, June 16
Opening Blessing 12 PM
Classes 1 PM
Culture Presentation 4:30 PM
Dinner 5:30 PM
Story Telling 7 PM
Camp Over 8 PM

Sunday, June 18 Brunch 9 AM Classes 10 AM Camp Closed 12 PM

Saturday, June 17
Breakfast 8:30 AM
Classes 9 AM
Salmon Ceremony 10 AM - 1 PM
Lunch 12 PM
Classes 1 PM
Salmon Bake Dinner 5:30 PM
Drumming and Regalia 7 PM
Camp Over 8 PM

## May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Senior Meal	3	4 Senior Meal Takelma Class	5 Elders Luncheon 12 PM @ 7F	6
7	8 Gathering Trip 1:45 - 4 PM @ BH	9 Senior Meal Food Bank Open 9 AM - 12 PM  Youth Drum Practice @TCC 4:30 - 6 PM	10	11 Senior Meal Takelma Class Family Drum Practice 5-7 PM @ BH	12	13
14	15 Gathering Trip 1:45 - 4 PM @ BH	16 Senior Meal	17	18 Senior Meal Takelma Class	19	20
21 General Council Meeting 10 AM @ GO Lunch Provided Food Bank open after meeting	Diabetes Self- Management 5 PM @ North Clinic	23 Senior Meal Food Bank Open 1 - 4 PM Family Fun Night 6 - 8 PM @ GO	24	25 Senior Meal Takelma Class	26	27
28	29 Offices Closed for Memorial Day	30 Senior Meal	31			

### Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers Takelma Class: 10 AM - 12 PM @ TCC **GO:** Government Offices, Roseburg, OR

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

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

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

## June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior Meal Takelma Class	2 Kindergarten Readiness Class 6:15 @ TCC	3 Chief Miwaleta Day Celebration 9 Am - 4 PM @ Chief Miwaleta Park, Day Use Area Pavilion
4	5 Gathering Trip 1:45 - 4 PM @ BH	6 Senior Meal	7	8 Senior Meal Takelma Class	9	10
11	12	13 Senior Meal Food Bank Open 9 AM - 12 PM Youth Drum 4 - 6 PM @ TCC RSVP Deadline: Youth Cooking Class	14	15 Senior Meal  Takelma Class  Family Drum  Practice 5-7 PM  @ BH	16 Culture Camp 12 PM - 8 PM @ Bare Park	17 Culture Camp 8:30 AM - 8 PM @ Bare Park
18 Culture Camp 9 AM - 12 PM	19 Gathering Trip 1:45 - 4 PM @ BH  Youth Cooking Class 11 AM - 3 PM @ TCC	20 Senior Meal  Youth Cooking Class 11 AM - 3 PM @ TCC	Youth Cooking Class 11 AM - 3 PM @ TCC	22 Senior Meal Takelma Class RSVP Deadline: Youth LEGO Robotics Class	23	24
25	26 Diabetes Self- Management 5 PM @ North Clinic Youth LEGO Robotics Class 11 AM - 3 PM @TCC	27 Senior Meal Food Bank Open 1 - 4 PM Youth LEGO Robotics Class 11 AM - 3 PM @TCC	Youth LEGO Robotics Class 11 AM - 3 PM @TCC	29 Senior Meal Takelma Class	30	

### Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers Takelma Class: 10 AM - 12 PM @ TCC

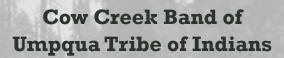
Nahankuotana Weavers Group: 2 - 4 PM @ BH

GO: Government Offices, Roseburg, OR

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

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