

Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 29, Issue 1 January 2019

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

Happy New Year!

As we enter into the year 2019, I would like to briefly review the year 2018. A more complete report will be forthcoming in the next newsletter.

Legislatively, our treaty was again recognized as congress passed Public Law 115-103, Jan. 8, 2018 restoring over 17,000 acres of ancestral land to the Tribe. Much work has taken place to complete the processes necessary to transfer the land. This work will continue into 2019 with issues such as right of way agreements and surveys.

After a thorough review of the Tribal Distribution Program, the Tribal Board of Directors adjusted the annual distribution by increasing the amount from \$800 to \$1000.

A redesign of the Seven Feathers Truck and Travel Center started in 2018 and is expected to be complete within the next few months. Changes have been made to the entrance, the fuel pumps have been repositioned and new larger underground storage tanks are being installed.

Several updates and remodels took place at the Seven Feathers Resort during the last year. The K Bar Steakhouse waiting area was extended



and a small bar was added. The Cow Creek
Restaurant was opened up and made larger, the
security podium was relocated to the main entrance
area and the Buffet added self-serve beverages.
Bottom line at the casino, the team came in \$1
million ahead of budget.

Our start up business, Takelma Roasting Company, did very well in 2018 gaining many new customers and is growing the business. They will be replacing some necessary equipment which will also increase capacity. More good news for the coffee company is they are operating in the black.

During 2018, the Tribe was able to add to the number of tribal properties held in trust (reservation status) by the federal government. Tribal staff were successful in transferring nine individual properties totaling 231.9 acres into tribal trust. These properties were all purchased prior to 2018.

The Umpqua Indian Utility Cooperative (UIUC) expanded its coverage in 2018. The Utility has provided power to the Casino, Seven Feathers Truck and Travel, the RV Park and the South Tribal Clinic for a number of years and has been able to add the Cow Creek Government Office, Umpqua Business Center (Former Douglas County Co-op), AAMCO (former Surplus Center), the Umpqua Low-Cost Veterinary Services Clinic (former Co-op annex) in Roseburg to the list of UIUC customers.

I look forward to seeing those that can attend our General Council meeting on February 10, 2019 at 10 a.m. at the Cow Creek Government Office in Roseburg, OR.

Sincerely,

Daniel Courtney, Cow Creek Tribal Chairman

Tribal News

Cow Creek Tribe Helps Feed the Hungry in Douglas County

As part of fulfilling the Tribal Gaming Compact, which mandates that the Tribe donate 6% of its gaming revenue, the Cow Creek Tribe gives donations to local non-profit agencies. One such donation happened during December 20, 2018, where the Tribe donated a total of \$38,000 to nineteen food banks in Douglas County.

Recipients included the A.A.R.P. Pantry, the Community Care Food Pantry, Adventist Community Services, Community Care Food Pantry, FISH Drain, Glendale/Azalea Christmas Bureau, Glide Helping Hands, ROLWOC Provision Food Pantry, St. Francis Community Kitchen, St. Vincent de Paul Myrtle Creek, St. Vincent DePaul Roseburg, Sutherlin/Oakland Emergency Pantry, UCAN Food Bank, South Douglas Food Bank, St. Jospeh's Community Kitchen, The FISH, The Friendly Kitchen, The Salvation Army, and the Roseburg Rescue Mission.



Susan Ferris, Cow Creek Public Affairs Officer (left), and Carma Mornarich, Cow Creek Foundation Director (right), speak to the recipients of the awards



Carma Mornarich and Susan Ferris with the recipients of the awards

Tribal News

Fall 2018 Cow Creek Foundation Awards: Giving Back to the Community

The Cow Creek Foundation was established in 1997 as part of a revision to the Tribal Gaming Compact with the State of Oregon that required 6% of Class III Revenues to be donated to nonprofit agencies in the Tribe's service area. In exchange for this donation, the Tribe would be able to operate Class III games, such as Blackjack, on a permanent basis.

The Foundation and the Tribal Board, two of the donating arms of the Tribe, are very careful in selecting where these required funds are distributed, focusing on Basic Needs (food and emergency support), Abuse Prevention and Intervention, Education, Health and Wellness, and Community Support. This year, the Foundation donated to 73 nonprofit organizations throughout Douglas, Coos, Deschutes, Jackson, Josephine, Klamath, and Lane counties that provide aid in those areas.

Many of the grant recipients shared stories of starving, homeless, abused, unfortunate, or deprived individuals that they serve, and the deep gratitude they have to the Tribe for helping to change thousands of lives.

"Saying 'thank you' seems like such shallow words, but they come from so deep in our hearts," said the representative from Community Works, a recipient of a grant from the Foundation. "This money provides hope for the people we serve every day."

This was a momentous event, as two organizations were each given a rare award in honor of two exceptional Tribal members: the Martha Young Award and the Buss Rondeau Award.

The National Alliance on Mental Illness (NAMI) Douglas County was given the Martha Young Award for their work on integrating individuals with mental illness and addictions back into the community.

The Buss Rondeau Award was given to Source One Serenity, an organization that uses biofertilizer to generate revenue to provide veterans with week-long fly fishing schools and fly-tying classes that help them reclaim their sense of purpose.



The representative from St. Joseph Community Kitchen expresses his gratitude to the Foundation Board



Dorothy Moll and Colleen Roberts accept the Martha Young Award on behalf of NAMI Douglas County



Rusty and Elena Lininger accept the Buss Rondeau Award for their organization, Source One Serenity 5

Tribal News

Expanding Opportunity at the Tribal Community Center

Now is the time to start thinking of this year's hunting season. If you have a first time hunter that is looking to apply for a 2019 Tribal hunt or has plans to hunt in Oregon, they first must obtain a Youth Hunter Education Card before the season starts.

Youth Hunter Education Courses are available at the Expanding Horizon Youth Center for all Tribal members and youth of Tribal employees.

To cover costs associated with the classes, Tribal members may use their Tribal Youth Education Benefits for reimbursement.

Last fall, five students at the Expanding Horizons Youth Center were able to register for and complete their Oregon Department of Fish and Wildlife Hunters' Safety and Field Day Course. Youth Center employees has teamed with Tribal Wildlife Program to obtain necessary information that assisted parents and students through the Field Day registration process and finding an ODFW approved online class. Students and parents can utilize the available computers at the Center, and staff is supportive of students completing their online Hunters Safety Course while at the Center. All students that registered for the course in 2018 completed the online portion and passed their field day tests.

Our Departments would like to recognize our five newly educated youth hunters: Tyler Toney, Maddison Pratt, Brooklyn Rondeau, Chloe Gaddis, and Josiah Sinohui. Congratulations on the hard work and effort you put into being a responsible hunter.

For more information, contact the Tribal Community Center, Amber Lomascola (541) 860-7296 or Wildlife Program, Scott Van Norman (541) 672-9405.



Left to right: Maddison Pratt, Brookyln Rondeau, Tyler Toney



Chloe Gaddis



Josiah Sinohui

Tribe Looking for Applicants for STIF Advisory Committee Position

With the passage of House Bill 2017, Keep Oregon Moving, came the creation of the Statewide Transportation Improvement Fund (STIF). This new state payroll tax of 1/10th of 1 percent of each Oregon employee has amounted to \$100,000 per year in grant formula funds for the Tribe to apply for, to aid in expanding and/or enhancing public transportation systems in our area.

In order to apply for these formula funds, the Tribe must form an Advisory Committee. The Committee is responsible for evaluating transportation needs within the Membership, and to review, evaluate and prioritize project proposals, and make recommendations to the Board for approval of said projects, as set forth in the STIF Advisory Committee Bylaws. To serve on the Advisory Committee, a Member must represent the diverse interests, geography and demographics of the area to be served. These diverse areas include

Education, Low-Income Households, and the Elderly and/or Disabled population.

At this time, the Cow Creek Tribe is seeking applications to serve on the Advisory Committee as a representative of the Elderly and/or Disabled Tribal population. If you would like to serve on this committee, please submit a letter of interest outlining why you would like to serve on the Advisory Committee and how you could best represent the intended population in regards to transportation needs. Letters of interest are due no later than 5 PM on Friday, February 15, 2019. Letters may be submitted via fax to 541-863-5927. via email to <u>Sthompson@cowcreek.com</u> or by mail to: Cow Creek Government Office Attn: Sarah Thompson, 2371 NE Stephens Street, Roseburg, OR 97470. If you have any questions, please contact Sarah Thompson at (541) 677-5575.

Tribal Member at Large Position Available on TLAMT Team

The Cow Creek Band of Umpqua Tribe of Indians (the "Tribe") hereby requests letters of interest from any Member of the Tribe who would like to serve on the Tribe's Tribal Land Asset Management Team ("TLAMT"). The TLAMT reviews the Tribe's real property on at least a semi-annual basis to determine whether any such property is surplus. If the TLAMT finds the real property to be surplus, then it will recommend a site disposal strategy/plan to the Tribe's Board of Directors.

The TLAMT membership consists of the Tribe's Chief Executive Officer, Tribal Business Operations

Officer, Government Operations Officer, Forest Manager, Natural Resource Director, Tribal Attorney, and a Tribal Member at Large. The Tribe's Board of Directors shall appoint the Tribal Member at Large to serve for no more than three consecutive years on the TLAMT. If you are interested in the position on the TLAMT, please send your letter of interest and resume to Jason Robison, Natural Resources Director, 2371 NE Stephens St. Roseburg, OR 97470.

Fishing Trip Winners Have Been Notified

Thanks to everyone that sent in an application for the guided fishing trips. All the winners have been notified. We wish them the best of luck and look forward to seeing photos of their catch!

Emergency Preparedness

Be Safe While Hiking

Presented by Tracy DePew, Cow Creek Emergency Management Director, via the American Red Cross

If you're hitting the trails, don't forget to brush up on Red Cross hiking safety guidelines and keep these important tips in mind while hiking.

Plan how to adjust your activities to avoid strenuous exercise during the warmest part of the day. Drink water ahead of time and during your activities to avoid dehydration. If you're hiking with your pets, ensure that your animals' needs for water and shade are met.

Safety is always a concern while outdoors, so don't forget to bring your first aid kit along as well!





Keep Your Home Safe with a Working Smoke Alarm

Presented by Tracy DePew, Cow Creek Emergency Management Director, via the American Red Cross

Did you know that more than 60 percent of home fire deaths occur in homes without working smoke alarms?

Working smoke alarms save lives, as do a regularly-practiced fire escape plans. The Red Cross recommends that you make sure smoke alarms in your home are working and are on every level of your home, especially outside sleeping areas. Also, identify multiple exit points from your home, in case one of those exits is blocked by fire. Finally, be sure to identify a safe meeting location outside where occupants can meet after a fire.

If your home is in need of smoke alarms there are three easy ways to get free smoke alarms installed by trained Red Cross volunteers:

Call: 541-749-4144

Online: redcross.org/GetAnAlarm
Email: preparedness@redcross.org





Blue Zones Project Corner

BLUE ZONES® POWER 9: Find Your Purpose, & Live a Longer & Healthier Life

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

What's your reason to get out of bed every morning? Studies show that people with a clear goal in life, or something to wake up for every morning, live longer and stay mentally sharper than those who don't. Your sense of purpose can come from something as simple as watching your children or grandchildren grow up, being engaged in a



Find your purpose for a longer, healthier life

job or a hobby that gives you a sense of fulfillment, or learning something new. Residents living in the original Blue Zones areas share common principles called Power 9® – these are healthy lifestyle habits that help them live longer, healthier, happier lives. Living with a clear sense of life purpose is one of them.

Why do you get out of bed in the morning?

When we use our time, passions, and talents on things that are truly important to us, we have found purpose. Ready to start fulfilling your life purpose? Here are a few tips to help you:

- To understand what your purpose is, try this equation. G + P + E = C. "G" stands for gifts what you love to do. "P" is for passion what you care about. "E" is for environment where you do what you do. And "C" stands for your calling or purpose. If you are using your gifts to do something that you feel passionate about in an environment that is healthy and a good fit for you, you are most likely living your calling (or purpose).
- Create a personal mission statement. If you're not sure what your purpose is, start by creating your own mission statement. Assess where you are and where you want to be. Figure out what

in your life makes you truly happy. To help you, try keeping a journal to jot down your thoughts and feelings.

- Focus on your strengths. Using your talents and strengths will make you feel happy and help you feel valuable to yourself and others.
- Learn something new. A new activity can give you purpose too. Try something that will "exercise" your brain – like learning a musical instrument or a new language. It's like strength training for the brain, and may even help improve your memory!

Top 5 Ways to maximize your happiness

- 1. Have a sense of purpose at work. Find a job where you feel you are using your talents and skills and providing a good service. Even if you don't love every aspect of your job, a feeling of accomplishment can give you an ongoing sense of purpose.
- 2. Make a bliss list. Make a list of things you really enjoy doing and start to work your way through it. Increase the positive, deliberate choices you make every day. For example, if you like to read, set aside time during the week to do so.
- 3. Find your flow. Identify and immerse yourself in rewarding activities that you enjoy doing. These types of activities give you a sense of freedom, excitement, fulfillment, and skill.
- 4. Focus on the good things in life. There are plenty of frustrations that affect each of us every day. Enjoy the things in your life that bring you true bliss.
- 5. Nurture close, long-term friendships. Having social connections is one of the most important factors to enjoying a long and happy life. The most beneficial relationships are those that you nurture with close, long-term friends.

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Messages from the Clinic

What the Government Shutdown Means for the Tribe

by Sharon Stanphill, Cow Creek Health Operations Officer

The Cow Creek Band of Umpqua Tribe of Indians operates its healthcare clinics fully based upon the annual funding agreement with the Federal government. The Tribe needs approximately \$118,685 every week to operate two medical clinics for over 4,000 Tribal and community-at-large members, and to issue and pay Purchased and Referred Care services for approximately 800 Tribal members within a sevencounty Contract Health Service Delivery Area.

Due to the partial government shutdown, the Tribe has approximately ten weeks of fiscal year 2018 carryover funds to assure continuity of operations. Our Tribe negotiated a treaty with the Federal government to guarantee funds for healthcare services in exchange for a huge amount of land, and every shutdown and resulting cease of funding to the Tribe negates that treaty. The Tribe has never taken the land back, so it expects the government to fulfill its treaty and trust responsibility as well.

We as a Tribe are not like other Federal agencies (e.g. Veterans Affairs), so we should not be subject to a Federal shutdown or Continuing Resolution (CR). Our confidence in the Federal government and lofty treaty promises, not kept for decades now, continue to plague the government-to-government relationship, and this shutdown simply adds salt to the already adverse wound.

Current impact of a government shutdown:

1. One of the biggest issues we face this week is issuing a PO and allocating payment for funds we don't know we will receive in order to pay the specialty care providers who are being assured payment upon receipt of healthcare services. PRC funds range from \$50,000-\$75,000 per month. Healthcare providers and hospitals are not going to see our patients if they are not paid; we will not be happy if our members are denied services because the bills are not paid, or they are sent to collections 10 after 30-60 days of bills rendered not paid.

- 2. It is important to acknowledge that our staff get very nervous and begin looking for other positions when they realize they are paid by Federal funds subject to continual CR or a complete shutdown. Rural care providers are in high demand, and take a risk by working with Tribes who are constantly subjected to their funds being pulled with little to no notice. Security in permanent funding needs to be established for Tribes in this country to minimize this problem, or, as a second-best option, a multiple year advanced appropriation must be provided to assure staff retention.
- 3. Many IHS administrative functions have been limited. Our Tribe is currently engaged in active environmental health projects with deadlines that are currently not able to be met, as engineering staff are not working.
- 4. Commission Corps Officers are limited in effectiveness. Due to a record number of vacancies in providers and nurses, a local neighboring Tribe had to request an urgent need for providers from nearby. Previously, our Tribe has sent Behavioral Health providers when they had similar circumstances, and were again prepared to send a small team of healthcare providers, but with the shutdown in effect, the Area Office cannot process the paperwork. As they are Federal employees, we cannot let them travel to provide assistance.
- 5. The Special Diabetes Program for Indians (SDPI) Meeting was cancelled. SDPI is not effected by the lapse in appropriations, as they are mandatory through legislation, not through the annual discretionary process. However, staff who assist the SDPI are Federal employees who are not working during the shutdown.
- 6. The Tribe fully expects to be reimbursed for shutdown-related expenses in any Tribal funds the healthcare business must incur.

Messages from the Clinic

Diabetes Prevention Program - New Class Starting March 2019

Out with the old, in with the new! Are you worried about developing diabetes? Do you want to become as healthy as you can be? If you answered yes to any of these questions, the Cow Creek Health & Wellness Center's Diabetes Prevention Program is for you! This 16-week intensive program has had over 50 people with pre-diabetes see results. Over 400 pounds have been lost, blood sugars have returned to normal, and cholesterol dropped by an average of 20 points!

Take off the pounds and keep them off with customized weekly classes from your own personal Registered Dietitian and Lifestyle Coach! To join the upcoming Diabetes Prevention Program, please contact Erin Audiss, RD at 541-672-8533 or Lauren Bentley, RD at 541-839-1345. Classes will begin this March!



Over-the-Counter Benefit for 2019

Checks will be sent to all Tribal members by March 31, 2019. The process changed last year with all members 18 years or older receiving \$100 and children \$50. Receipts are no longer needed.

Please Participate in the **NPAIHB Survey!**

The Cow Creek Tribe is very engaged in working with the State of Oregon to improve our healthcare coverage and programs for Tribal members. You can help this process by participating in the Northwest Portland Area Indian Health Board (NPAIHB) survey! Any American Indian/Alaska Native person living in Oregon is eligible to participate, and those that complete the survey can enter to win a raffle prize! To be a part of this effort, follow the instructions in the flyer to the right.



To learn more, go to https://www.surveymonkey.com/r/2020ship or scan the barcode below with your phone. Those that complete the survey can enter to win a raffle prize from NPAIHB.

Improvement Plan (SHIP).





Culture Corner

Taltál - The Transformer (A Traditional Takelma Story), Part 5

Part 5 - "The Wicked Person," the salmon as food, what fighting does, why coyote eats the food he eats now, and how the morning star and evening star came to be.

Then they proceeded on their way, and arrived down river from a house. Then, 'tis said, he and his younger brother talked.

"Across from here I shall go to the elder one, but do you go to the younger one. With those two we are to wrestle," he said.

There the elder one went, and went up on top of the house; on top of the house the elder one sat. Inside he went. Taltál's younger brother arrived at the house of the younger one.

The wicked person's wife was sitting there, and there little children were sitting. Just one boy, younger brother of the wicked person, was sitting at the door.

Taltál's younger brother said, "I'm going to eat salmon. Give me salmon to eat, I'm hungry." When he had eaten the salmon, he gave every one of the little children to eat. Yonder was one sitting by the door. The man's wife was sitting. The boy went out of the house, went to the water.

He told his elder brother, "O elder brother, a certain person has arrived at the house and has eaten your salmon, your salmon he has distributed to the children," he said to him. The fish-net he threw out to shore and went into the house.

Taltál's younger brother was eating, salmon he ate. He stepped into the house and almost broke Taltál's arm in two; here on his arm he stepped and nearly broke it in two. Taltál just twisted his arm to one side and stepped right into the salmon.

"O friend, let us play!" said the wicked man.

"I did not come here to play. 'I shall just eat salmon,' I said to myself. Not for play did I come here." **12**



Taltál (dahl-dahl): dragonfly

"O friend, let us play with each other!" and he took grass. "Let us play with each other, let us play the grass game!"

Thus, 'tis said, they spoke to each other. And now then Taltál became angry. "It is well! Let us, then, play with each other," he said. Out of the house they went; he picked him up and went to the water with him.

"Now, it seems, the handsome youth is to be spoiled¹," they said--yonder were the housed of many people. Now they wrestled with each other.

"I think I'll cut him through the first time," he thought to himself, but Taltál held his ground. "Still the person holds his ground, the handsome youth."

Then, 'tis said, they wrestled with each other. From across the river, his elder brother saw him. The elder people were on the other side of the river, and one was holding his net for salmon. Taltál the elder was sitting on top of the house. So these youths, the younger ones, did wrestle with each other, k!ídididi went their bodies.

"Still they have strength. Never before have they done that," said the people collected together.

"O friend, eat your salmon!"

"I do not wish it, let us play with each other. Before I just wanted salmon, now I desire to play."

"O friend!"

"I do not wish it, let us wrestle with each other," he

Continued on Page 13

Culture Corner



said. That one yonder across the river, the elder one, knew that his younger brother was not strong.

"Eh!" he said, and threw his fishing-net out to shore. He was about to step across the river.

"Eh! Where are you going? Come this way!" Taltál said. This Taltál the elder was sitting on top of the house, he it was that said "This way!"

He turned back, picked him up, and set him down; people he used to destroy. At one another they jumped, and then, 'tis said, they wrestled; then their bodies sounded k!ídididi.

On the other side of the river he had already cut through the younger one, while the elder ones wrestled. It did not last long before he had cut him through. Now the two wicked people, he and his younger brother, were slain.

"Do you think that you will be a person?" and to the west he threw him. "The Evening Star you shall always be called, you shall always be called he that comes up in the evening."

To the younger one he said, "You will be he that comes up in the east early in the morning."

Now Coyote snatched up the fishing-net. "In the water I shall catch salmon," Coyote thought to himself, but he caught only mice in the fishing-net. Again he threw it forth into the water, but caught only gophers.

"Eh! You shall not catch salmon," he was told. "In the earth you shall hunt for gophers, mice shall you, for your part, catch," did Taltál say. Then he said, "People shall spear salmon, they will go to get food, to one another will they go to get food; one another they will feed, and they shall not kill one another. In that way shall the world be, as long as the world goes on."

Then, 'tis said, they continued on their way. These things he had said at Ti'lowmíi, in front of the falls he had said so. Right there, salmon are always caught in fishing-nets. Then they continued on their way, on they went.

Then, 'tis said, they arrived there, they accompanied each other. Now his elder brother went on ahead. Now the elder brother whistled to him; now the elder brother shrunk, while the younger one grew tall. The elder one became short, the younger one became tall. Nowadays these are standing there, mountains they have become.

'Tis finished. Go gather and eat bap'-seeds.2

Footnotes:

- ¹ "Spoiled" in this instance instead means "killed."
- ² This is the conventional method of winding up a Takelma myth. The command is addressed to the children who have gathered around to listen to its recital. They are to go off and gather seeds in order to become active. Too much sitting around listening to stories makes one lazy.

This concludes the series on the traditional creation story "Taltál the Transformer." Parts 1 - 4 can be found in the September, October, November, and December 2018 editions of this newsletter.

Traditional Body Armor

Traditional body armor was strong enough to protect the warriors. It is described to be strong enough to stop arrows and only leave pitted areas in the elk hides. With the two elk hides and chest plate structure, our men's vital organs were protected. The paintings on the warrior's armor also tells a story of a brave warrior who fought for his people.

Culture Corner

How to Make Cedar Bark Rope:

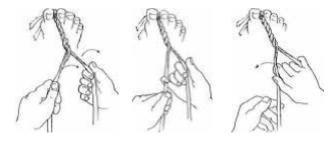
How to make cedar bark rope:

- 1. Both strands twisted separately to right.
- 2. Little finger of right hand picked up left strand.
- 3. Right hand turned over to left, crossing both strands in that direction.

Cedar bark is naturally strong, with a tensile strength of around 27 MPa (4000 lbs. P.S.I). Readily available in long lengths and variable thicknesses, it is an excellent material for making all types of cordage: rope, string and fine twine.

The start of a two ply rope begins with two strands, moistened for flexibility and knotted together at one end. Holding the knot between two of your toes and keeping the strands taut in your hands, the rope maker twisted first one then the other strand to your right. When a short length is twisted tightly, cross them over each other in the opposite direction, to the left. Keeping the tension even, continue the process of twisting, then crossing (plying), in one smooth, continuous motion.

Images and text from "Cedar" by Hilary Stewart



The steps for weaving a two ply cedar bark rope

Calling all Cultural Art Vendors!

The Cultural Program is looking for Tribal members who have cultural arts to sell at the 2019 Cow Creek Cultural Conference on February 13, 2019 at the Seven Feathers Convention Center. Tribal members may host a cultural arts vendor table at no charge! Please RSVP to Jennifer Bryant for more information, and reserve your spot, at 541-677-5585 or email

Oregon Grape

Few things are more tart than a fresh Oregon grape berry. In the spring the plant showcases bright yellow flowers that turn into bunches of purple berries in the summer.

Traditionally, these plants were harvested for many different reasons. The roots were harvested to dye basketry materials yellow. The roots were also brewed and drank as a blood purifier and to aid an upset stomach.

When the berries ripened, they would be picked and dried for winter use. The berries would be added to elderberries, meat, and acorn flour to make patties, which were cooked on hot rocks.



Come summer, these yellow flowers will turn into the purple berries (seen below).





2019 Cow Creek Cultural Conference

February 13, 2019

The Cow Creek Cultural Program is excited to host the 4th annual Cow Creek Cultural Conference! Please join us for informational presentations, cultural education, traditional music, good food, fun raffle items and so much more!

The conference is now open to all community partners. We look forward to seeing guests from federal, state, and local governments, teachers, administrative staff, and community members.

Registration Information:

\$50 for conference

**Free for Tribal Members and employees

Lunch and refreshments provided

RSVP DEADLINE: FEBRUARY 1, 2019

Location: Seven Feathers Convention Center

146 Chief Miwaleta Lane, Canyonville OR 97417

Date: Wednesday, February 13, 2019

Time: 8:00AM-4:00PM

To register for the event, visit Eventbrite.com at https://www.eventbrite.com/e/2019-cow-creek-cultural-conference-tickets-52508507359

For more information contact Cultural Program at 541-677-5575 or email: ibrvant@cowcreek.com

Government and Programs

Tribal Board to Travel to Washington

The Tribal Board will be traveling to Washington for the annual informational meetings in March 2019.

The first meeting will be held from 6 - 8 PM in Kelso, Washington, in the Oak/Douglas Room at the Red Lion Hotel & Conference Center (510 Kelso Drive, Kelso, WA 98626) on Friday, March 8, 2019.

The second meeting will be held from 1 - 3 PM in Port Angeles, Washington, in the Juan de Fuca Room at the Red Lion Hotel (221 North Lincoln Street, Port Angeles, WA 98362) on Saturday, March 9, 2019.

Cow Creek Education Department Looking for Artists

Artists! This is a chance to have your artwork featured in educational materials for students in the 4th grade throughout Douglas County. Cow Creek Education Department is seeking an artist who is skilled in creating original artwork for the Tribal curriculum being introduced to the 4th grade students in our local schools.

We are in need of some pencil and/or pen and ink drawings of traditional food gathering activities like camas root and huckleberry harvesting. We are also seeking artistic renditions of traditional Cow Creek living either in our summer or winter homes. The artist selected will have the opportunity to work with the Cultural Program in developing culturally and historically accurate renditions for the curriculum. There will be approximately three different original drawings needed for the project.

Interested artists should be prepared to share some of their past work to the selection committee. Artists should contact Sandy Henry (541) 677-5575 for more details on this exciting project.



Each year, the Tribal Board travels to Washington to speak to Tribal members



Your artwork could be seen by thousands of students

Government and Programs

Tribal Rental Assistance (TRA) Program and Extended Tribal Rental Assistance (ETRA) Program

Tribal Rental Assistance (TRA) Program and Extended Tribal Rental Assistance (ETRA) The Cow Creek Tribal Housing Program provides rental assistance to eligible low-income Tribal members living in Douglas County. TRA pays \$200-\$300/month toward the Tribal member's rent for a year. Payments are made directly to the landlord; payments cannot go to the Tribal member, a family member, or a mortgage company.

TRA is federally funded through the Indian Housing Block Grant (IHBG). Participants must meet and maintain eligibility criteria. Eligibility is based on household size, income, and rent amount. TRA participants cannot pay more than 30% of their total household income for rent. Approval is subject to available funding.

Once Tribal Rental Assistance ends, the Tribal member may apply for Extended Rental Assistance. ETRA pays \$100-\$150/month toward the Tribal member's rent for another year. ETRA is also federally funded and participants must still meet and maintain income and rent payment guidelines. After both TRA and ETRA have been exhausted, the Tribal member is eligible to apply again in five years.

For more information, contact Sarah Thompson, Resident & Self-Sufficiency Manager, at 541-863-3730 or SThompson@cowcreek.com, or the Housing Admin Assistant, Mel Johnson at 541-677-5575 ext. 5282 or MJohnson@cowcreek.com. You may also download the application at www.cowcreek.com through the Tribal Members' portal. Just click on the Login option at the top.

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.

Tribal rental housing is available to eligible low-income Tribal members. 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 our Resident & Self-Sufficiency Manager, Sarah Thompson at 541-863-3730 or SThompson@cowcreek.com. You may also contact the Housing Admin Assistant, Mel Johnson, at mjohnson@cowcreek.com or at the number above. The application is available for download at www.cowcreek.com through the Tribal Members' portal. Just click on the Login option at the top.

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meal GO Closed for New Years Day	2	3 Senior Meal Takelma Classes	4 Elders Monthly Luncheon 12 PM @ 7F	5
6	7	8 Senior Meal Food Bank Open 9 AM - 11 AM	9	10 Senior Meal Takelma Classes	11	12
13	14	15 Senior Meal	16	17 Senior Meal Takelma Classes	18	19
20	21 GO Closed for Martin Luther King Day	22 Senior Meal Food Bank Open 2 PM - 4 AM	23	24 Senior Meals Takelma Classes	25	26
27	28	29 Senior Meal	30	31 Senior Meal Takelma Classes		

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

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.

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Elders Monthly Luncheon 12 PM @ 7F RSVP Deadline for Cow Creek Culture	2
					Conference	
3	4	5 Senior Meal	6	7 Senior Meal	8	9
				Takelma Classes		
10 General Council Meeting 10 AM @ GO Lunch Provided Food Bank Open after meeting	11	12 Senior Meal Food Bank Open 9 AM - 11 AM	13 Cow Creek Culture Conference 8 AM - 4 PM @7F	14 Senior Meal Takelma Classes	15	16
17	18 GO Closed for Presidents Day	19 Senior Meal	20	21 Senior Meals Takelma Classes	22	23
24	25	26 Senior Meal Food Bank Open 2 PM - 4 AM	27	28 Senior Meal		

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

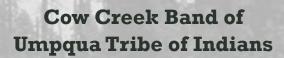
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