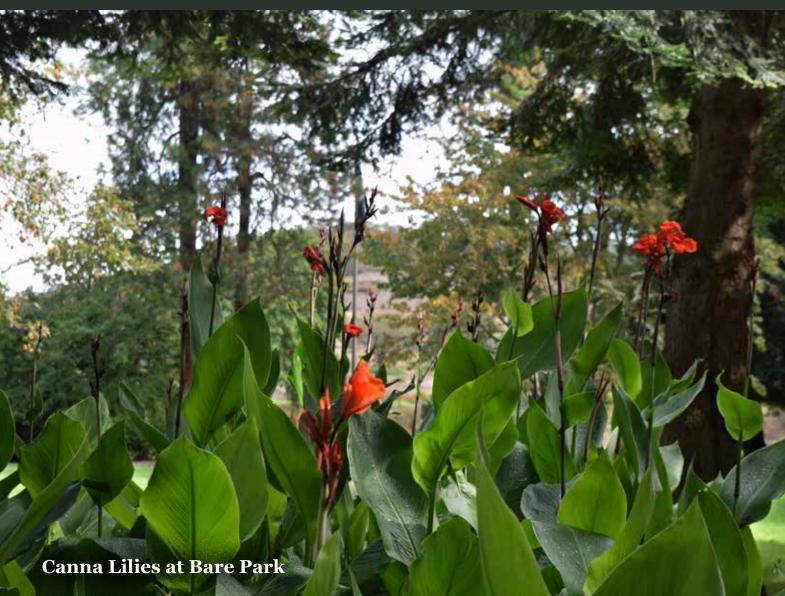


# Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 29, Issue 10 October 2019

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 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)

### **Tribe's First Hemp Harvest Exceeds Expectations**

Seventh Gen Farms, the Tribe's hemp-growing business venture, has had its first harvest. Each day this month, 30-45 farm contractors hand-picked the crop alongside a mechanical combine, rushing to collect all the crop before a 28-day deadline set by the Oregon Department of Agriculture. Despite the strict regulations, Seventh Gen Farms' crop passed with flying colors, according to Kyle Kennington, Director of Business Development for Umpqua Ventures.

"We ended up producing a lot more product than we anticipated, which is awesome," he said. "In spite of less-than-favorable conditions this year, namely more rain in September than we've ever had, it has been an overwhelming success. This is an industrial agricultural product that we can sell anywhere in the world."

Too much rain is bad for hemp, as it is a product that can easily mold. However, once harvested, the crop is moved into a dry barn that prevents mold. Once there, the crop is treated with a solvent in a lab that compresses the biomass and pulls the oils out. It then goes through a distilling process that separates the solvent from the crude oil. From there, the oil can either be sold as-is, or can be further refined to isolate specific compounds, such as CBD or CBG, as desired to meet the demands of a constantly developing market.

Thanks to the close relationship the Tribe has with Oregon State University's newly founded Global Hemp Innovation Center, the data that Seventh Gen Farms is accumulating in this harvest is going into research about a mostly-unexplored field of study. OSU's Extension researches a variety of hemp-related topics, such as cultivation sciences, seed certification, fertilizers, pesticides, cover crops, and how the different components of hemp affect both soils and the human body.

Seventh Gen Farms is proud to represent the Tribe in this exciting and emerging industry," says Kyle. "As the hustle of the first harvest year begins to wind down, we look forward to the future of hemp and the benefits it will bring to Tribal people."



Kyle Kennington, Director of Business Development for Umpqua Ventures, takes a quick breather during the hemp harvest. Image courtesy of Anvil Northwest



Once harvested, the hemp is brought to a special dry barn to prevent molding, where it is stored and processed for sale. Image courtesy of Anvil Northwest

### Featured Tribal Business: Canyonville Holiday Inn Express

Exit 99 off I-5, which leads directly to many of the Tribe's businesses in Canyonville, Oregon, is a prime strategic location, as it sits roughly halfway between Washington and northern California, making it a great stopping point for travelers on the highway. While the Casino and the RV Resort get a lot of attention, the Tribally-owned Holiday Inn Express has the name recognition to really draw in travelers.

Since the Holiday Inn Express finished renovating everything but the guest rooms early this year, it has had the best 8 months of the property's existence. Beautiful tile, paint, and artwork featured prominently in the design, and a host of amenities (such as an upgraded pool and spa, resurfaced parking lots, a freshly-baked complimentary breakfast, 24-hour shuttle service to and from the Casino, and more) help the guests feel pampered.

"I think the rooms are every bit as spacious as Seven Feathers and certainly as affordable," says Russell Cox, Tribal member and General Manager. "Our guest service, though, could go neck-and-neck with any hotel property on the I-5 corridor."

Cox says that the Holiday Inn Express is an untapped resource for a lot of Tribal members, both in hospitality and employment opportunity.

"The Tribe has invested in this property, and we're paying it back to them," he says. "We're working on a program where Tribal youth can start learning in positions here; maybe even have a future in hospitality. It's a safe environment and an excellent place to get your foot in the door."

Cox hopes to have the opportunity ready for next summer's youth employment program.



The Holiday Inn Express has competitive rates with the Casino Hotel, and offers the same discounts for Tribal members



This beautiful lobby greets guests as they enter the building



The Holiday Inn Express has an amazing breakfast bar, with a variety of options, including hot foods baked fresh every morning

### Oregon Zoo Opens Lamprey Exhibit, Thanks in Large Part to Oregon Tribes

The Oregon Zoo, located in Portland, Oregon, held a special ceremony on World Rivers Day, September 29, 2019. This event celebrated the opening of the new exhibit in the Pacific Northwest section of the zoo, one featuring a fish that many local Tribes hold very dear: the lamprey. At both the World Rivers Day and Indigenous People's Day, the Oregon Zoo provided free admission for all Tribal members.

Speakers at the ceremony, including the Cow Creek Tribe's own Kelly Coates, a Tribal member and the Cow Creek Water and Environmental Resources Program Manager, spoke of the excellent collaboration between Tribal, State, and Local governments, and of the huge importance of the lamprey to the ecosystem of the Pacific coast, and to the traditional culture of the Tribes.

Sadly, the Pacific Lamprey has been in decline over the last 30 years and has been close to becoming an endangered species. However, the partnership responsible for the exhibit is working non-stop to improve habitat conditions, restore lamprey populations, and raise awareness of the importance of this incredibly old species of fish, the last of which the zoo exhibit does quite well.

Not only does the exhibit feature facts about lamprey –such as that the lamprey has existed since before the dinosaurs– but it also features its name in many Native American languages. In Takelma, the native language of the Cow Creek Tribe, it is known as 'xtáan.'



The exhibit features the name for lamprey in many native languages, including our Takelma



Kelly Coates, Cow Creek Water and Environmental Resources Program manager and Tribal member, speaks at the grand opening of the exhibit



Jeremy Red Star Wolf, Vice Chairman of the Board of Trustees for the Confederated Tribes of the Umatilla Indian Reservation, and Chair of the Columbia River Inter-Tribal Fish Commission, says that the fight to honor and restore "our grandfather" (lamprey) is not over yet



Two of the five lamprey in the exhibit

### Cow Creek Tribe Helps Host the 2019 Southern Oregon Trade Expo

On Thursday, September 26<sup>th</sup>, the Cow Creek Band of Umpqua Tribe of Indians, along with Phoenix Charter School and the Oregon Dept. of Transportation (ODOT), hosted the second biennial Southern Oregon Trade Career Expo at Seven Feathers Hotel and Casino Resort.

With the resounding success of the first expo held in 2017, this event had grown exponentially, reaching out to 57 schools over 6 counties. A massive total of 1,436 students attended the event, almost double the number that came to the first expo. They learned about a huge selection of trades and other employment opportunities from 113 exhibitors, including law enforcement, armed forces, electricians, stonemasons, transportation, and many, many more, all of trades that make a living wage of \$18 an hour or more. One notable exhibitor was the National Guard, who landed a Blackhawk helicopter on the casino's helipad while hundreds of students watched.

The expo also hosted an afternoon session for veterans and disadvantaged youth after the students had departed for home.

The Cow Creek Tribal Youth Council helped staff the event, assisting in handing out lunches and directing students, exhibitors, and other staff to where they needed to go.

"This is such an important opportunity for these kids," said Thomas McGregor from the Phoenix School of Roseburg, who helped organize the event. "This can be the spark that can get kids into a trade. Without the help of the Cow Creek Band of Umpqua Tribe of Indians, none of this would have been possible, so we are very thankful!"

To learn more, visit www.empowerthepossible.org.



A Blackhawk helicopter delivered exhibitors from the National Guard while hundreds of students watched with excitement



Many exhibits gave students the chance to get hands-on with the technology of the trade



"Cherry picker" aerial work platforms let students get a bird's-eye view of their friends

### Cow Creek Tribe Helps Host the 2019 Southern Oregon Trade Expo, Continued



Many students tried out a virtual reality program designed to help practice welding in safety



Kelly Warner and the Tribal Youth Council worked hard to help the expo run smoothly



The exhibitors from the Marines let students test their strength with pull-ups



A student tries out the drill bit at a woodworking exhibit



The Tribal Youth Council got the chance to sit in the Blackhawk helicopter

### 2019 Treaty Day Celebration and Tribal Family Picnic

It was a warm and sunny day at Bare Park when Tribal members gathered to celebrate the 166<sup>th</sup> anniversary of the treaty signed between the Cow Creek Tribe and the Federal government. It is an important time to remember, as that document helped reaffirm the Tribe's sovereign rights and authority of self-governance.

Jennifer Bryant, Cultural Activities Specialist, took the opportunity to present several important gifts. First, she honored the Tribal Hunters who had won the chance to hunt on Tribal lands by giving them a Medicine Bag, with sage for smudging, rosehips to bless the hunt, and dried tobacco for offerings to the creator. Secondly, she honored the Tribal Board members present with a Smudge Bag, which contained both large and small abalone shells, sweet grass (burned to bring in positive energy), sage (burned to ward off negative energy), and tobacco (for offering to the creator).

The Tribal Youth Council was also present, and announced their activities for the coming year. Jennifer Bryant presented each of them with a dentalia necklace in honor of their leadership and selflessness in service.

Tribal youth had a blast with traditional games, such as Sweep the Teepee (a teamwork-based game of posing) and Bear, Warrior, Princess (a Tribal variant of Rock, Paper, Scissors), led by Darlene Chapman, Prevention Coordinator, as well as a tug of war and a sack race. Following a lunch of elk burgers, attendees enjoyed a raffle with great prizes.



The Tribal Youth Council conducted the raffle



Jennifer Bryant presented Smudge Bags to Tribal Board Members in attendance



The Tribal Youth Council introduced their new members and officials, and declared their upcoming activities and projects



Darlene Chapman, leading the youth in a game of Sweep the Teepee

#### Remembering the Dark Days of the Indian Boarding Schools

The students and staff of the Expanding Horizons Youth Center (EHYC) honored their ancestors by participating in "Orange Shirt Day," a day of recognition for Indian Boarding school survivors.

Orange Shirt Day began in 2013 as a result of boarding school survivor Phyllis Jack Webstad discussing her experience when she arrived at a residential school. The date of September 30<sup>th</sup> was chosen for the annual event, because it is the time of year in which Indigenous children were historically taken from their homes to residential schools. The first boarding school in the United States was founded in 1860 on the Yakima Indian reservation in Washington.

The truth about the US Indian boarding school policy has largely been written out of the history books, and we still don't know how many students attended. Many have estimated that there were nearly 500 government-funded Indian boarding and day schools across the US in the 19<sup>th</sup> and 20<sup>th</sup> centuries. In boarding schools, Indian children were forcibly abducted by government agents, sent to schools hundreds of miles away, and beaten, starved, or otherwise abused when they spoke their native languages or tried to practice their spiritual beliefs.

EHYC students wore their silk screened orange shirts from one of this summer's camp activities. Students will watch a short documentary about the Boarding school era, and learn about the profound impact the boarding school had on generations of Native Americans.



Members of the Thomason family. These children were sent to an Indian school in northern Oregon in the late 1800s. The primary purpose of the Indian schools was to assimilate Native American children into the modern society. The first step was to cut off all their beautiful long hair. Image courtesy <a href="https://www.cowcreek.com">www.cowcreek.com</a>



(Left) Tribal youth and advisors wear shirts in participation of Orange Shirt Day.

White shirts read: "#Everychildmatters, Rememberance: Indigenous Youth"

Orange shirts read: "Wik'uuyámhan \_\_\_\_ kʰweteýtʰkʰ, (my friends) name (my name is), Nahankʰuotana eytʰe, (of the Cow Creek People) (I am)

### Tuyúm Sukuníthkh (My cattail basket)

September 20<sup>th</sup> was a great day to make a cat tail basket. Beth Gipson and Celeste Whitewolf did a great job teaching the group how to manipulate cattails into a beautiful basket.

We used cat tails harvested by the Natural Resource Department from Tin Hat Pond located on our conveyance lands. These cattails were twined together using raffia to give it color. The result was a soft basket that will be very versatile.

We can't wait to do more classes with these knowledgeable teachers.

### **Huckleberry Planting Trip**

In late September, Tribal volunteers helped a partnership between the Cow Creek Natural Resources Department, the Rogue River Siskiyou National Forest, the Umpqua National Forest, and a nonprofit group to plant huckleberries. This project restored portions of the traditional Huckleberry Patch which had been damaged during the High Cascades Complex fire in 2017.

## 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. If you did not receive your check last year, please give us a call at 541-672-9405.

To update your address, mail a Change of Address form to the Government Office, or fax it to 541-677-5565. 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.

If you have family that moves around a lot, please 10 have them contact the Government Offices so



Celeste Whitewolf teaching cattail weaving



The huckleberry patch has been important to the Tribe since time immemorial



Make sure you and your family don't miss out on the annual distribution

that we know where to send their checks. Contact Vanessa Pence at 541-672-9405 for more information on Change of Address Forms.

## Government and Programs

## Join the Official Cow Creek Tribal Facebook Group!

Did you know that our Tribe has an official Facebook group? It's true! This social media tool is an excellent resource for getting the latest information that applies to you as a Tribal member.

It features content such as program events, children's events, program deadlines, Tribal public meeting notifications, information on upcoming classes, health tips, health resources, job announcements, and more! Our goal is to supplement this newsletter with content that our Tribal members can access on the go.

If you would like to join this Facebook group, you must fit one of the following criteria:

- Enrolled member of the Cow Creek Tribe
- Spouse of an enrolled Tribal member
- Adopted enrolled children of a Tribal family
- Current Tribal employee

If you meet one of those criteria, and would like to join the group, please contact Brick Andreasen at <a href="mailto:bandreasen@cowcreek.com">bandreasen@cowcreek.com</a> or 541-672-9405. We will need the email address that you use to log in to Facebook; once we do, we can send you an invitation to become part of the group.

## Join Us for the Autumn Harvest Celebration at the Tribal Gardens!

Please join us on October 19<sup>th</sup> at 1 PM for the Autumn Harvest Celebration at the Tribal Gardens, presented by a partnership of the Youth Activities Committee and the Behavioral Health Department! There will be music, games, free food, drinks, and a contest for best costume! All Tribal households with youth ages 3-18 are invited to attend, as well as any Cow Creek staff. This is a drug- and alcoholfree event. For more information, please contact Alexa Young at 541-677-5575.

### Save the Date: 2020 Nahonkhuotana Conference

On Wednesday, March 11, 2020, the Cow Creek Tribe will host a conference at the Seven Feathers Casino Resort in Canyonville, Oregon, full of exciting information about the Tribe, our historical lifeways, and our current endeavors. A welcome dinner will also be held the night before (March 10, 2020), with historical presentations.

More information, including registration information, will be available in the near future, but mark your calendars for this exciting opportunity you won't want to miss!



Previous years' conferences have featured hands-on activities with cultural crafts

## Tribe to Participate in Great American Shakeout Awareness Campaign

As in year's past we are planning to participate in the Great American Shakeout Awareness Campaign. On October 17th, millions of participants will engage in an earthquake preparedness drill. You can watch our Facebook page for more earthquake-related emergency preparedness articles; for example, how to secure TVs, water heaters, shelves, or other heavy objects that can fall and injure people in an earthquake. For more information, please visit www.ShakeOut.com.

## Government and Programs

## Medicare Part B Reimbursement Program Information

Cow Creek Tribal members and their spouses who pay Medicare Part B Insurance Premiums may qualify for Tribal reimbursement of their premiums. These premiums are withheld from your Social Security checks monthly. If you are over 65 and still employed, you will be billed directly.

Reimbursement payments can be requested as an annual or monthly reimbursement payment. Tribal Elders (age 60+) can choose to have direct deposit or a printed check. If a Tribal Elder chooses Direct Deposit, a Direct Deposit Authorization Form and a cancelled check must be submitted.

To request your reimbursement, submit a 1099 form for an annual reimbursement, or submit a benefit statement for a monthly payment. The Social Security Administration Office will send these to you. It is important to keep your insurance premium information updated. As soon as you receive your 2020 benefit statement or your 2019 1099, please submit either by fax at 541-677-5565, email to <a href="mailto:aholmgren@cowcreek.com">aholmgren@cowcreek.com</a> or mail to Amy Holmgren at 2371 NE Stephens, Roseburg, OR 97470.

To request assistance, please contact Amy Holmgren at 541-677-5575.

### Medicare: When Is Your 65th Birthday?

Did you know you need to sign up for Medicare even if you continue to work in order to avoid penalties and save you money? You can sign up as early as 2 months before your 65<sup>th</sup> Birthday. Don't put it off, this can save you a lot of money! Medicare coverage and costs change yearly. Be sure you are aware of the changes that occur yearly that will affect your pocketbook. Attend free Medicare classes offered in your area. Call SHIBA (Senior Health Insurance Benefits Assistance) at 1-800-722-4134. You will be asked to use the phone keypad to enter your ZIP Code. Depending on where you live, your call may 12 be routed to a local agency in your area.

#### 2019 Elder Honor Dinner

The 2019 Elder Honor Dinner will be held Saturday, November 9, 2019 at the Seven Feathers Convention Center. Invitations and RSVP forms have been sent out.

If you are an Elder and have not received your invitation, please contact Amy Holmgren at 541-677-5575 or <a href="mailto:aholmgren@cowcreek.com">aholmgren@cowcreek.com</a>. More information will be coming to your mailbox soon!

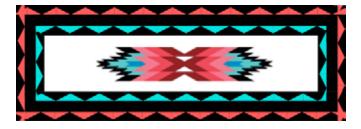


New Tribal Elders are honored at this dinner with the presentation of a Pendleton blanket

#### 2019 Youth Pow Wow

Please join us for the 2019 Youth Pow Wow, sponsored by the Youth Activities Committee. It will be held on Saturday, November 9<sup>th</sup>, at the Seven Feathers Convention Center, in the Dogwood, Evergreen, and Fir Rooms. The doors open at 4 PM, with dinner at 4:30 PM and the Grand Entrance at 6 PM. This is a drug- and alcohol-free event.

The Pow Wow is for youth, ages 3 - 18. Please call to RSVP and order sweatshirts. Orders must be received by Thursday, October 31<sup>st</sup>. Contact Alexa Young at 541-677-5575 for more information. If you are planning on being a guest drum, you must be pre-approved prior to the event. There will be no exceptions made.



## Government and Programs

#### **Tribal Firewood Program**

The Tribal firewood program is now accepting inquiries for applications for the 2019-2020 program year. This program is not limited to the seven-county service area.

The Tribal firewood program is designed to provide firewood to "Primary Participants" including:

- 1. Tribal Elders
- Members who have a wood burning stove or furnace
- 3. And/or those members that have a demonstrable need to use firewood as a heating resource

The firewood program allows for up to 2 cords of firewood per household per year, or up to \$500 in total product, including any delivery fees. The program



requires a \$55.00 per cord co-pay, with the first cord being free for Tribal Elders. Once payment is received, a \$500 voucher will be issued to the Tribal member to exchange for firewood at one of the participating firewood vendors.

Tribal members who do not use wood heat as their primary source of heat or use it for recreational purposes may be put on a waiting list and may be eligible for the benefit if and when all primary participants have received their benefit.

Vendors have been contracted throughout the Pacific Northwest. If you live outside of the service areas of any of the current vendors, please call our office to see if another vendor is available to address your firewood needs.

To utilize the Firewood Program or if you have questions regarding the program, please contact Sarah Thompson, Self-Sufficiency Program Manager at (541) 677-5575 or by email at <a href="mailto:SThompson@cowcreek.com">SThompson@cowcreek.com</a>

### **Elders Water Aerobics Are Returning!**

Tribal Elder water aerobics classes will be starting again on November 5<sup>th</sup>. They will be held at the Seven Feathers RV Resort from 9 to 9:45 AM every Tuesday and Thursday until December 17<sup>th</sup>. There will



be no water aerobics on Thanksgiving Day.

#### **Pow Wow Logo Design Contest**

Your design could be on the sweatshirts given away at the Youth Pow Wow! This contest is for youth ages at 3 - 18. Native American-themed designs are encouraged. Submissions can be sent to 2371 NE Stephens St. Suite #100, Roseburg, OR 97471, ATTN: Alexa Young, or could be emailed to <a href="mailto:info-education@cowcreek.com">info-education@cowcreek.com</a>. The deadline for submissions is October 18<sup>th</sup>. Please include your name, address, and age.



### Free Drive Through Flu Shot Clinic

Stop the flu! Come to the Tri-City Rural Fire Department at 140 S Old Pacific Hwy, Myrtle Creek, OR, on October 19, 2019. For more information, contact the Douglas Public Health Network at 541-440-3571.

### **Updated UIUC Hours of Operation**

As of October 6<sup>th</sup>, the Umpqua Indian Utility Cooperative's hours of operation are Monday through Friday, 7:30 AM - 4 PM.

## Messages from the Clinic

### Cow Creek Health and Wellness Center Participates in Red Ribbon Week

Cow Creek Health and Wellness is bringing awareness to youth drug and alcohol use disorders this October with the National Red Ribbon Campaign. Drug and alcohol use by teens can have serious effects on their health and well-being which can negatively impact normal body



growth and brain development. Alcohol and drug use are often seen with other risky behaviors like dangerous driving and sexual promiscuity. Studies show that the earlier a person starts using harmful substances, the greater their chances of developing a substance use disorder later in life and the greater a risk for developing serious health problems as adults.

Cow Creek Health and Wellness is committed to screening for youth substance abuse for early detection and intervention. We are also committed to bringing awareness to families about the benefits of talking with youth about the dangers of drugs and alcohol. Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't, yet only a quarter of teens report having these conversations. In celebration of Red Ribbon week this October 23-31 let's commit to talking to the youth close to us about the dangers of drugs and alcohol and what they can do to stay drug free.

Take the National Red Ribbon Campaign Pledge now and be a part of the creation of a drug free America.

#### Parent Pledge

- 1. As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.
- 2. We will set clear rules for our children about not using drugs.
- 3. We will set a good example for our children by not using illegal drugs or medicine without a prescription.
- 4. We will monitor our children's behavior and enforce appropriate consequences, so that our rules are respected.
- 5. We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

#### Reminders:

Clinic labs are now open at 7:30 AM at both clinics. Appointments preferred but not required. Call CCH&WC for an appointment at 541.672.8533 (Roseburg) and 541.839.1345 (Canyonville). Be Well.

### Flavors of Fall Cooking Demonstration

Join the Cow Creek Health & Wellness Center Education
Department for a free Flavors of Fall Cooking Demonstration. In this class, we will be preparing healthy



recipes using seasonal foods and sharing tips for batch cooking. Bring your appetites because we eat everything we make! The cooking demonstration will be held at the Tribal Community Center (825 N Leon Street) in Myrtle Creek on Wednesday November 13th beginning at 10:30 AM. Registration is required so we can prepare enough food! Please call Cow Creek Health & Wellness Center at 541-839-1345 or 541-672-8533 to sign up.

## Blue Zones Project Corner

#### **BLUE ZONES® POWER 9: Down Shift**

By Kara Dressler, Cow Creek Health and Wellness Center, Clinic Communications Coordinator

#### 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. Someone with a happy outlook on life may release fewer stress hormones during difficult times.

#### 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. Happy hours are a great way to relax and connect with co-workers, neighbors, family, and friends. It doesn't have to include alcohol; 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 friends and connect, for your health!

### **Turkey Club Lettuce Wraps**

#### Serves 1

#### Ingredients

2 large leaves Romaine lettuce

1 oz low sodium deli turkey breast

1/8 avocado

2 slices tomato

1 oz slice provolone cheese

Salt and pepper to taste

#### **Directions**

- 1. Wash romaine and cut out hard stem and base, wash tomato and slice into rounds.
- 2. Overlap 2 romaine leaves, layer sliced deli turkey, cheese, 2 slices tomato and 1/8th avocado, season with salt and pepper to taste.
- 3. Tightly roll and pin together with toothpick or skewer and enjoy!

#### CCH&W Education Department 2019 Tips & Tricks

- 1. Choose low sodium deli turkey.
- 2. Add additional fillings: cucumbers, turkey bacon, red onion
- 3. Cut in half to serve as a low carb appetizer at gatherings



Turkey club lettuce wraps

## Culture Corner

### **Archaeology: Net Weights**

Net weights are simple but effective stone tools that are commonly found along creek and river banks.

To make a net weight, a suitable river cobble was selected and then pecked at with a chopper to get either a groove around the rock or to form a hole through the rock. This allowed the net maker to wrap the rope or twine around the rock and have it stay in place.

These stones were used in two ways. The first was to allow nets that were cast into the water to sink to the bottom of the water so that they could be hauled in with fish trapped within the net. The second was to hold nets in place as part of a fish weir. The netting would stay in place and act like a fence, forcing the fish into a fish trap.



Two examples of stone net weights

#### Meet the New Tribal Member Liason

If you need help navigating through or finding what program, department or person you might need then Rhonda Richardson is the one to contact. Rhonda is known for her excellent work in revitalizing Takelma, the Tribe's native language. She has now moved into a new position as the Tribal Member Liaison.

Any comments, questions, concerns or praises you might have for another program, department or employee please contact Rhonda. She may be reached in person at a Tribal event or activity, as well as at 541-677-5575 ex 5513, or at her email address, <a href="mailto:rrichardson@cowcreek.com">rrichardson@cowcreek.com</a>. If emailing, please put "Cow Creek Liaison" in the "RE:" space of the email.



Rhonda Richardson, Tribal Member Liason

## Culture Corner

#### Willow Medallion Class

Laawán (I shall twine basket).

Basket weaver, Margaret Mathewson, will be here to teach us how to make a willow medallion. You will not want to miss out on this opportunity to talk with her about her knowledge of basket making. Margaret is an instructor at Oregon State University and is the owner of Ancient Arts Center where she grows willow and teaches basketry/textile arts. Join us at the Cow Creek Government Offices Boardroom on November 2<sup>nd</sup> from 9 AM - 5 PM. Lunch will be provided.

RSVP to Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com by October 25<sup>th</sup>.



Willow medallions

#### **Cedar Amulet Pouch Class**

Want more cedar basket classes?
Well, here's your chance. On November 16<sup>th</sup> from 9 AM - 4 PM at the Cow Creek Government Offices Boardroom, Kathey Ervin will join us again to teach us how to make a cedar amulet pouch.

"This woven treasure will be woven on quarter-inch cedar bark spokes to start," says Ervin. "Those spokes will be cut into three's and twining will be done with four-ply wax linen and sixteenth inch finely prepared Alaskan yellow cedar bark."

RSVP to Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com by November 8<sup>th</sup>. This will be a pot luck style lunch with the Culture Program providing baked ham and macaroni and cheese. Please bring your favorite dish to go along with it.



Cedar Amulet Pouches

#### **Drum Lessons and Ribbon Skirt Class**

The Cultural Activities Program and the Prevention Program are teaming up to bring you drumming lessons. The drum group is open to youth ages 10 - 18. We will also be making ribbon skirts! Classes will be at the Canyonville Clinic classroom, from 1 - 3 PM on October 13<sup>th</sup> and 27<sup>th</sup>, and November 3<sup>rd</sup>. RSVP to Jennifer Bryant at 541-677-5575.





## October 2019

Cunday	Monday	Tuosday	Wodpoeday	Thursday	Eriday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meal Seven Feathers Hotel Remodel	2	3	4 Elders Monthly Culture Items Class @ 7F 10 - 11:30 AM	5
		Sale @7F			Elders Monthly Luncheon 12 PM @ 7F	
6	7 Tribal Housing	8 Senior Meal	9	10 Senior Meal	11	12
	Review Board					
	Resumes Due	Food Bank Open 9 AM - 11 AM				
	NNABA Basket	371111 1171111				
	Weaving Event					
	RSVP Deadline					
13	14 GO Closed	15 Senior Meal	16	17 Senior Meal	18	19 NNABA Basket
Drum Lessons	for Columbus/					Weaving Event
and Ribbon Skirt	Indigenous Peoples Day					9 AM - 4 PM @7F
Making Class 1 - 3 PM	Oregon Zoo	RSVP Deadline				Drive Thru Flu
@ Canyonville	(Portland)	for Child				Shot Clinic
Clinic	free admission	Care Provider				10 AM - 4 PM
	(See page 9)	Information Night				@ Tri-City Fire Dpt.
20	21	22 Senior Meal	23	24 Senior Meal	25	26
NNABA Basket Weaving Event		Food Bank Open				
9 AM - 4 PM @7F		2 PM - 4 PM				
		Child Care Provider			RSVP Deadline for	
		Information Night			Willow Medallion	
		(See page 10)			Weaving Class	
27	28	29 Senior Meal	30	31 Senior Meal		
Drum Lessons			Tribal Veteran Fall			
and Ribbon Skirt Making Class			Gathering @7F 11 AM - 3 PM			
1 - 3 PM			1 T 7 (N) - 3 I W			
@ Canyonville						
Clinic						
	1			1	1	

## Regular Activity Times and Places

Senior Meals: 12 PM @ TCC Government Offices, Roseburg, OR

**7F:** Seven Feathers Casino Resort **TCC:** Tribal Community Center 825 NE Leon Ave, Myrtle Creek, OR

## November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Elders Monthly Culture Items Class @ 7F 10 - 11:30 AM Elders Monthly Luncheon 12 PM @ 7F	2 Willow Medallion Weaving Class 9 AM - 5 PM @ GO
3 Drum Lessons and Ribbon Skirt Making Class 1 - 3 PM @ Canyonville Clinic	4 Suicide Prevention Training 6 - 8 PM @ Myrtle Creek Library	5 Senior Meal Water Aerobics	6	7 Senior Meal Water Aerobics Seven Feathers Hotel Remodel Sale @ 7F	RSVP Deadline for Cedar Amulet Pouch Classes	9 Youth Pow Wow 4 PM Doors open 4:30 PM Dinner 6 PM Grand Entry
10 General Council Elections Meeting 10 AM @ GO Lunch Provided Food Bank Open after meeting	11	12 Senior Meal Food Bank Open 9 AM - 11 AM Water Aerobics	13 Flavors of Fall Cooking Demo 10:30 AM @TCC	14 Senior Meal Water Aerobics	15	16 Cedar Amulet Pouch Weaving Class @ GO 9 AM - 4 PM
17	18	19 Senior Meal Water Aerobics	20	21 Senior Meal Water Aerobics	22	23
24	25	26 No Senior Meal or Water Aerobics Today Food Bank Open 2 PM - 4 PM	27	28 No Senior Meal or Water Aerobics Today GO Closed for Thanksgiving	GO Closed for Thanksgiving	30

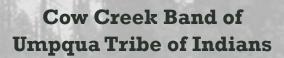
## Regular Activity Times and Places

Senior Meals: 12 PM @ TCC

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

GO: Government Offices, Roseburg, OR

**7F:** Seven Feathers Casino Resort **TCC:** Tribal Community Center 825 NE Leon Ave, Myrtle Creek, OR



2371 NE Stephens St. Suite 100

