

Wik'uuyám Heeta'

"Friend, Away from Here"

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



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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)

Tribe Hosts the 1st Annual Cow Creek Tribal Veteran Fall Gathering

The Cow Creek Tribe hosted the first ever Cow Creek Tribal Veteran Fall Gathering at the end of October, gathering veterans of several local Tribes for a special event in honor of their sacrifice.

The event not only recognized the service of our veterans, but it also brought together a number of organizations which provide for veterans. These included several departments from the Roseburg Veterans Affairs Health Care System (or VA), the Department of Veterans Affairs, the Douglas County Veterans Service Office, the Small Business Administration, and outreach from our own Cow Creek Health and Wellness Center.

The event opened with the Cow Creek Color Guard posting the colors, and a Takelma Blessing by Tribal Member Liaison Rhonda Richardson, who served as Master of Ceremonies. Speakers included our Tribal chairman Dan Courtney, Board member Robert VanNorman, Oregon Department of Veterans Director Kelly Fitzpatrick, Roseburg VA Healthcare Systems Director Keith Allen, and many others who work daily to provide services for our veterans. Topics included respect for the huge percentage of Native Americans that serve in the armed forces, trauma care and suicide prevention, coordination of local benefits, and more.

Cow Creek Tribal veterans in attendance were presented with a special coat exclusively for Tribal veterans, featuring a prominent Cow Creek seal. Tribal veterans who were unable to attend can receive one of these jackets as well. For more information, please contact Rhonda Richardson at 541-677-5575.



The Tribal veterans in attendance each received a special veterans coat.



Tribal veterans were able to meet with veteran service providers from all over the state



The Cow Creek Color Guard posts the colors. Flags include the American Flag, the POW/MIA flag, the Oregon State flag, and the Cow Creek flag. The eagle feathers on the Staff are placed there in remembrance of Tribal veterans who have passed away

New Tribal Board Member Spotlight: Carla Keene

Carla Keene is one of two new Tribal members elected to the Tribal Board of Directors this year. Carla, a native of Roseburg, moved to Bend in the 8th grade, and graduated from Bend High School. She then moved back to Douglas County where she raised her children before moving to Portland. Carla now lives in Dallas, Oregon with her husband, David. Carla loves to travel to warm places, but she and David spend a lot of time at the Seven Feathers RV Resort, as it lets them be closer to Tribal activities and their 5 children and 11 grandchildren, with 2 great-grandchildren on the way.

Though she loves to travel, Carla's true passion is working to make life better for the Cow Creek people. Carla has served as a member and Chairman of the Cow Creek Gaming Commission and Chairman, Vice-Chairman and Secretary of the Wi'li Housing Review Board.

Serving the tribe is not new to Carla as she previously served on the Tribal Board of Directors as Secretary from 1983-1991 and was a member of the Tribal Judgement Fund Committee (1985-1987) which was tasked with developing guidelines for the land claims settlement that became Public Law 100-139.

"I was there at the beginning of restoration," she says. "That was a busy time for the Tribe; a growing time. It's nice to see how our Tribe has evolved into what we are today—the businesses, the economic development; that was a vision from the very beginning for how we could use the judgment fund money. That, and the Education Department and serving our Elders. There was a big vision, and it took a lot of hard work from a lot of people to make it happen. It has put our Tribe on the map, and I'm very proud of that."

Carla hopes to help our Tribe continue growing economically, so that it can continue providing programs that can teach our youth and provide for



Carla Keene

those in need. One area that Carla wants to focus on is in providing more readily accessible housing for those who need it.

"I know that there are Tribal members that are struggling," Carla says. "As leaders of the Tribe, we need to find solutions to the problems that are affecting our people. We need to walk with them on their journey, giving them a hand up whenever possible and always being an encouraging voice. I feel that's my job as a Tribal leader and a human being."

"I want to let the Tribe know that I take my position on the Tribal Board very seriously, and that I will work hard for each and every one of you," she says. "I've always been very proud to be a member of the Cow Creek Tribe. We have a long tradition of honoring our forefathers and their vision, and I just want to continue that. I want to work for the Tribe as a whole, and to serve as many people as I possibly can."

New Tribal Board Member Spotlight: Susie Steward

Kathleen Susan Steward, also known as "Susie," is one of two new Tribal members elected to the Tribal Board of Directors this year. She was born in Roseburg, Oregon, and when not with her immediate family, she spent a lot of time with her grandparents, George and Theora Rondeau, and other members of her extended family. Growing up with a mother very involved in the Tribe, Susie remembers going to board meetings with her mom and uncle, and interacting with the late Sue Shaffer.

"She was a brilliant woman," says Susie. "I was always very proud of our Board members, especially when I served on the Board for a few years just out of high school. We constantly tried to think into the future. While the government was steering us to get out of the 'Indian Business,' we were putting infrastructure in place to secure our future and that of our descendants."

Susie married young at age 19 to the only boyfriend that her grandfather ever approved of, and moved to Alaska to follow her dream of working with the Community Health Aide Program (CHAP) for Alaskan Natives. During that time, she held onto the hope that someday the doors would open to allow a similar program to become available to her Tribe. She got her wish in 2010, when the Indian Healthcare Improvement Act expanded the program to Tribes of the lower 48 states. In 2018, she landed a job with the Northwest Portland Area Indian Health Board to help expand CHAP to the Northwest Tribes. She has found that many Tribes' strategic plans include adding culturally appropriate care, including Cow Creek's. State and Federal special provisions have now made it possible for Tribes to enjoy their traditional practices, unlike the early 1970's when they were still forbidden.

"We have come full circle," says Susie. "I am delighted to share our Tribal traditions with my granddaughters like my grandfather did with me."



Susie Steward

"When I came home to the Pacific Northwest, my intent was to serve as best I could," she says. "My passion, of course, is health. I joined the Health Advisory Committee, and now have been elected to the Board. I have what I really wanted all along: to be involved with my Tribe, with healthcare, with cultural events and language, and making sure that our healthcare carries us to the future. That's the essence of it: preserving our culture and integrating our traditional practices into our health services to treat the whole person appropriately and respectfully."

While ensuring that the Tribe can provide healthcare for its members is a top priority for Susie, she is passionate about other topics as well, such as expanding services, staying strong in the political arena, and growing the Tribe's ancestral land base.

"We've had to fight for every inch of property that we've been able to put into reservation status. Every piece of property is important as we regain our ancestral lands."

Susie has 2 sons, Ben and Dutch, and 2 granddaughters, Theora and Frevia. Though she lives in Washington, she is excited to participate in more of the Tribe's cultural activities and events. 5

Tribal Youth Council Volunteers at Camp Millennium

On October 5th, the Tribal Youth Council volunteered their time to "Camp Millennium's Pumpkin Patch" held at the Wildlife Safari in Winston, OR.

This non-profit organization's mission is to create, fundraise, and provide special experiences for children dealing with cancer within their families. This year, our Council ran activity booths for the children ranging from face painting, fishing booth, to launching pumpkins.

"It was a meaningful and fun opportunity for us to participate in," says Kelly Warner, Tribal Workforce Development Manager and Lead Advisor for the Tribal Youth Council.



Melissa Bryabnt near the Ts'ámx Tap'aàlaw Youth Council banner. The phrase means "Strong Youth" in Takelma



painting booth



Youth Council Treasurer Lance Gipson manning the Drinks booth

Youth Council President Elizabeth Bryant with spooky decorations and a spin wheel game

Tribal Youth Council to Design Tribe's Entry in the Annual Festival of Trees

The Youth Council will be this year's design team representing Cow Creek Umpqua Tribe's Government Office in the upcoming 2019 Festival of Trees 26th annual event. As in previous years, all proceeds from the auction will go towards the Mercy Foundation programs.

The Youth Council design team, consisting of Lance Gipson, Elizabeth Bryant, Nicholas Lowell, Sam Morris, Melissa Bryant, and Kelly Warner, chose the theme for this year's tree: "Winter Beauty - Lephníxa Tuu." It will honor the artistry of our Native American culture. The team has been holding workshops, making ornaments, and collecting donations with the anticipation of creating a unique display.

We encourage Tribal members to visit our completed Christmas Tree at the Seven Feather Convention Center on December 5 - 8, 2019. The Gala will be held on December 7, 2019.

Tis' The Season to Be Giving...

For the third year in a row, The Cow Creek Tribal Youth Council is holding a Holiday Basket raffle to Tribal Members who receive food items from our Tribal Pantry.

Eligibility for Raffle drawing:

- Enter (1) Ticket per Tribal family when you come in to fill out food box request form

 – FREE RAFFLE!!!
- Choose (1) Holiday Basket that you want to enter into
- Drawing will be held in mid-December
- We will notify winners for pick up or delivery
 - *EVERYTHING CHRISTMAS BASKET
 - *MOVIE BASKET
 - *CHOCOLATE LOVERS BASKET
 - *SPORTS BASKET

Sponsored by COW CREEK TRIBAL YOUTH COUNCIL

2019 Autumn Harvest Celebration

On October 19, 2019, families and friends gathered at the Tribal Gardens for a day filled with fun and excitement. There was candy, games, prizes, and a hearty lunch! Thanks to everyone that came out and enjoyed the harvest with us!



One activity was a dance version of "Red Light, Green Light"



Face painting was a popular activity for the children



Some activities let youth craft bracelets, bookmarks, and personalized candy bags



The day of fun ended with a piñata and costume contest

What's in a Name? The Change to Indigenous Peoples' Day

Indigenous Peoples' Day began as a counter-celebration held on the same day as the U.S. federal holiday of Columbus Day; a holiday that honored Italian explorer Christopher Columbus. It began in 1989 in South Dakota where a resolution was backed by the Governor of the State to celebrate Native Americans. In 1992, Berkley California instituted the day to coincide with the 500th anniversary of the arrival of Christopher Columbus. The movement slowly but surely took hold as more people began to learn of the systemic genocide practiced against Native American people by the Europeans settlers.

Many now reject Columbus Day as a holiday, choosing to mark the day as a celebration of the Native people and not the beginning of settler colonialism. Oregon, along with other states, no longer celebrate the day in honor of Columbus, but choose to celebrate Native Americans officially. In our nation's capital, there is no Columbus Day. The D.C. Council voted to replace it with Indigenous Peoples' Day in a temporary move that it hopes to make permanent.

Bailey Champagne is responsible for making the change in her home state of Louisiana. The tribal citizen of the United Houma Nation petitioned the governor, John Bel Edwards, to change the day. He did, along with several other states this year.

"It's become a trend," Champagne said. "It's about celebrating people instead of thinking about somebody who actually caused genocide on a population or tried to cause the genocide of an entire population. By bringing Indigenous Peoples' Day, we're bringing awareness that we're not going to allow someone like that to be glorified into a hero, because of the hurt that he caused to Indigenous people of America."



Tribal youth at the EHYC made shirts to emphasize the relationship between Native Americans and the sacred spaces of the land

To honor the day this year, the students of the Expanding Horizons Youth Center made tee shirts emblazoned with the word "Sacred", imposed on a silhouette of the United States. The word is a reflection on the philosophy of sacred spaces and Native American relationships with the land. The students spent their time at the center in a round table discussion of how the Cow Creek people and other Native American Tribes were treated by the settler colonizers; and the impact these actions had on their ancestors, and continues to have, on their lives today.

2019 Elders Honor Dinner and Blanket Ceremony

This year's Elder Honor Dinner and Blanket Ceremony had a fantastic turnout. Amy Holmgren and Adrionna Brim outdid themselves in organizing this event.

Rhonda Richardson opened the event with a Takelma Prayer, and raffle tickets for great prizes were drawn throughout the event. Seven Feathers catered an amazing dinner, featuring prime rib, chicken alfredo, and traditionally cooked salmon (graciously prepared by Mike and Lottie Hamrick).

Attendees observed a moment of silence for the Tribal Elders who had passed away during the past year. New Tribal Elders, a total of 17 this year, were also honored. Those in attendance were presented with a ceremonial Pendleton Blanket. Those not in attendance will have a blanket mailed to them.

New Elders this year include: Tamara Adams, Patty Baysinger, Thomas Buschmann, Maureen Davis, Ronald Golden, Linda Jackson, William Ledford, Susan Lindsey, Kenneth Lycett, Donna Ollikkala, Neil Potts, Sandra Proulx, George Roark, Thomas Rondeau Jr., Donna Rooney, Anita Smith, and Jon Taylor.

A special thanks goes out to the 17 members of the Tribal Youth Council, who waited on the Tribal Elders by bringing meals for those who had trouble standing in line, refilling drinks, collecting used plates, and more.



This event gives Elders a chance to catch up with others they haven't seen in a while



The Tribal Youth Council honored the Elders by bringing food to those with difficulty standing in line for dinner, by refilling drinks, and by cleaning up plates



Photos from the 2019 Youth Pow Wow

The 2019 Youth Pow Wow, sponsored by the Youth Activities Committee, had a great turnout. Tribal Member Liaison Rhonda Richardson gave a Takelma blessing to start off the event.

Children of many ages sported beautiful Tribal regalia, which they were able to show off during the grand entry and dancing to Tribal drum music from several drumming groups. Many Cow Creek Tribal youth were in attendance, as well as youth from other Tribes, making this a diverse event.

Thank you to all who participated and made this a great activity!



Arena Director Alan Mata instructed the Color Guard how to proceed during the grand entry



During the grand entry, dancing Tribal members followed the color guard in a circle before the flags were posted



Many female Tribal youth wore special, brightly-colored regalia used in shawl dancing



All the regalia was beautifully designed and constructed



Prevention Coordinator Darlene Chapman hosted a booth for constructing beaded necklaces

Seven Feathers Hosts NNABA Basket Weaving Event

The Northwest Native American Basketweavers Association (NNABA) coordinated with the Cow Creek Culture Program to hold an instructional weaving event at the Seven Feathers Convention Center in late October.

The Culture Program covered the registration fee for all Cow Creek members who signed up, making it a great opportunity for attendees to learn more about this cultural craft.

(Right) Cow Creek Elder Clara Keller works on a cedar bark basket with other students, while instructors teach the techniques



Cow Creek Tribe Participates in Great American ShakeOut

The Great American ShakeOut is an annual event where people from all across the country participate in an earthquake drill at a specified time, and the Cow Creek Tribe joined in as well.

On October 17th at 10:17 AM, the Cow Creek Emergency Preparedness Department tested the Tribe's Mass Notification System by sending out a message through text and voicemail, containing information about the drill and useful tips for surviving an earthquake.

At that same time, all the students and instructors at Yimìsa' Preschool Promise practiced how to Drop, Cover, and Hold. They also learned about how to be prepared to survive and recover quickly from a big earthquake. Afterward, the preschool students got to go outside and play in the Tribal Community Center's new playground.

For more information on how you can be prepared for an earthquake, visit www.shakeout.org/resources/.

(Right): Yimìsa' Preschool Promise students Drop, Cover, and Hold during the Great American ShakeOut drills



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 aholmgren@cowcreek.com 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 65th 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 be routed to a local agency in your area.

Seasonal Offers from Our Tribally-Owned Businesses

We are fast approaching the holiday season, which means many businesses are offering special discounts, and our Tribal businesses are no exception!

Taklema Roasting Company

- From Nov. 28th Dec. 1st: 25% off total purchase. Use discount code: THANKSGIVING
- On Dec 2nd: 40% off total purchase. Use discount code: CYBERMONDAY

Seven Feathers Hotel & Casino Resort

- Visit <u>www.sevenfeathers.com</u> to find a list of all upcoming events and promotions.

Seven Feathers RV Resort

- \$24 per night in pull-through and back-in sites. Valid Oct. 27th - March 5th (Excludes Dec. 27th - Jan 1st) Present the coupon below, or use promo code when registering online (sevenfeathersrvresort.com) or over the phone (888-677-7771 or 541-839-3599). Promo code: FMV1984



Messages from the Clinic

National Diabetes Month 2019

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. In partnership with the National Heart, Lung, and Blood Institute (NHLBI), this year's focus is on the link between diabetes and cardiovascular disease.

Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart.

On average, American Indians and Alaska Natives are 2.2 times more likely to have diabetes as non-Hispanic whites. About 15.1 percent of American Indians and Alaska Natives aged twenty years and older have diabetes and are receiving care from the Indian Health Service for that disease.

The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

1. Stop smoking or using other tobacco products.

- 2. Manage your A1C, blood pressure, and cholesterol levels.
- 3. Develop or maintain healthy lifestyle habits: be more physically active and learn ways to manage stress.
- 4. Take medicines as prescribed by your doctor.

Healthy Eyes Matter

It is important to take good care of your eyes when you have diabetes. Here are some steps you can take to keep your eyes healthy:

- 1. Get a dilated eye exam once a year and share the results with your primary care doctor.
- 2. Visit your eye doctor right away if you notice any changes in your vision.
- 3. Keep your A1C, blood pressure, and cholesterol within normal limits to help keep your eyes healthy.

If you are unable to get to the eye doctor for a complete eye exam, the South Clinic in Canyonville has JVN screening that takes pictures of your retina for early detection of eye disease.



Linking Diabetes and Cardiovascular Disease

The Great American Smokeout - November 21, 2019

The American Cancer Society Great American Smokeout is an annual event that encourages and offers support to commercial tobacco users in committing to healthy, commercial tobacco-free lives – the third Thursday in November each year. By quitting – even for one day – commercial tobacco users will be taking an important step toward a healthier life and reducing their cancer risk.

To learn more about the Great American Smokeout campaign and to explore commercial tobacco cessation resources, please contact the Cow Creek Health & Wellness Tobacco Prevention & Education Program (TPEP) Coordinator, Kara Dressler, by calling 541-492-5200.

Blue Zones Project Corner

BLUE ZONES® POWER 9: Find Your Tribe

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

5 Habits to Combat Loneliness

A recent Cigna study found that nearly half of the 20,000 Americans who participated in their research sometimes or always feel alone (46%) or left out (47%). One in five participants reported that they rarely or never felt connected to people.

Those who did not feel lonely shared five common lifestyle traits. The key is to achieve balance when finding the right approach for these behaviors, as those who reported getting too little or too much of these activities had higher loneliness scores.

- 1. Get enough sleep 7 to 8 hours seems to be the sweet spot for most.
- Engage in frequent meaningful in-person interactions – if you are having trouble meeting people, try volunteering for a cause you care about.
- 3. Cultivate relationships within your family by investing your time and love.
- 4. Move naturally throughout your day by finding activities that get you on your feet; do manual house work, work in the garden, walk whenever and wherever you can, etc.
- 5. Find a work-life balance that is best for you.

The findings from this recent study emphasize the importance of social connections, community, and face-to-face interactions, which we have understood are ingrained in the lives of the blue zones inhabitants as well.

People who are the least likely to be lonely are those who are in good overall mental and physical health, find time to downshift, move naturally, and have good relationships with their friends, families, and coworkers.

Creamy Squash and Bean Soup

In a creamy winter twist, this recipe combines corn, squash, and beans, making it rich in complex carbohydrates and protein. All variations of squash that work for this recipe belong to the botanical family *Cucurbitaceae*, known for providing high levels of useful carotenoids, which are antioxidants that promote health in the human body.

Ingredients

- 1 (15 oz.) can navy beans undrained, or 1 pound dried beans, cooked
- 2 cups low-sodium vegetable stock
- 2 lbs. Hubbard, butternut, or other hard yellow squash, peeled and cubed
- 2 tbsp. olive oil
- 1 pint unsweetened coconut milk (light)
- Pepper to taste
- 1 dollop tofu cream (optional)

Directions

- 1. Cook squash in oil in covered pan over low heat.
- 2. Put both beans and squash through food processor or potato ricer, and return puree to vegetable stock.
- 3. Add milk, season with pepper and serve very hot.



Creamy squash and bean soup

Emergency Preparedness

Get Ready for Winter Weather Driving

Presented by Tracy DePew, Cow Creek Emergency Management Director, via takewinterbystorm.org

Winter is on its way, and many people make travel plans during the colder months of the year. You can stay safe on the roads by following these simple tips.

Preparatory Vehicle Maintenance

- Before the weather turns bad, make sure your vehicle is properly serviced and maintained, including electrical systems, brakes, batteries, lights, windshield wipers, antifreeze, and heating and cooling systems.
- Check your tires very important. Keep them properly inflated and make sure they have adequate tread. Plan ahead; tire dealers are busiest before and during winter storms.
- Keep your gas tank at least half full; the extra gas helps reduce condensation that can plug your fuel line with ice that can stall your engine.
- Carry tire chains and double check they are a proper fit for your vehicle's tires.

Pack a Vehicle Emergency Kit

- Radio, flashlight, and extra batteries for them.
- First-aid kit, including extra personal medications.
- Emergency contact information.
- Portable water: four 16-oz bottles per person per day. Change frequently.
- Non-perishable food: easy-to-open snack bars, trail mix, crackers, etc.
- Winter clothing for each traveler in case of vehicle evacuation: coats, boots, hats, gloves/mittens, scarves, blankets, etc.
- · Whistle to signal for help.
- Hand warmers and rain gear.
- Emergency flares and bright roadside traffic signal (cone, triangle)
- Safety beacon/flashing light
- Tool kit: adjustable wrench, screw driver with adjustable bits (flat, square, Phillips), hammer, tow rope, duct tape.
- De-icer, ice scraper/brush, small shovel and traction aids (sand, non-clumping litter, chains)

Vehicle Emergency Kit, continued

- Paper, pen, and local maps (with pre-determined travel routes. If you must leave your vehicle, be sure to leave a note telling others your travel plans).
- · Cell phone charger and/or extra battery.
- Antiseptic towelettes, garbage bags, and plastic ties for personal sanitation.

Winter Driving and Travel Tips

- Check the forecast before you leave and adjust travel plans accordingly.
- Watch out for standing water, which can cause hydroplaning. Remember that bridges and overpasses freeze first, so approach them with caution and don't change direction suddenly.
- Do not drive through deep standing water or around road closure signs. Flooding can conceal dangerous road damage or downed electrical lines, or can lead to drowning if the water is deeper than it initially appears.
- Be aware of snow or ice hazards, especially on shaded roadways, bridges, or in high elevation areas that are prone to freezing.
- Slow down and allow greater following distance during inclement weather. It takes longer to stop on wet or icy roads, so instead of staying the usual 3-4 seconds behind the car ahead, give it 8-10.
- Four and all-wheel drive vehicles will not stop or steer better in icy conditions than two-wheel drive vehicles. Drive carefully in all vehicles.
- Steering and braking are more difficult on snowy or icy roads. Steer with smooth, careful movements. Avoid any abrupt braking that could cause you to lose control. With anti-lock brakes, apply constant, firm pressure to the pedal. If you have to take evasive action to avoid hitting something else, it's best if possible to steer your way around the obstacle than to brake.
- Slow down and be extra cautious near chain-up and removal areas. There are often people out of their vehicles.

Culture Corner

When It Storms in Winter

With the rains come stories. The wet days with less sunlight signal the time to start telling stories by the fire. Stories were often told only in the winter when there were many storms and it was not good to go out to work. Here is a medicine that you say when it storms in winter:

When It Storms in Winter

Kwálth mahay wóokhtaa, kasi':

"Heetatà' hi ná. Thkaphxiìwuthe'

Heetatà' hi náakhw.

Heesowmàl hi náakhw tekesì'th.

Hee'wilàmxa hi náakhw thkaphxiìwuthe',

Wete mè' kinakwáth.

Wete mè' kinkáth,

Háaphte' xilam yóowk'aa

Yewée salats'ákh,"

Nakàn ka'á.

Wihin k'uuyàpxaa malàkhwakh, "Kwálth mahay wòkhi', ka naakì'kh."

When a great wind arrives:

"Pass through, away from here with thy diggingstick. Pass through, away from here.

Beyond the mountain pass with your sifting basket-pan, Beyond Wilàmxa pass with your digging-stick.

Do not come here with it.

Do not come here.

Your children's dead bones, maybe their feet will touch." That is what is said to her. A friend of my mother's told her, "Should a great wind arrive, say this to it."

Fall Seed Planting Time

Do you have seeds for K'eta (iris, pronounced "keda") and Tiph, (camas, pronounced deep")? Now is the time to plant them. Both seeds need the cold winter to have the cold stratification in order to germinate. In spring, small shoots should begin to emerge. And with some luck, a small blossom



The tíiph (camas) flower

might appear that first year. Typically, you will not see any until the second year growth, so be careful not to weed your plot.



The k'eta (iris) flower

Cow Creek Volunteers

Do you want to become more involved with the Tribe and cultural events? If so, check out what Cow Creek has available for you to participate as a volunteer in Tribal events and programs. Stay connected with the Tribe through your leadership, communication, and service. Any age can apply! Contact: Michelle Nicholson at (541) 677-5575 ext. 5281 or MNicholson@cowcreek.com.

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 Great American Smokeout (p 14)	22	23
24	25	26 No Senior Meal or Water Aerobics Today Food Bank Open 2 PM - 4 PM	27 GO Closes Early at 2 PM	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 Government Offices, Roseburg, OR

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

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Senior Meal Water Aerobics	4	5 Senior Meal Water Aerobics	6 Elders Monthly Culture Items Class @ 7F 10 - 11:30 AM	7
					Elders Monthly Luncheon 12 PM @ 7F	
8	9	10 Senior Meal	11	12 Senior Meal	13	14
		Water Aerobics		Water Aerobics (Last Day)		
		Food Bank Open 9 AM - 11 AM		Seven Feathers Hotel Remodel Sale @ 7F		
15	16	17 Senior Meal	18	19 Senior Meal	20	21
22	23 GO Closes Early at 1 PM.	24 GO Closed for Christmas Eve	25 GO Closed for Christmas	26 Senior Meal	27	28
		No Senior Meal Food Bank Open 2 PM - 4 PM				
29	30	31 Senior Meal				

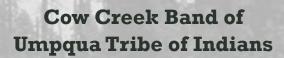
Regular Activity Times and Places

Senior Meals: 12 PM @ TCC

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

GO: Government Offices, Roseburg, OR

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