

Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 28, Issue 10 October 2018

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

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Schedules

Government Office Hours

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 5 PM

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

Canyonville Clinic Hours

Monday - Friday 8 AM to 5 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/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

Letter from the Chairman

It has been a busy summer for the Tribe, with activities, programs and services for the membership. From Culture Camp in June, Pow Wow in July, and the Treaty Day Celebration in September, Tribal members had a variety of educational, interactive and social activities to attend. We look forward to more of these opportunities to gather.

The Tribal Board of Directors recently approved an increase in the Annual Tribal Distribution to Tribal members. After a review of gaming financials and projected future revenues, the Tribal Board voted to increase the existing \$800 distribution by \$200 for a total of \$1,000 annually. As is policy, the distribution to tribal members under 18 years of age will have their funds deposited in their individual minor trust accounts.

For the new amount to take effect, the Tribal Board of Directors submitted an amendment to the Cow Creek Tribal Distribution Code to the Department of Interior for final approval. On September 23, 2018, the Tribal Board was notified by the Assistant Secretary of Interior, Tara Sweeney that the department approved the amendment. Tribal Members should expect to see their Annual Distribution of \$1,000 in mid-November.



As you can imagine, with the return of 17,000+ acres of the tribe's reservation lands earlier this year, that there is a mountain of work to be completed ranging from surveys, natural resource and road inventories as well as Stand Exams and Forest Stand Typing/Data Analysis. I am pleased to tell you that the Forestry Department applied for a grant in September and received \$247,662.00 from the BIA for work to be done on the Land Conveyance Lands.

In other good news, the US Department of Justice awarded the Tribe \$363,990.00 as a part of a Coordinated Tribal Assistance Solicitation Grant to develop an action plan that defines steps and timelines associated with the creation of a Tribal Police Department. The Tribe will implement the plan over three years and will achieve three goals. The first goal will be to identify the current and forecasted community safety and policing needs of the Tribe. The second goal will be to identify the preferred option for providing policing on Tribal lands. The third goal will be to develop and deploy the Tribal policing option. The Tribe will form a Steering Committee, hire a Program Coordinator, contract with qualified consultants, conduct community engagement, conduct stakeholder engagement, complete research with other Tribes, complete assessments, strategic plans, and action plans, acquire staff, equipment, and supplies, and initiate Tribal policing capacity.

I recently attended the Legislative Commission on Indian Services meeting in Salem. Presentations to the Commission were made by US Attorney for Oregon, Billy Williams, Assistant US Attorney Tim Simmons on law enforcement issues and Sue Steward, NPAIHB. Sue is a Cow Creek Tribal member and did a great job presenting to the Commission on the 'CHAPS' Community Health Aids Program.

Sincerely,

Dan Courtney, Tribal Chairman

Tribal News

New Bathrooms Complete at Bare Park

After much anticipation, the bathrooms are now complete at Bare Park. The facility includes 2 Shower rooms, a changing room, and both a men and women's bathroom. This is a great addition to the park for guests to utilize at our Tribal events and other rented occasions. We would like to acknowledge and thank the Wilíi Housing and UIUC crews for their tremendous work on this project.

If you are interested in reserving the park for your next get together, please contact Jennifer Bryant at 541-677-5575 or ibryant@cowcreek.com.



New bathroom building at Bare Park

Tribal Elders Harvest First Tobacco Grown by the Tribe in Nearly a Century

For nearly a century, the Tribe hasn't grown its own tobacco for use in cultural ceremonies and blessings, but that recently changed.

Several small raised beds of earth in the Tuú Yap'a Xumá Tribal Garden were dedicated to growing traditionally used plants, including tobacco. To achieve the fullest authenticity possible, the Cultural Program used seeds which the Grand Ronde Tribe had acquired from a repository in Europe where seeds were stored when the first European settlers came into the area.

Each Thursday, a group of Tribal Elders meets at the Tribal Community Center in Myrtle Creek to learn the Takelma language from Rhonda Richardson, Cultural Development/Language Coordinator.

Jennifer Bryant, Cultural Activities Specialist, took this class on a field trip to the Tribal Gardens in late September to harvest the first Tribally-grown tobacco in decades.

After the tobacco is dried and prepared, it will be used in culturally-significant prayers and offerings, in the same manner it was utilized historically.



Rhonda Richardson and Jennifer Bryant with stalks of tobacco



The Tribal Elders inspect the raised bed of tobacco

Tribal News

Celebrating Sovereign Tribal Rights at Treaty Day

On September 19, 1853, 165 years ago, Nahonkuotana (Cow Creek) Tribal leadership signed the original treaty with Joel Palmer, Superintendant of Indian Affairs, trading thousands of square acres of lands in exchange for a pitifully small amount of needles, thread, buttons, potatoes, flags, and other miscellaneous goods. Michael Rondeau, CEO of the Cow Creek Band of Umpqua Tribe of Indians, believes that the treaty was largely misunderstood by our ancestors, as they spoke Takelma, translated into the trade language of Chinook Jargon, then into English, then back again. Due to the tragic events that followed this treaty signing, much of our culture has been lost in the injustices of the past.

However, he also affirms that it is this treaty, among other historical documents like the Constitution and the Northwest Ordinance, that grants the Tribe sovereign rights and powers comparable to-and even exceeding-those of States, in regards to relations with the U.S. Federal government. The culture, too, is making a comeback, thanks to the tireless efforts of dozens of Tribal members.

It was this treaty and our inherent rights as a sovereign nation that were celebrated at the first Treaty Day Celebration, held on September 22nd at Bare Park. With presentations from Tribal leadership, the Culture Program, and the Natural Resources Department, attendees learned about all of the great strides the Tribe is making in exercising their sovereign rights.

Jennifer Bryant, Cultural Activities Specialist, led attendees on a walk around Bare Park to see the culturally significant plants that they had cultivated around the property. She also handed out medicine bags to the recipients of Tribal hunting tags, which included sage, rosehips, and tobacco.

The sage is used in smudging to remove negativity. Rosehips ward off bad spirits and ensure a successful hunt, and tobacco is given as an offering prior to the hunt and again when the animal is taken.



Michael Rondeau speaks about sovereignty



Tribal Board member Robert Van Norman speaks after receiving a medicine bag for the Tribal hunt



Jennifer Bryant leads the plant walk around Bare Park

Tribal News

Cow Creek Government Offices Becomes Second Blue Zones Approved Worksite in the Umpqua Valley

On October 9, 2018, the Government Offices received the honor of being the second worksite in the Umpqua Valley to be Blue Zones Project approved. This means that the office is committed and invested in the well-being of their Tribal members, their employees, and the communities in which the Tribe lives and works. Working with the Blue Zones Project places emphasis on many parts of the Cow Creeks' approach to living, and is a way for the community to achieve healthier living. The event was attended by several Board Members, and opened with a Takelma prayer by Rhonda Richardson.



Erin Audiss, Cow Creek Dietitian, and Jess Hand, Community Program Manager for the Blue Zones Project Umpqua, cut the ribbon to make the approval official

Tribal Elders Clem and Bill Rice Featured in Douglas Woodland Update

Two Cow Creek Tribal Elders, Clem and Bill Rice, were featured in the Summer 2018 Douglas Woodlands Update newsletter, a publication by the Oregon Small Woodlands Association (vol. XXII, No. 2). The article was written by Tami Jo Braz, and spans pages 8 and 9 of that newsletter.

It speaks of Bill and Clem's ties to the land, and their care for the forests of Oregon. In the article, they reminisce about their lives, their families, and their connections to the Cow Creek Tribe, as well as their involvement in forestry-based careers and activities. Digital copies of the newsletter can be found on the Oregon Small Woodlands Association's Douglas County Chapter website. at https://www.oswa.org/blog/douglas/.



Bill and Clem Rice, photo by Tami Jo Braz

Oregon State University Hosts Indigenous Peoples' Day Celebration

On October 8th, The Native American Longhouse Eena Haws, located on the Oregon State University campus, hosted a celebration of Indigenous Peoples' Day. The event included many activities, but perhaps most notable was the raising of all the flags of the nine Federally recognized Tribes of Oregon. Board Member Robert Van Norman was present, and spoke to the attendees on behalf of the Cow Creek Tribe.

Many choose to celebrate Indigenous Peoples' Day instead of Columbus Day on October 8th, as they choose to honor Traditional heritage of the native peoples that lived here rather than the disruptive colonization efforts of the famed explorer.



Board Member Robert Van Norman represented the Cow Creek Tribe at the celebration

Obituary: Norma Deen Malone

by Josh Malone

Norma Deen (Larson) Malone died from multiple health complications on September 16, 2018. Norma was born to William Prier Larson and Agnes Eleanor LaChance on May 12, 1939 in Days Creek, Oregon.

Norma loved Oregon, but found her heart and home in Idaho. She met the love of her life: Delmar Malone; they married and made their home on the farm in Filer, Idaho. Norma was a stay at home mother and Delmar farmed.

After her children were raised, Norma made a career in nursing homes, housekeeping, and later working with young children through the grandparent program in the Jerome School District. She worked hard throughout her life.

Norma faced adversity and afflictions in her life and managed to survive it all. She loved life and enjoyed being social. She appreciated good conversation and never knew a stranger. She was always good company and loved a good laugh. She enjoyed sewing, garage sales, and spending time with her grandchildren. She was the best Mother, Grandmother, Sister and Friend.

Norma was also a Tribal member of the Cow Creek Band of Umpqua Tribe of Indians in Oregon. She frequently made trips back to Oregon to visit her siblings and extended family. During these trips, she would participate in the Tribe's annual Pow Wow and Culture Camp events. Family and community were very important to her, and she was very important to us.

Norma's spark and laugh will be remembered; she will always be loved and missed.

Norma was preceded in death by her parents (William Prier Larson, and Agnes Eleanor LaChance), her husband Delmar Malone, sons Richard James Malone, Darwin Clay Malone, Devin Clark Malone, and Dwane Curtis Malone, and grandsons JR Douglas Stone and David Eugene Malone.



Norma is survived by her children: Wesley Malone, Chris (Curtis) Chugg, and Darla (Todd) Roth, Grandchildren: Josh (Kalley) Malone, Brooke Malone, Aaliyaha Bowers, Jami Jackson, Casey Stone, Simon Roth, Brianna Roth, and Isaiah Malone. Great grandchildren: Bensen and Otis Malone, her two brothers (Wesley Larson, and David Naylor), and her two sisters (Joyce Sertain, and Mary Anne Morrison).

Death Notices

Mamerow, Adelaide Winnifred; Age: 94

Date of Birth: 10/2/1923Date of Death: 8/25/2018

Malone, Norma Deen; Age: 79
- Date of Birth: 5/12/1939
- Date of Death: 9/16/2018

DO YOU WANT TO SHARE YOUR NATIVE SPIRITUALITY WITH OTHERS?

Volunteer with Oregon Department of Corrections' Religious Services!



We are looking for sweat lodge and spiritual leaders.

The need for volunteers is great at ALL FACILITIES – especially for tribal members.

Access the application at www.oregon.gov/doc/omr/docs/pdf/volunteer_intern.pdf

For QUESTIONS or ASSISTANCE

Please contact Anita Espino (CTSI Tribal Member, Niece to Aggie Pilgrim) Call or text at (503) 983-5783, or e-mail Anita.L.Espino@doc.state.or.us

Our elders fought to have Native religion honored in U.S. prisons, but we are currently lacking volunteers to provide those services.

CHANGE LIVES, MAKE A DIFFERENCE, VOLUNTEER TODAY!

Emergency Preparedness

Be Careful, Even Though Fires Have Reduced

by Tracy DePew, Cow Creek Emergency Management Director

It has been a very active fire season across many parts of the Ancestral Territory, with impacts to natural and cultural resources, wildlife and fish habitat, and traditional plants and foods. Fire does present opportunity in some cases, but leaves behind certain risks that we all need to be aware of. As of this writing (late September), fires continue to burn across the landscape and will continue to do so until we see season-ending rains and snow. The good news is that most fires are within their containment lines. What this also means is that work will continue into the fall to remove hazard trees and conduct suppression repair activity to help ensure further damage doesn't occur to the landscape when rain and snow does come.

Tribal members planning on entering the woods for hunting, fishing, gathering, and recreating need to remember that many closures will be in place, either due to unsafe conditions or in support of the rehabilitation work that is occurring. Winter snow may create new hazards for weakened trees, and special attention should be given to areas when culverts may have been impacted.

We understand that fire did enter some areas of the Huckleberry Special Interest Area (SIA), but it was of fairly low intensity and was not catastrophic. No mechanical suppression happened beyond roadside prepping and fuel reduction. Some trees within the SIA were burned and are being assessed for felling activity to reduce spring time hazards. An assessment will need to be conducted to ensure gathering activities for next year occur in a safe manner. Natural Resources and Cultural Programs staff will be closely monitoring these conditions. More news about closures and other information can be found at the Umpqua National Forest website at https://www.fs.usda.gov/alerts/umpqua/alerts-notices



Burn scarring can make forests dangerous, too
Regular fall preparedness efforts will need to
continue. Cleaning of gutters, removing of yard
debris, when safe to do so, and wrapping of
pipes, cleaning of stove pipe and general indoor
and outdoor housekeeping activities are strongly
encouraged. The Emergency Management Program
is in transition from summer awareness and
preparedness to fall and winter awareness and
readiness.

Remember that preparedness begins with each household. Remember to check your smoke detectors whenever you change your clocks. Share information and assist friends and family who may need a little help making the transition into the new season. Lastly, don't forget to plan for your pets and livestock as their needs change with the seasons.

Roseburg and many communities across the U.S. will be holding "Prepare Out Loud" presentations to help communities become more prepared for anything that comes our way. Roseburg's Red Cross "Prepare Out Loud" event will be October 23rd from 6:00pm-7:30 pm at Roseburg High School. Register early at www.redcross.org/PrepareOutLoudRoseburg.

As always, you can call Tracy DePew (541-677-5575) or your local Red Cross branch if you have any questions. Be safe.

Messages from the Clinic

Maternal and Child Health Program

by Kelly Audiss, Health Educator & Purchased & Referred Care

The Maternal and Child Health program focuses on cavity prevention for pregnant Tribal women and their children up to age 12.

Pregnant Tribal women who join the program and attend the required doctor visits will receive:

- A free diaper bag, baby health kit, toothbrush, and more!
- Dental education and information
- Help getting dental appointments and reminders

Pregnancy and Dental Health

Dental health is very important during pregnancy! Pregnant moms with dental disease are 7 times more likely to have a premature or low birth weight baby. Pregnant moms should be brushing, flossing, eating healthy foods, and getting regular dental checkups and treatment to stay healthy and protect their babies.

During your pregnancy you will be eligible for preventative dental care, including:

- Exams
- Sealants
- X-ray
- Fluoride treatment
- Cleaning
- Dental Care Education

After the baby is born, it is also important to care for their gums and teeth. You can do this by:

- Cleaning your baby's gums after every feeding with a damp warm washcloth.
- Putting your baby to sleep with a bottle of water only; not breast milk, formula, or juice.
- Brushing twice a day once your baby gets his or her first tooth.
- Taking your baby to the dentist by the time they are 1 year old to have his or her teeth and gums checked.

Your children up to age 12 will also be eligible for:

- Exams
- Dental gift after cleaning appointment or exam with the dentist

All participants in the Maternal and Child Health Program will be eligible to receive the following:

- Free dental care samples and brushing charts
- Dental Health Education
- · Breastfeeding Peer Counseling

This funding opportunity provides the means for needed exams and provides education that will follow your child through the years of their life, resulting in fewer dental concerns. Our firm conviction and hope is to provide your child with trust and lack of fear when visiting the dentist.

Diabetes Prevention Program (DPP) Fall Sign-Ups

Get an experienced Lifestyle Coach to help you make small steps toward your health and fitness goals, earn up to \$400 towards groceries, lose weight and keep it off. Cow Creek Band of Umpqua Tribe of Indian's sole purpose of DPP is to help you make the small lifestyle changes needed, giving you the power to prevent diabetes. While there is no cure for diabetes, we know it can be prevented or delayed by making the changes that you can learn in our Diabetes Prevention Program. Classes will be starting this Fall, if you are interested in signing up for classes, please call Cow Creek Health and Wellness at 541-839-1345 or 541-672-8533.



DPP Tool Kit

Pedometers

\$25 Weekly Nutrition Cards

Cookbooks

Exercise Demonstrations

New Nike Air Native Athletic Shoes

Blue Zones Project Corner

BLUE ZONES® POWER 9 - Down Shift

By Juliete Palenshus, Blue Zones Project® Umpqua, Engagement Lead and Kelly Audiss, Cow Creek Health and Wellness Center, Health Educator

Look on the Sunny Side

Is your immediate outlook usually sunny? If it is, you are not alone. Scientists are finding that humans naturally tend to have a positive outlook. Studies suggest optimistic people may be happier, healthier, and have a lower chance of heart problems and lung disease. This may have to do with the amount of stress hormones released by the body. Someone with a happy outlook on life may release fewer stress hormones during difficult times. Residents living in the original Blue Zones areas share common lifestyle habits called Power 9®—helping them live longer, healthier, happier lives. Downshifting, whether through a nap, meditation, prayer, or a gathering with friends, is one of them.

A Good Laugh Goes a Long Way!

An emerging field known as humor therapy is helping people relieve stress and heal more quickly. Our on-the-go society means that many of us experience a certain amount of chaos on most days. Whatever your degree of stress, reducing it to the lowest level possible is good for your health, and humor is a great coping mechanism. Research has found that laughter lowers blood pressure, reduces stress hormones, and boosts immunity. Laughter also triggers the release of endorphins - the body's natural painkillers - and produces a general sense of wellbeing. In fact, hospitals nationwide are building formal and informal laughter therapy into their treatment programs. Humor is a universal language. The domino effect of a good laugh is more contagious than a sniffle, a cough, or a sneeze. A shared laugh connects people and gives them a sense of joy and closeness. So the next time stress is getting you down, remember that laughter is fun, free to all, and has no known negative side effects.

Sleep Tight!

Getting plenty of sleep every night recharges your brain and keeps your immune system functioning well. Adults need around seven to nine hours of sleep per night. To meet your sleep needs, try going to bed and waking up around the same times every day. Sleep on a comfy mattress in a dark, quiet, and cool bedroom.

Top 5 Ways to Down Shift & Stress Less

- 1. Nurture yourself. Set aside time each day for an activity that you enjoy, such as walking, working out, or listening to music. Unwind after a hectic workday by reading, practicing yoga, or taking a bath or steam shower.
- 2. Protect your day off. Try to schedule some of your routine chores on workdays so your days off are more relaxing.
- 3. Spend time with family and friends. Surround yourself with people who listen, laugh easily, and find the humor in everyday events. Avoid the "Debbie Downers" of the world.
- 4. Slow down, unwind, and de-stress. Some of life's most precious moments will pass us by if we don't take the time to notice them. Make more time for slower paced activities by turning off the TV, leaving work at the office this weekend, and reclaiming some time and space in your routine.
- 5. Get happy. Gatherings with friends are a great way to relax and connect with co-workers, neighbors, and family. Studies point to personal connections and friendships as being an important factor to enjoying a healthy, long life. Grab some tea, or another beverage of your preference, a few old or new friends and connect, for your health!

Culture Corner

Taltál - The Transformer (A Traditional Takelma Story), Part 2

Part 1 - K'uk'u, Wildman of the Woods

They came to a certain person, old woman Bluejay, mother of K'uk'u, a wild man of the woods; there she sat.

"Ah! My Aunt!"

"Where are you going, O Nephews?"

"Upriver. Ah! Aunt, give me the big gos'-shell."

"It does not belong to me, it is my son's."

"I shall give you a hundred strings of dentalia."

"It does not belong to me, it is my son's. Perhaps he would kill me."

"For what reason? These hundred strings of dentalia I shall give you."

Dentalia, to be sure, [he gave her and] the big gos'shell he took and dentalia he gave her. Taltál's younger brother did so, the elder one did nothing. This elder one, 'tis said, just kept standing, but this younger brother of his was active. On they went.

Now K'uk'u returned. "Where is my big gos'-shell?"

"My nephews from down river did come, those hundred strings of dentalia they gave you."

"Where is my big gos'-shell?"

"My nephews have taken it."

Now he killed his mother, and then followed Taltál and his younger brother up the river. He caught up to them. "Come back with the big gos'-shell."

"Come back with the hundred strings of dentalia! Just now I left a hundred strings of dentalia with my aunt."

"Come back with the big gos'-shell."

"Come back with the hundred ropes-lengths!"

"Come back with the big gos'-shell! There 'll be fighting."

"Then it's well, so let us fight!"

Then, they fought, he and the younger Taltál. Inside of a hollow tree trunk he ran, and hid himself.

"O elder brother!" he said.

Then Taltál the elder looked around and picked up a rock; he threw it at him, broke his leg in two with the rock. "Break!" he echoed his own leg as it broke in two, "Break!" he echoed it.

"He is echoing his own leg."

"He's echoing his own leg" (K'uk'u repeated in a whisper)

"Throw him on the fire!"

"Throw him on the fire!" (K'uk'u repeated in a whisper.)

"He is about to die."

"He is about to die" (K'uk'u repeated in a whisper).

On the fire he threw him. "Xa-u," he echoed his own hair as it burned.

Then they went on, they proceeded on their ways. On they went. They wrestled with all sorts of things, oaks they wrestled with, firs they wrestled with, tshaàsaph berry bushes they wrestled with, they always just broke them in two. They met a certain old man.

Part 3 coming in November: Fighting, deception and where to find the wás-bush

Possible Lessons in this story?

- 1. Don't take items that are not yours
- 2. Dentalia is money and used for trade
- 3. Explains about the "echo" in the woods, that is K'uk'u, wild man of the woods repeating words.

There are many lessons in traditional stories. Every person who hears it might get a different life lesson. What other lessons do you see?

For Part 1, see the September 2018 newsletter.

Culture Corner

The Plank House: Wilii

The Cow Creek people made use of a particular style of dwelling: the plank house (wili). Plank houses were constructed with split planks of cedar or sugar pine set on upright posts, lashed together by hazel bark cordage. Four cross-beams supported the roof. A notched log served as a ladder to enter from the outside.

Inside the plank house was a central fire pit, storage for that year's gathered foodstuffs, and cattail fiber mats situated around the living areas. With the environmental conditions here locally, wood and other organic materials do not preserve well, so there are no original plank house structures remaining. However, these structures left features in the dirt, which archaeologists are able to study.



A plank house

Body Armor

Traditionally, our people actually had body armor when going to war. This armor was built with two elk hides sewn together, with the thickest parts of the hide used to help protect the main body organs that keep us alive. In addition to the elk hides, there was a structure of sticks that was sewn between the two elk hides. Stay tuned to future newsletters for more details on our traditional body armor during ancestral times of war.

Basketry Vocabulary

Twine (noun) -a strong thread or string composed of two or more strands twisted together.

Twining (verb) -to twist together; interwind; interweave.

The open weave and twining technique is often used when weaving a basket. Various materials can be used to weave, such as willow and hazel sticks



The twining of a basket

or pine roots and other plant materials. Sticks are used to make a sturdy or rigid basket and are commonly used in the open weave identified by the larger spacing between rows. When roots are used in twining, a smaller weave is more commonly achieved and often seen in the k'el mehelii (cooking basket).

Harvest Time for Ts'en's

Ts'en's (rose hips) are very high in vitamin C. Rose hips are consumed by Tribal members by harvesting them in the fall when they are plump, juicy and bright red. The ts'en's are then dried for



Ts'en's - rose hips

future use. When you are in need of a good dose, boil water, add a few and let sit to steep. Remove hips, add honey, and enjoy.

The Ts'en's water is also used to purify and ensure a successful hunt or fishing trip. They are used to rid evil spirits and to ward off bad luck. It's also thought to provide protection and good luck. To make rose water, heat ½ cup water, add hips, and let steep. This can be rubbed over gear to ensure success.

Small Business Management Program

Do you have a desire to succeed as a small business owner? Do you have great ideas to make your business more successful, but not the time to implement them? Do you want to manage your time and financial resources to achieve a great return on investment? Do you want to learn how social media platforms like Facebook, Twitter, and LinkedIn can be part of your successful marketing strategy? Do you want to spend time working ON your business rather than IN your business?

If you answered yes, then this program, sponsored by Umpqua Community College and America's SBDC Oregon is for you! The Small Business Management Program is a unique combination of classroom learning, coaching from a professional business advisor, and networking with one goal: making you and your business more successful.

This program meets once monthly from October 2018 to June 2019, and is available in seven locations all throughout Oregon. Veterans and Tribal members receive a discount on the cost of the course!

Call Kelly Warner at 541-677-5575 for more information!

Lynda.com Accounts Available to Those in the Self-Sufficiency Program

Those in the Cow Creek Self-Sufficiency Program now also have an opportunity to get unlimited access to Lynda.com, an on-demand library of high-quality instructional videos covering a vast range of software, business, and creative skills. There are a limited number of user licenses available, so don't wait to contact Kelly Warner at 541-677-5575 or kwarner@cowcreek.com for more information.

Calling Cow Creek Artists

Tribal artists, The Cow Creek Health and Wellness Prevention Team needs you! They are looking for art for the 2019 Prevention Calendar, which will be mailed to all Tribal households. You could win a \$20 gift card!

If you would like to submit art, then you just need to follow these rules:

- You must be ages 6-24
- The art must be have a prevention theme (drugs, alcohol, tobacco, domestic violence, suicide, etc.)
- The artwork must be between 5" x 7" and 20" x 20" in dimension.
- All art must be submitted by 11/16/18.



This is your chance to show your art to the Tribe

Art is submitted to Darlene Chapman, who can be contacted at dchapman@cowcreek.com or 541-492-5236 for more information.

Elders Water Aerobics Are Returning!

The Tribe is happy to announce that Elders water aerobics are coming back in November. These classes will be available on Tuesdays and Thursdays from 9 - 9:45 AM at the Seven Feathers RV Resort in Canyonville, Oregon.

There is a limited amount of space in the pool per class, so if you are interested in participating, please call the AOA Coordinator in the Human Services Department at 541-677-5575.

Halloween at the Tribal Gardens

Don't miss this exciting event at the Tuú Yap'a Xumá Tribal Garden (I-5 Exit 101) on October 20, 2018, from 1 - 3 PM. There will be food, fun, games, prizes, candy, and pumpkins! Wear your costume to participate in a costume contest.

Please no drop-offs! Please bring your own lawn chairs. Please RSVP with Kayla Knight at 541-677-5575, so that we have enough food and prizes.



2018 Cow Creek Youth Pow Wow

When: November 10, 2018

Where: Seven Feathers Convention Center Time: Dinner (Tribal families only) at 4:30 PM, Grand Entry (open to the public) at 6 PM.

Please call Tracey Brady at 541-677-5575 to RSVP and for more information. For youth ages 3-18 to receive a sweatshirt, you must RSVP by October 31st.



Annual Tribal Elders Dinner and Blanket Ceremony

Save the date: Saturday, November 10th, held at the Seven Feathers Convention Center. This event is by invitation only. Registration begins at 3 PM.

Make Sure Your Address Is Current for Distribution Checks

If your address has changed, then you need to make sure the Government Office knows about it; otherwise, you may not receive your distribution check in November.

To update your address, mail a Change of Address form to the Government Office, or fax it to 541-673-0432. Those with minor children not living in their households need to make sure that the childrens' updated addresses are on file at the Tribal Government Office to allow for proper notification of events and Trust Fund information. Contact Vanessa Pence at 541-672-9405 for more information on Change of Address Forms.

Down Payment and Repair Assistance Recipients Must Submit 5-Year Proof of Residency

This is a reminder to those who have used the Down Payment and Repair Assistance Program within the last 5 years. Guidelines state that you must possess the property as your primary residence for 5 years, and provide proof of residency (i.e. county tax statement, homeowners insurance, etc.) for 5 years after receiving assistance. In accordance with the documents signed when receiving assistance, failure to provide this proof may result in your yearly distribution check being held until you provide the required documentation. Non-compliance, or loss of property possession may result in obligation to pay a prorated amount back to the Housing Department. Contact Justin Mathison at 541-677-5575 or jmathison@cowcreek.com for more info. 15

Energy Assistance

The Tribe's Low Income Heating and Energy Assistance Program (LIHEAP) will be receiving it's funding for the 2018-2019 Program Year. At this time, the program is open to Elders, Individuals and Families with Disabilities, and Households with children where energy assistance is an emergent need, where without assistance there is a health and/or safety risk. Our State LIHEAP Grant requires that we hold open a certain amount of time for those Households listed above to utilize assistance prior to opening the funding up for all other Households. On December 1st, the LIHEAP Program will open up for all eligible Tribal Households.

Please remember this program is on a first-come, first-serve basis, and is dependent on funding available for providing assistance once per year to Tribal Members living in the seven county service area who meet the qualifications on income and status. Resource and referral information can also be provided. For more information, please contact Sarah Thompson, Resident & Self-Sufficiency Manager at SThompson@cowcreek.com or 541-677-5575.

Flavors of Fall Cooking Demo

Join our Cow Creek Health and Wellness Education Department for a Flavors of Fall Cooking Demonstration featuring easy and healthy Fall-themed recipes! All recipes are full of flavor, low-fat, and diabetic friendly! Please come hungry because we eat everything we make! This cooking demo will be different than any before; come to find out what will make this demo special! Cooking Demonstrations will be held at the North Clinic in Roseburg November 6, 2018 and at the South Clinic in Canyonville November 7, 2018, beginning at 10:30 AM. Registration is required so we can prepare enough food! Please call the clinic at 541-839-1345 or 541-672-8533 to sign up!

Special Offer Only for Tribal Members!

Tribal members have a unique opportunity to buy some used oak desks for the excellent price of \$30 each! The style and color of desk is pictured in the photos below. For more information, call Carol Ferguson at 541-677-5567.



Drawer-side view of the desks for sale



View from across the desk

Emergency Housing Assistance Program

Emergency Housing Assistance helps Tribal families living in the seven-county service area who are facing being homeless due to unforeseen emergency circumstances. The goal of the program is to facilitate long-term housing stability by utilizing available resources. Eligible emergencies include homelessness, severe medical emergencies, domestic violence, financial emergencies, and other uncontrollable disasters.

Awarded funds of up to \$1,000.00 may be used toward obtaining temporary shelter, making housing payments, and/or establishing permanent housing. Funding is based on the type of emergency. Applications are evaluated to ensure the Tribal member is eligible for the program prior to the release of any funds. This program is not intended to assist individuals living in overcrowded situations.

The Emergency Housing Assistance program has funding available for both low-income and non-low-income families. Verification of total household income may be required in order to qualify for the program. Funds for this program are limited; applications are reviewed for approval on a first-come, first-served basis.

For more information, contact Sarah Thompson, Resident & Self-Sufficiency Manager, at 541-863-3730 or SThompson@cowcreek.com. You may also contact the Housing Admin Assistant, Amy Holmgren, at AHolmgren@cowcreek.com or at the number above.

Low Income Rental Housing

The Cow Creek Housing Program is accepting applications for the Tribe's low-income rental homes. The Housing and Urban Development (HUD) Indian Housing Block Grant (IHBG) federally funds this program, and the Tribe administers it.

Rent for Tribal housing is no more than 30% of the total gross household income. Maximum rents are set for each house size: Current maximum rents are \$700/month for a two-bedroom, \$800/month for a three-bedroom, and \$900/month for a four-bedroom. Maximum rent amounts are reviewed annually.

Eligible applicants are approved by the Housing Review Board and placed on a Waiting List. Priority is given to families with the greatest needs in relation to family size, age, disabilities, etc. Applicants on the Waiting List must update their application every six months or risk being removed from the list. The current wait for a home is approximately six months; we encourage any interested families to apply as soon as possible to get on the Waiting List.

For more information, contact the Resident & Self-Sufficiency Manager, Sarah Thompson at the number above or SThompson@cowcreek.com. You may also contact our Housing Admin Assistant, Amy Holmgren, at 541-863-3730 or AHolmgren@cowcreek.com. The application is available for download at www.cowcreek.com through the Tribal Members' portal. Just click "Login" at the top.

New Fishing Opportunity for Tribal Members!

The Water and Environmental Resources Program is offering a new fishing opportunity for Cow Creek Tribal members! The Tribe will offer five guided fishing trips in 2019 for either winter steelhead, spring Chinook salmon or fall Chinook salmon. The trips will be granted by lottery. The application and rules are included with this newsletter. The deadline to submit applications is <u>5:00 PM, November 30, 2018</u>. The drawing will be held December 7th, 2018. Successful applicants will be notified the week of December 10th and trips will be scheduled for 2019. If you have questions about this program please contact Kelly Coates at 541-622-8577, or kcoates@cowcreek.com.

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Senior Meal	3	4 Senior Meal Takelma Classes	5 Elders Monthly Luncheon	6
7	8 GO Closed for Columbus/ Indigenous Peoples Day	9 Senior Meal Round Circle Reading Group Food Bank Open 9 AM - 11 AM	10 Freedom from Smoking Class	11 Senior Meal Takelma Classes	12	13 Mini Cedar Basket Class @ GO 10 AM - 2 PM
14	15	16 Senior Meal Round Circle Reading Group Food Bank Open 9 AM - 11 AM	17 Freedom from Smoking Class	18 Senior Meal Takelma Classes	19	20 Halloween at the Gardens 1 - 3 PM @ Tribal Gardens
21	Also on the 23rd: Round Circle Reading Group	23 Senior Meal Food Bank Open 2 PM - 4 AM Red Cross Prepare Out Loud 6-7:30 PM @ Roseburg High	24 Freedom from Smoking Class	25 Senior Meal Takelma Classes	26	27
28	29	30 Senior Meal Round Circle Reading Group Food Bank Open 2 PM - 4 AM	31 Freedom from Smoking Class Youth Pow Wow Sweater Order RSVP Deadline			

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

Freedom from Smoking: 4 PM @ Roseburg Clinic

Round Circle Reading Group: 10-10:45 @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.

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6 Senior Meal	7 Freedom from Smoking Class	1 Senior Meal Water Aerobics Takelma Classes 8 Senior Meal Water Aerobics	9	10 Elder Honor Dinner and Blanket Ceremony
		Flavors of Fall Cooking Demo 10:30 AM @ Roseburg Clinic	Flavors of Fall Cooking Demo 10:30 AM @ Canyonville Clinic	Takelma Classes		3-6 PM @ 7F Youth Pow Wow Dinner 4:30 PM Grand Entry: 6 PM
11 General Council Meeting 10 AM @ GO Lunch Provided Food Bank Open after meeting	12 Alzheimer's Assoc. Caregiver Support Group @GO 1 - 3 PM	13 Senior Meal Food Bank Open 9 AM - 11 AM	14 Freedom from Smoking Class	15 Senior Meal Water Aerobics Takelma Classes	16	17
18	19	20 No Senior Meals Today	No Freedom from Smoking Class Today	22 GO Closed Happy Thanksgiving!	23 GO Closed	24
25	26	27 Senior Meal Food Bank Open 2 PM - 4 AM	28 Freedom from Smoking Class	29 Senior Meal Water Aerobics Takelma Classes	30	

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

Freedom from Smoking: 4 PM @ Roseburg Clinic

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

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

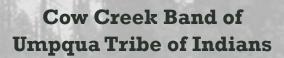
GO: Government Offices, Roseburg, OR

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For any questions regarding activities, please call the

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2371 NE Stephens St. Suite 100

