

Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 29, Issue 3 March 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)

Tribal Youth Summit 2019 Hosted at Seven Feathers

On March 8-10, 2019, Cow Creek's first Tribal Youth Summit was held at the Seven Feathers Convention Center. Over 60 youth participants and 18 advisors/chaperones attended the event, representing the Klamath, Coos, Siletz, Coquille, Umatilla, and Burns-Paiute Tribes, as well as the Chemawa Indian School. Over a dozen workshop speakers and vendors were also present. The Cow Creek Ts'ámx Tap'aálaw Tribal Youth Council hosted this non-stop leadership summit, featuring a keynote speaker, college/career planning workshops, ice breaker activities, a dance, and room for everyone to create new friendships with Oregon Tribal students.

Tribal Workforce Development Manager Kelly Warner would like to thank the Cow Creek Tribe for supporting and donating towards this positive experience that she hopes to do again in the near future.

"If you should happen to see any of our Youth Council members or volunteer Advisors (Robert & Mellissa Lowell) in and around the area," says Kelly Warner, "please give them a high-five for their amazing dedication and hard work in making this event such a success!"



Seven Feathers' state-of-the-art signs directed attendees to the right locations



A group photo of the event attendees

Tribal News

2019 Cow Creek Culture Conference

The 4th annual Cow Creek Culture Conference was held on February 13, 2019 at the Seven Feathers Convention Center. Dozens of attendees, including Cow Creek members and staff, community partners, and others interested in learning about the Tribe, enjoyed a day full of fascinating presentations.

Tribal Board member Tom Cox led the opening ceremonies, followed by a Takelma prayer by Rhonda Richardson, Cultural Language Coordinator. Speakers included staff from many departments of the Tribal Government Offices and Health Clinics, who conveyed a wealth of knowledge about the Tribe, its history, and the efforts that we are making today to make our Tribe, the community, and the environment a better place. Presenters included Jessie Plueard, Cultural Resource Program Manager and Tribal Historic Preservation Officer, who delved into the hunter-gatherer roots of the Tribe; Jason Robison, Director of Natural Resources, who spoke about the Tribe's modernized code for hunting, gathering, and fishing, and how many of the hunted elk meats are redistributed to the Tribe's membership and staff; and Cailey Frasier, Wildlife Technician, who elaborated on the Tribe's efforts to restore the local elk population.

In breakout sessions, attendees were able to learn about traditional hunting and fishing methods from the Tribe's Archaeologist, Jeremy Johnson; about weaving basketry from cedar bark from Cultural Resource Technician Brandi Knutzen; about the Takelma language from Language and Cultural Development Coordinator Rhonda Richardson; and about the Tribe's venture into coffee roasting by Director of Businss Development for Umpqua Ventures, Kyle Kennington. Another breakout group traveled to the Fish Acclimation Site, where they learned about the site from Fisheries Biologist Travis Mackie, and about the Tribe's riparian work from Environmental Specialist Heather Bartlett.



The Cow Creek Color Guard during the opening ceremony



Plenty of raffle prizes were given out to the attendees



Jeremy Johnson displays a traditional salmon trap

2019 Cow Creek Culture Conference, Continued

Other Tribal departments had a chance in the spotlight as well. Workforce Development Manager Kelly Warner introduced the Ts'ámx Tap'aálaw Youth Council (who were assisting with the event management), and Education Director Tammie Hunt spoke about the new Tribal Community Center. Tribal Emergency Management Director Tracey DePew highlighted the Tribe's efforts to prepare the community for disasters, and TCC Manager and Education Support Specialist Sandy Henry spoke both about Senate Bill 13 and covered Darlene Chapman's subject on Behavioral Health and Prevention, as Darlene was away giving an emergency training in suicide prevention. Other Tribal Departments, such as Housing and the Clinics, also had a chance to talk about their excellent work in the community as well.

The conference covered more than this article can convey, but one thing is certain: the Tribe is doing amazing work in our Tribe and our community, and the Culture Conference was an excellent place to learn about much of it.



Takelma Coffee offered a sample booth



Brandi Knutzen taught attendees how to weave cedar bark



Tribal News

Tribal Member/Spouse Death Notices

Helen Burchett: 3/20/1955 - 1/26/2019

Sadie Bochart: Birth/death dates unknown at time of publication.

Location Change for April Elder's Luncheon

The Monthly Elder Luncheon for April 5, 2019, will be held at 12 PM in the Dogwood Room of the Seven Feathers Convention Center. We hope to see you there!

As a reminder, April 5th will be the first monthly Culture Item Class for the Elders. It will be held prior to the Iuncheon, from 10 AM to 11:30 AM, and we will be making necklaces from dentalia, pine nuts, beads, and sinew to gift to the swimmers that will perform in the Salmon Ceremony at Culture Camp this year. These classes are open to all Tribal Elders, and will be held each month just before the Elders Luncheon.



Examples of the necklaces to be made

Notice of Change in Hours of Operation for Natural Resources Department

In order to take advantage of the increasing daylight hours and to create efficiencies for field staff, the Natural Resource Department will be switching back to a 4/10 (Mon-Thurs) work schedule starting on March 11th. The Natural Resources Department will be closed on Fridays, beginning March 15th. Messages and/or general comments or questions received on Fridays will be responded to the following Monday and/or next available business day in the event of a holiday.

Updated hours of operation will be posted on the front door of the Natural Resources Building and at the front desks of the North and South Government Office buildings. Additional operational updates will be posted in existing Tribal media outlets to inform the Tribal membership.

For any questions, please email <u>info.naturalresources@cowcreek.com</u>.

Tribal Hunting Applications Due May 15, 2019

Tribal hunting applications were sent out in the February edition of the Tribal Newsletter. All applications must be returned to the Natural Resources Department by May 15, 2019. Applications may also be picked up at the Natural Resource Department during the new hours: Monday - Thursday between 8 AM and 5PM. Please contact Crystal Haaby or Janet Perkins at 541-672-9405 for any questions or more information.

Right: Hailey Smith at the end of a successful Tribal hunt



Tribal News

Seven Feathers Truck and Travel Center Celebrates Recent Renovations

On Saturday, March 16th, the Truck & Travel Center in Canyonville, Oregon, celebrated its recent renovations by sharing with the community. Tribal Board members Robert Van Norman, Tom Cox, and Luann Urban attended the event, joining Truck & Travel General Manager Terry Weidemier and UIDC Business Operations Officer John McCafferty for the ribbon cutting.

Booths from five local vendors (Bigfoot Beverages, Umpqua Ice Cream, McKenzie Brewing, and Grass Roots Marketing) provided free samples of their wares to attendees, and Truck & Travel staff barbecued and gave away 1,000 hamburgers, provided by Cow Creek's own K-Bar Ranches.

KRSB Radio (103 FM) broadcasted live during the event, giving away prizes to attendees. Members of the Midget Wrestling Warriors also made an appearance to take photos with those present.

Spring Break Culture Days

Join us for 4 days of fun and learning Cow Creek traditions! Please RSVP by March 22nd to Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com. Lunch will be provided all days. Be prepared for all weather conditions and wear appropriate clothing.

Monday, March 25: Drumming

Location: Government Offices in Roseburg.

Time: 10 AM - 4 PM

Take home a self-made round hand drum. After the drum is constructed, learn the protocol for drumming and learn a few songs.

Tuesday, March 26: Traditional Plant Education

Location: Bare Park Time: 10 AM - 2 PM

Come take a nature walk and learn about our traditional plants. While on the walk, we will focus on plant identification and traditional uses. Then, we will meet with the dieticians and learn how to make fruit leather. To round out the day, we will play games that teach us how plants grow.



Robert Van Norman cut the ribbon



The Midget Wrestling Warriors were a big hit

Wednesday, March 27: Basketry and Swimming Location: Seven Feathers RV Park Clubhouse

Time: 10 AM - 4 PM

Kathey Ervin from Sequim, Washington will be coming down to teach us how to dye cedar bark. The dyed cedar bark will be used to make a design in a small cedar mat. Darlene Chapman from our Prevention Program will work with youth to create art for our 2020 Prevention Calendar. Bring your swimsuit to go swimming in the pool afterwards.

<u>Thursday, March 28:</u> Traditional Games Location: Tri-City Housing Playground

Time: 10 AM - 2 PM

Join us for stick games, Takelma Bingo, Takelma Pictionary, and much more! The prevention program will join us for one more day to play even more games. Don't miss out on the lunch provided by Rolling Thunder BBQ this day!

Culture Corner

Kwitì na'naka'íth?

Have you ever wondered how to say "How are you doing?" in the Takelma language? This particular Takelma sentence can be used as three different questions. Depending on the context of the story or conversation, it could mean "How are you doing?", "Where are you going?" or "What are you doing?"

Try it out, teach another, share the language.

Takelma: Kwitì na'naka'íth

Pronunciation: Qweedie, nah, nahga-eat

If you would like to hear more about the Takelma language, or if you have any questions, contact Rhonda Richardson at 541-677-5575.

Is This the Year for Your Family Reunion?

Need a place for your Boy or Girl Scout group to camp? How about that wedding that's being planned? Want a place to have an outdoor birthday party to make them smile? Think of Bare Park for the perfect group gathering place.

Have your event in a private, park setting surrounded by the sounds of South Umpqua River in the background. It's a perfect venue for a large group to gather or an intimate setting.

Facilities include a gazebo, newly completed bathrooms, changing room, showers and kitchen with commercial size refrigerator and freezer, 2 stoves, 2 microwaves, ice machine and serving windows. Abundant parking available.

Months of operation: May - October

Days available: Thursday - Sunday

Call Jennifer Bryant at 541-677-5585 for Tribal

member rates and more information.

Ceremonial Regalia Class

April 23 - 25, 2019, 5 PM - 7 PM, GO Boardroom.

This regalia series is designed to preserve our Tribal culture. Participants will construct and enhance traditional ceremonial regalia that will be worn at not only the Salmon Ceremony held during Culture Camp, but during your private ceremonies held within your family. The class will focus on education of traditional materials and traditional construction. Class is limited to 20 new students. As a new student, you will receive a leather, shells, beads, pine nuts, and bear grass to help you get started.

We welcome returning members that have attended previous ceremonial regalia classes to assist new Tribal members in the construction of their new regalia. As a thank you for helping, you will receive shells, beads, or pine nuts to enhance your existing ceremonial regalia.

All Tribal members are welcome to come and bring their own supplies to work on, whether it is pow wow or traditional ceremonial regalia.

Please RSVP by April 18th to Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com.



This class is a chance to make regalia items like these

Culture Corner

Piliated Woodpecker Usage

The feathers from a pileated woodpecker's scalp were used as adornment in traditional clothing and regalia. The bright, red, woodpecker scalps were used for decoration on men and women's headbands. It takes approximately six woodpecker scalps to complete one headband.



Headband made from woodpecker scalps

Stone Choppers

As you can probably guess, stone tools are not found pre-made in nature. Stone has to be shaped into its desired form for it to function as intended. One of the most important tools to shape stone is the hand-held chopper. The chopper, once it was shaped itself, was used to peck out concave depressions into larger rocks like mortars. A mortar would have a depression started with a chopper so that it had a bowl shape to hold food for grinding. This bowl would then get gradually deeper over time as the mortar was used. Choppers could also be used to make larger stone figurines called effigies or carvings into a rock face for petroglyphs as rock art.



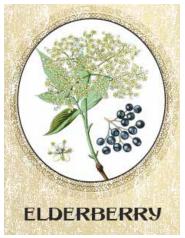


Examples of choppers

Elderberry

Common name: Elderberry Scientific name: Sambucus nigra

Traditional use: The limbs of the elderberry were easily hollowed out and used for pipe stems and musical clappers. The berries were collected for eating and could also be used to dye basketry



materials, as it has a long-lasting quality and does not fade.

<u>Planting instructions</u>: Plant seeds in well-drained loamy soil in the fall. Seeds require stratification and may not be complete until the second spring. Sow 1/4 inch deep in hole and cover with 3/8 inch of sawdust or mulch.

Oceanspray

Common name:
Oceanspray
Scientific name:
Holodiscus discolor

Traditional Use: The straight branches of the arrowwood were used for making arrow shafts. The larger branches were used for digging sticks.

<u>Planting Instructions:</u> Propogation by seeds



requires 15-18 weeks of cold moist storage (stratification) to overcome dormancy. Plant in well-drained soil in part shade to full sun.

Emergency Preparedness

Local Red Cross Responds During Recent Power Crisis

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

It's been a very busy time throughout the Southwest Oregon chapter of the Red Cross Cascades Region. The recent snowstorm through the mid-Willamette Valley from Eugene to Roseburg caused widespread power outages and downed trees, leaving thousands of Oregonians in the dark and in need. At the height of the storm, a total of 50,000 customers were without power, primarily in Lane and Douglas counties.

The Red Cross Cascades Region worked in close partnership with city and county emergency management officials, opening and supporting shelters in McKenzie River, Cottage Grove and Oakridge in Lane County, and Winston and Elkton in Douglas County. These shelters quickly became a critical part of the community, where Red Cross volunteers provided a warm place to sleep, showers, meals, a place to charge cell phones, meet with their neighbors and get a hot cup of coffee for those who were still without power.

As an example of the need and importance of our assistance, the Red Cross shelter supported 130 Elkton residents within the first 24 hours after opening its doors. The dramatic effects of the storm could be seen just driving into town, as the roads going into Elkton had been cut off for nearly four days, due to hundreds of fallen trees and downed powerlines. The warm shelter, food, and companionship Elkton residents experienced through the Red Cross warmed spirits as they waited for power to be restored.

The commitment and dedication of our volunteers has been on display throughout the response, as more than 55 Red Cross employees and volunteers throughout the northwest supported the disaster relief operation either by remote workforce, in headquarters, or in the shelters. Volunteers from Southwest Oregon who supported this operation hail from Eugene, Medford, Roseburg, Gold



Shelters provided valuable support during the crisis

Beach and Albany. Red Cross shelters will remain open pending power being brought back to the affected communities.

In addition to our current weather responses, volunteers from the Southwest Oregon chapter provided support to 180 passengers who had been stranded on board an Amtrak train for more than 36 hours. Heavy snowfall and fallen trees blocked the tracks outside Oakridge, forcing the passengers to remain on the Coast Starlight train while rescue crews cut their way to them with an engine to bring them back to Eugene. Once they arrived at the Eugene train station Red Cross Cascades Region volunteers provided fresh fruit, comfort snacks and hot coffee, to the passengers delight.

We want to make sure every person gets the help they need. If you are interested in volunteering with the Red Cross, please visit www.redcross.org. If you have loved ones in affected areas, please consider sharing our free Emergency App with winter storm safety tips, shelter locations and real-time severe weather alerts (search "American Red Cross" in app stores Or text: "GETEMERGENCY" to 90999).

Thank you for your continued support of the Red Cross Cascades Region.

Education Corner

Youth Activity Committee Events Coming Soon

The Youth Activity Committee will be sponsoring several events this year. To the right is a summary of what we have planned so far. Additional reminders and notices will be sent for each event and posted in the newsletter as the dates get closer.

April 13th: Spring Family Gathering
June 14th - 15th: Culture Camp
October 19th: Autumn Harvest
November 9th: Youth Pow Wow
December 6th: Winter Family Gathering

Yimisa' Preschool Enrolling Now! See the Flyer Below



Yimìsa' Preschool

Free Quality Preschool in Myrtle Creek Provided by

The Cow Creek Band of Umpqua Tribe of Indians

Opening September 2019

Children eligible to participate in Preschool Promise must be:

- 3 or 4 years old on 9/1/2019
- Income eligible based on the household/family size
 - Reside in Douglas County

Enrolling Now! Please contact:

Sherri Hu at (541) 677-5575 or shu@cowcreek.com







Government and Programs

Tribal Medicare Part B Reimbursement Program

The Medicare Part B Reimbursement Program is a benefit for Tribal members and their spouses who pay for Medicare Part B, regardless of age. This program reimburses you for the amount of the premium that is deducted from your Social Security benefits for Medicare Insurance.

To enroll in the program, you must submit the IRS Form SSA-1099 for the previous year to receive the annual payment, generally distributed in January. If you prefer to have your reimbursement paid monthly, you will need to submit a copy of the benefit statement received from Social Security. A marriage certificate is required for Tribal members to add their spouse to the program.

If you choose to receive the annual payment, you will need to submit your SSA-1099 each year to continue receiving the benefit. For participants receiving monthly payments, a new Social Security benefit statement must be submitted each year.

If you have any questions, please call Amy Holmgren at 541-677-5575 or email aholmgren@cowcreek.com.



Government and Programs

Tribal Housing Opportunities & 2018 Tax Return Request

The Wi'lī' Housing Department has a variety of programs available to help Tribal members secure decent, safe, and sanitary housing. In Douglas County, we provide low-income Tribally-owned rentals, rent assistance for non-Tribal rental homes, and emergency housing assistance. Within the seven-county service area, we provide low-income down payment or repair assistance for homeowners. Across the country, we provide low-income student rental assistance to eligible full-time students and down payment or repair assistance to homeowners, regardless of income level.

All low-income housing programs are funded through our federal Indian Housing Block Grant (IHBG) and have very strict eligibility and participation guidelines. Additionally, all programs are subject to available funding.

Please note: If you are on the low-income housing Waiting List or are currently participating in a low-income rental program, you must provide verification of your 2018 tax return or sign an exclusion form certifying that you are not required to file federal taxes by April 30, 2019. If you have questions about your tax verification responsibilities, please contact Sarah or Mel in the Housing Department at the number or email below to get new copies.

Detailed program descriptions and program applications are available for download at www.cowcreek.com through the Tribal Members' portal. Just click on the Login option at the top of the main page. For more information, call 541-677-5575 or send an email to our Housing Programs Coordinator, Mel Johnson, at MJohnson@cowcreek.com.

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 Housing Director, Sarah Thompson, at 541-863-3730 or SThompson@cowcreek.com. You may also contact the Housing Programs Coordinator, 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.

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Elders Monthly Luncheon 12 PM @ 7F	2
3	4	5 Senior Meal	6	7 Senior Meal Takelma Classes	8 Tribal Board Informational Meeting 6-8 PM @ Red Lion Hotel in Kelso WA Oregon Tribe Youth Summit @7F	9 Tribal Board Informational Meeting 1-3 PM @ Red Lion Hotel in Port Angeles WA Oregon Tribe Youth Summit @7F
10	11	12 Senior Meal Food Bank Open 9 AM - 11 AM	13	14 Senior Meal Takelma Classes	15	16 Seven Feathers Truck & Travel Center Re-opening Celebration
Oregon Tribe Youth Summit @7F						11:30 AM - 4 PM
17	18	19 Senior Meal	20	21 Senior Meals Takelma Classes	RSVP Deadline for Spring Break Culture Days	23
24	25	26 Senior Meal Food Bank Open 2 PM - 4 AM Spring Break Culture Days	27 Spring Break Culture Days	28 Senior Meal Spring Break Culture Days	29 RSVP Deadline for Spring Family Gathering Spring Break Culture Days	30

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

GO: Government Offices, Roseburg, OR

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

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

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

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Senior Meal	3	4 Senior Meal	5 Elders Monthly Culture Items Class @7F 10 - 11:30 AM	6
					Elders Monthly Luncheon 12 PM @ 7F	
7	8	9 Senior Meal Food Bank Open 9 AM - 11 AM	10	11 Senior Meal Takelma Classes	12	13 Spring Family Gathering at Bare Park 12:30 - 2:30 PM
14	15	16 Senior Meal	17	18 Senior Meal Takelma Classes RSVP Deadline for Ceremonial Regalia Class	19	20
21	22	23 Senior Meal Food Bank Open 2 PM - 4 AM Ceremonial Regalia Class 5 - 7 PM @ GO	Ceremonial Regalia Class 5 - 7 PM @ GO	25 Senior Meals Takelma Classes Ceremonial Regalia Class 5 - 7 PM @ GO	26	27
28	29	30 Senior Meal				

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

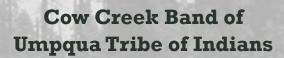
Youth: 2 PM @ TCC

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

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2371 NE Stephens St. Suite 100 Roseburg OR, 97470

> Phone: 541-672-9405 Fax: 541-673-0432 Toll Free: 800-929-8229 www.cowcreek.com