



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Camas Field near Roseburg, Oregon

Volume 29, Issue 5
May 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 (and next day)

September -- Labor Day

October -- Columbus/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

2019 General Council Nominations Meeting

Nominations for the Tribal Board of Directors were taken at the General Council Meeting, held at the Tribal Office in Roseburg on May 19, 2019. Seven Tribal members were nominated for three positions in this year's election. Tribal Board member Steve Jackson was nominated, but did not accept the nomination. Nominations accepted for the 2019 Tribal Election will appear on the ballot as follows:

Thomas (Tom) L. Cox

George T. Rondeau

James (Jim) L. Deardorff

Michael A. Hamrick

Jesse L. Jackson

Carla S. Keene

Kathleen Susan (Susie) Steward

At the Tribal Board of Directors' request, the accounting firm of Wicks Emmett, LLP will have oversight of the Tribal Election Process. Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from Wicks Emmett, LLP, no later than Wednesday, July 10, 2019. If you are an eligible voter and do not receive a ballot, you must contact the Tribal Office at 1-800-929-8229 or 1-541-672-9405. Ballots are to be returned directly to the Cow Creek Elections Committee c/o Wicks Emmett, LLP, at PMB # 6B, Roseburg, OR 97470 and must be received by the accounting firm no later than 2 PM on Friday, August 9, 2019.

The Annual Election Meeting will be held at 10 AM on Sunday, August 11th at the Cow Creek Tribal Government Offices, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

Culture Program Hosts Ceremonial Regalia Classes

The Culture Program hosted two three-day classes during the months of April and May, where attendees could construct ceremonial regalia.

During the first class, Justin Mathison and Mike Hamrick received 2 ringtail cats and leather to get their men's traditional regalia started. Claudia Rua traveled down from Washington to tackle this new project. Rhonda Richardson continued to add to and modify her skirt.

The second class focused on strengthening education on traditional materials and construction methods, emphasizing apron construction, bear grass braids, and instructions on how to wear the apron.

Regalia is a lifelong project. There is always something you can add to your story. As you can see everyone is well on their way to wearing their regalia at the Salmon Ceremony this June.



Tribal member and employee Justin Mathison, Tribal member Mike Hamrick, Tribal member Claudia Rua, and Tribal member and employee Rhonda Richardson with their regalia

Tribal Member/Spouse Death Notifications

Delia Amor Kenyon, age 55

- Date of Birth: 4/13/1963

- Date of Death: 2/12/2019

Helen Kay Burchett, age 63

- Date of Birth: 3/20/1955

- Date of Death: 1/26/2019

Food and Fun at the 2019 Spring Family Gathering

The 2019 Spring Family Gathering was a huge success! This event was held at Bare Park, and featured tons of great activities and food!

Each child in attendance was given their own bucket, and was able to participate in an Easter Egg Hunt with candy and all kinds of prizes.

Other activities included an Egg Toss, Bean Bag Races, a Tug-of-War, a raffle drawing, and more!

A huge thank you goes out to everyone who helped make this event so much fun for everyone!



The buckets came in four festive colors



Bubble wands were among the most popular prizes



Even while on an egg hunt, one should stop to admire flowers



The raffle meant that adults got goodies, too



The bean bag race was a hopping sprint for the finish

Food and Fun at the 2019 Spring Family Gathering, Continued



The organizers didn't make it easy for teens to find their eggs



The kids enjoyed finding both candy and prizes



By the end of the day, painted flowers decorated many faces



The Education Department gave away free books to kids



It was boys vs. girls in the tug-of-war



As expected, the egg toss got a little messy

Tribal News

Tribal Judge Oversees Career Workshop and Mock Trial

Ronald S. Yockim, who has been Tribal Court Judge for over 12 years, has been reinstated for another two-year term as Tribal Judge by a unanimous vote of the Tribal Board.

In addition to holding Tribal court twice a month for any civil and administrative affairs other than criminal cases (which are passed on to State or Federal courts), Judge Yockim represents the Tribe on any county or state meeting between Tribal and non-Tribal courts, and has been very helpful in establishing a Tribal court of appeals, which strengthens Tribal due process and Tribal sovereignty.

Judge Yockim recently met with members of the Ts'ámx Tap'aàlaw Tribal Youth Council to talk about what they could expect if they pursued a career in law. He then coached the Tribal youth through a fun mock trial, where the Tribal youth could act as judges and lawyers in a pretend case where Tribal Workforce Development Manager Kelly Warner had supposedly bullied Tribal Court Administrator Lori Noble at a football game.



Tribal Judge Ron Yockim talks legal careers with Tribal youth



Workforce Development Manager Kelly Warner gives her testimony during the entertaining mock trial

Tribal Workforce Development Hosts Career Path Palooza for Tribal Youth

Tribal Workforce Development held its 2nd Career Path Palooza at Seven Feathers Hotel on May 2nd. This speed informational interview event invited Tribal high school students who are in the workforce program to partake in selecting careers that interest them and interviewing professionals, posing questions that are most important to them in finding out what they do, educational background, likes/dislikes of their jobs, etc. The event helped 13 students to explore many careers from Athletic Coaching to Veterinary Technicians. The support from both Seven Feathers, Cow Creek Government Offices, UIDC businesses, and community business professionals allowed 32 career professionals to take some time away from their work to speak with students and understand the importance of informational interviews.



Each student had a booth for one-on-one interviews

Cow Creek Tribe Participates in State-Wide Disaster Exercise: Operation Ox

On April 29, 2019, healthcare organizations and institutions across the state of Oregon opened envelopes containing information on an outbreak of a deadly biological plague that was—thankfully—only imaginary. Each of these institutions rushed into action, activating their emergency command structures and mobilizing to receive and distribute equally imaginary vaccines and antibiotics from the national stockpile. Over three days, this exercise tested the response times and emergency plans laid in place for such an occasion, occasionally adding new complications, such as medicine shortages or lack of fuel for delivery vehicles, which tested the flexibility of the plans in place.

“That’s what this exercise was about,” says Sharon Stanphill, Cow Creek Health Operations Officer, “how to identify the problem at the upper end, how to get the stuff to us, and how to disseminate it, and how long it took to vaccinate everyone.”

This drill was just the latest in a 20-year-long series of State-wide disaster exercises that all counties are required to participate in. Tribes are given the option of being included in the drills, and as these drills provide crucial lessons on how to prepare for disasters, the Cow Creek Band of Umpqua Tribe of Indians chooses to participate.

While this latest exercise focused on a potential terrorist-distributed plague bacteria, previous drills have simulated earthquakes, wildfires, tsunamis, and more. Thanks to these opportunities to practice emergency procedures, the Tribe has contingency and backup plans in place for taking care of Tribal

members during all kinds of emergency events. Tribal staff have been trained to act as a coordinated command center that can focus on responding and providing aid in the case of disaster.

Despite the confidence of Tribal leadership in these emergency preparations, they stress the need for individuals to make their own preparations.

“Family preparations for emergencies is vital,” says Stanphill. “The recent snowstorm opened up a lot of peoples’ eyes. We need to prepare for our family’s needs, first and foremost: things like making sure you have enough food, water, pet food, etc. for three days. That will make sure that you are prepared for when you are waiting for outside help to come.”

Tribal members are encouraged to assemble an emergency kit to provide for all their families for at least three days, and to lay down plans for what to do and where to go during an emergency with each member of the family. Suggestions on emergency kit contents can be found at www.ready.gov/build-a-kit and at www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html.

For more information on the disaster exercise, visit healthoregon.org/disasterexercise.



Disaster exercises help train, inform, and prepare State, local, and Tribal government agencies for worst-case scenarios

The Umpqua Indian Utility Cooperative (UIUC) Is Moving to a New Location!

The Umpqua Indian Utility Cooperative (UIUC) is moving to a new office location, effective May 23rd! Please update your records as follows:

- The new physical address is 220 Lagoon Road Canyonville, OR 97417.
- The new mailing address will be PO Box 406 Canyonville, OR 97417.
- Their fax and phone numbers will remain the same.



Tribal News

New Employee Highlight: Jonathan Cummings, Videographer at Anvil NW

Anvil NW (Northwest), the Tribe's graphic and web design company, has been looking to expand their portfolio to include video production and photography, and has found an excellent person to fill that role. Jonathan Cummings originally hails from the Pacific Northwest, specifically Yakima, Washington, where he developed a love for nature and mountainous landscapes.

"I love camping," says Jonathan, "just sitting by a river or near a good view, and just watching things happen. That's where my art is: mountain ecosystems, like forests and rivers. This is what got me into photography when I was younger."

As his parents neared retirement age, they moved away from the snow to Charleston, South Carolina, where he and his family lived for two decades. He initially wanted to pursue his love for wildlife by becoming a biologist, but due to the daunting prospects of a math-and-science heavy field, he opted to make a living as a photographer instead. He spent time working in anything that involved pointing a camera: news, wedding photos, portraits, camera stores, and even working on projects for the Charleston Waterkeeper Alliance. What proved most pivotal in shaping his skills, however, proved to be over seven years of working in the natural history documentary industry. During all of it, however, he kept longing for the mountains of his youth, and so he decided to move back to the Pacific Northwest to look for career opportunities.

"I had it in my head to find a nice little mountain town right on the edge of a national forest or national park that I could just dip into, even if I just wanted to go on a quick hike after work; somewhere I could just drive 20 minutes and get there. That was a big thing, and the other thing was connecting to Native American culture, which retains something that the rest of Western society is missing. Even just from an ecological standpoint, how you treat the earth is a big thing for me."



After landing the job of Videographer at Anvil NW, Jonathan found that Roseburg was just what he was looking for.

"It's a magical wonderland out here," he says. "There's so much to explore. I think the people here know what they have; I don't know if they may take it for granted or not, but you don't get this just anywhere you live. In Charleston, they were very good at preserving colonial history, but their natural history—everything has long been developed, and the landscape has been changed so much that the entire state of South Carolina only has one National Park, and there's no trail systems anywhere. There are places to go camping, but not like here. Every weekend, I'm going on some kind of adventure."

As Jonathan brings his diverse range of photo and video skills to the creative team of Anvil NW, he is excited to work on projects that reflect local interests and history, such as their "Love Letter to Roseburg" video, which can be found on their Facebook page at www.facebook.com/AnvilNorthwest/videos/1291312517689195/.

"I try to make a commitment to create content in the best light possible, literally in the best lighting, but also as a metaphor, too; nothing is perfect, but you find your subject and you want to capture that in its best light. That's what I try to draw out. I couldn't be happier with Anvil. They already get that, and already do it."

Blue Zones Project Corner

BLUE ZONES® POWER 9: Loved Ones First

Kara Dressler, Cow Creek Health and Wellness Center, Health Operations Support Specialist

Surround yourself with people who support you and healthy behaviors.

Did you know that proactively surrounding yourself with the right friends will do more to add years to your life than just about anything else?

According to Blue Zones Project®, the world's longest lived people chose—or were born into—social circles that supported healthy behaviors, Okinawans created "moais"—groups of five friends that committed to each other for life. Research has indicated that smoking, obesity, happiness, and even loneliness are contagious – the social networks of long-lived people have favorably shaped their health behaviors.

Find Your Tribe

If you feel like maybe your life is lacking this level of social connectedness or sense of belonging, don't despair. Your Tribe does exist – your people are out there somewhere. Sometimes we all just need a little help finding the right ones.

Here are five things you can do to help connect with your community and find the right people:

1. Go to local events
2. Look for online communities that share your thoughts or interests
3. Form your own club or meet-up group with people who have similar interests
4. Take a class or go to a workshop for something that sparks your interest
5. Volunteer out in the community



The Power 9® principles can lead to a longer, healthier life

Government and Programs

Guidelines for Tribal Member Camping and Day Use Passes on the Umpqua National Forest Campgrounds & Trailheads

Why Do Tribal Members Get Passes?

Tribal members receive free passes to camp and hike on Umpqua National Forests lands in the Tiller Ranger District because this area is part of your ancestral homelands.

Who Gets One?

Passes are issued per vehicle driver (Tribal members 16 years of age or older). Do not loan or sell the pass to others.

Where Do I Get a Pass?

Passes are issued at the Cow Creek Government Office via the Natural Resources Department Monday – Thursday from 8:30 AM – 4 PM. Passes can no longer be mailed. Tribal members must be present to have a photo taken and have a valid driver's license, Tribal ID or other form of ID in order to be issued a pass. All passes must be signed by the pass holder. Passes are valid from the date issued to December 31st of the current year.

Please Note: The pass should be displayed face up, with your photo showing, on the dashboard of your vehicle while on-site and be presented to Forest Service staff when requested.

How Do I Use It?

FOR CAMPING: When camping at established campgrounds, you must still fill out the envelope and write down your pass number in lieu of payment.

FOR HIKING: When you park at a trailhead for hiking.

Please Remember:

- The Tribal pass is for Tribal member use only. You may only use the pass for the campsite that you are using; one campsite per pass.
- You must actually have a pass, your Tribal ID card does not enable you this benefit.
- While onsite and using the pass, please remember to pick up trash, follow campground rules and treat staff and those around you respectfully.
- The pass is only valid for the Tribal member for whom it is issued; it cannot be transferred among family members.

Where Can I Use It?

Administrative passes are valid within the Umpqua National Forest Tiller Ranger District. It is not valid on other federally owned lands such as the Bureau of Land Management (BLM), National Park Service, county parks or on any privately owned lands. For a valid list of Campgrounds on the Umpqua National Forest Tiller Ranger District, see the right side of this sheet.

Can I Reserve a Campsite?

Administrative/Tribal passes are not compatible with the online National Reservation System; therefore they cannot be used to reserve a campsite. However you can call and reserve a site by using the Forest Service reservation system at your own expense. Reserve online at [recreation.gov](https://www.recreation.gov) or call toll free: 1-877-444-6777.

Issues Using Your Pass?

Forest officers and campground hosts are briefed yearly on this program.

If you encounter any problems or issues using your pass, please call the Tribal offices at (541) 672-9405 and ask for the Natural Resources Director. We will work with Forest Service staff to resolve these issues.

List of Campgrounds & Trailheads where you can use your pass.

All sites are on a first come, first serve basis.

Tiller Ranger District

Ash Flat	Boulder Creek
Camp Comfort	Cover
Devil's Flat	Dumont Creek
Threehorn	Three C Rock
South Umpqua Falls	

Sites where other permits are required:

North Umpqua Ranger District

Apple Creek	Bogus Creek
Boulder Flat	Canton Creek
Coolwater	Eagle Rock
Hemlock Lake	Island
Steamboat Falls	Wolf Creek
White Creek	Williams Creek
Hemlock Meadow	
Horseshoe Bend	
Lake in the Woods	

Diamond Lake Ranger District

Broken Arrow	Bunker Hill
Clearwater Falls	Diamond Lake
East Lemolo	Inlet
Kelsay Valley Trailhead Camp	
Poole Creek	Thielsen View
Toketee	Whitehorse Falls

Cottage Grove Ranger District

Cedar Creek	Hobo Camp
Lund Park	Mineral Camp
Rujada	

Trailheads:

Howlock Mountain
Mt. Thielsen
North Crater Horse Camp
Umpqua Hot Springs
Toketee Lake

Government and Programs

Gaming & Regulatory Commission Board Seeking Candidates

The Cow Creek Gaming & Regulatory Commission is currently seeking qualified candidates to fill a vacated position on the board through the remaining term (December 31, 2021). Board members may be reappointed to serve an additional five (5) year term. The Cow Creek Gaming & Regulatory Commission is responsible for the regulation of Seven Feathers Casino Resort and extends over all gaming operations within the Tribe's jurisdiction. The Commission is an arm of tribal government, independent from the gaming

operation, and charged with the task of protecting the fairness, integrity, security and health of the operation and administration of all gaming activities. To apply, send your resume to the Cow Creek Gaming & Regulatory Commission office at 2058 NE Airport Road, Roseburg, OR 97470 or via email to amcauley@cowcreek.com. Resumes must be received by June 17th, 2019. Please note: all applicants will be required to have preliminary background check completed in order to confirm eligibility for the position.

Attention, All Tribal Veterans!

If you are a Tribal member who has served or is currently serving in any of the armed forces, please contact the Cow Creek Government Offices at 541-672-9405. We are always trying to keep the Tribal Roll updated, and want to make sure that we are not overlooking any Tribal Veterans. The Cow Creek Tribe honors the service and sacrifice of all veterans; if we know about your service, we can include you in any programs or events that demonstrate our respect and appreciation.

Changes Coming to Nesika Health Insurance

We are currently approaching the Open Enrollment period for Nesika, the Tribe's health insurance. The new plan year will begin on July 1, 2019, and will continue until June 30, 2020. This year features the addition of several new benefits for anyone using Nesika insurance.

These benefits include:

- One pair of orthotics per plan year. Orthotics are custom-made foot supports, designed to fit one's feet more efficiently than over-the-counter supports.
- 10 visits to service providers for autism-related cases.
- A \$1,500 lifetime benefit for orthodontics. Orthodontics are treatments for irregularities in one's teeth and jaws, such as alignment. Treatments may include the use of braces.
- The eligibility period for enrolling a newborn into the Tribe was increased from 30 days to 60 days.

There are no cost increases for this year's policy. These changes will occur automatically; there is no need for policy holders to take action to receive these new benefits. All policy holders will receive an official document giving full details on the most recent changes.

For any questions, please contact Jone Radford at 541-677-5508.

Emergency Preparedness

Cow Creek Tribe Prepares for Possible Emergencies

Springtime seems to be that “get ready, get busy” time of year for everyone, including the Tribal Emergency Management Program, as we prepare for spring and summer. Tracy DePew, the Emergency Management Director, wants to first emphasize that now is the time to prepare for fire season by creating defensible space around homes and structures, heeding messaging from our local fire authorities, and participating in Fire Wise programs in your community, if they exist.

In the month of April, Tribal representatives attended the Federal Emergency Management Agency (FEMA) Hazard Mitigation Assistance Workshop in Emmetsburg, MD, featuring presentations on mitigation best practices, funding, and project opportunities, as well as great networking between Tribal, Federal, State and local officials from around the country. Tracy DePew also participated as a panelist in the Tribal Mitigation Roundtable, attended by 75 Tribal and non-Tribal officials. DePew was also presented with a Certificate of Appreciation from FEMA leadership for representing Cow Creek and western Tribes on the FEMA External Stakeholder Working Group over the last 2 years.

The Tribe was a participant in the Pacific Power Tokatee Dam failure Emergency Action Plan exercise, and hosted a demonstration of the Mobile Radio Vehicle to the Oregon State Fire Marshal Conference at Seven Feathers. UIDC Security supported the demonstration, having security management staff Aaron Dunbar and David Masters on hand to answer technical questions about the radio equipment.

The Tribe also participated in State and local planning meetings. Staff from Housing and Human Services attended Local Public Safety Steering Committee subcommittee meetings for housing and access to wrap-around social services for those leaving the criminal justice system. Tracy DePew participated as a core planning team member in the “Inclusive Emergency Management Plan” development team meeting that is making an effort to assure that those with functional and access needs receive appropriate assistance in a disaster. An annex to the State of Oregon Emergency Operations Plan will be added as a result of this work. The Emergency Manager was also asked to assist with planning for FEMA Region 10’s Tribal Emergency Management Symposium in 2020 and it will be open to all 221 tribes in FEMA Region 10 (Idaho, Washington, Alaska, and Oregon). The Tribe also continues and is on track with its Continuity of Government Plan development to ensure essential services remain available to all Tribal Members in the event of a disaster.

The month was not without “real world” events, despite all of the opportunity for outreach and training. The Cow Creek Band of Umpqua Tribe of Indians was largely spared impacts from the early April rain/flood event that affected most of Oregon. Some challenges were encountered at the Fish Acclimation Site in Canyonville, but with the hard work of Natural Resources Department staff, and a little help from the Oregon Department of Fish and Wildlife, major impacts we averted.

Be safe, be fire wise, and have a great spring.



The Tribe's Mobile Radio Vehicle (MRV) at the Oregon State Fire Marshal Conference

Emergency Preparedness



Wildfire

Wildfires have always shaped the West. Moderate wildfire nourishes the soils, fosters biodiversity, and reduces vegetation allowing sun to reach the forest floor to encourage growth of native flora. Changes in weather, development, suppression, and forest management changed how wildfires burn. The wildfire

season is longer and fires are more intense causing severe destruction.

Wildfire is part of our landscape. We can learn to better live with wildfire by adapting our communities, improving landscape resilience, and ensuring a safe and effective response.

What's My Risk?

Each community or home is different. Evaluate your risk by considering where and how your home was built, and the type and location of the vegetation surrounding your home. Review your local mitigation plan or Community Wildfire Protection Plan. Check out your general wildfire risk with these state wildfire risk portals:

Idaho

Oregon Explorer

Washington Wildfire Portal

What Can I Do?

- Contact your fire department or conservation district for a wildfire home assessment.
- Remove combustible materials within 5' of your home.
- Trim low hanging branches within a 30' perimeter.
- Select fire-resistant plants.
- Screen areas below decks.
- Replace wood shingle roofs with ignition-resistant, Class A rated materials.
- Support adoption of a wildland urban interface (WUI) code.
- Visit fireadapted.org

Case Study

The community of Island Park, Idaho has beautiful landscapes that pose a significant wildfire threat to homes and businesses. Because of the wildfire threat, the community created a collaborative group to conduct outreach to help integrate wildfire mitigation into daily life. The group focused on easy steps that residents could take to make homes more fire resistant and safer for fire crews to defend. Learn more at:

engaginglandowners.org

Idaho portal: <https://usfs.maps.arcgis.com/apps/webappviewer/index.html?id=b1db8b4fbb1b4dc5ad2ef4678b19c28c>

Oregon portal: https://tools.oregonexplorer.info/OE_HtmlViewer/index.html?viewer=wildfire

Washington portal: <https://fmanfire.dnr.wa.gov/default.aspx>



FEMA

Traditional Story: Acorn Woman Revenges Herself upon a Medicine Man

Men, from long ago, told the story of acorn... “A medicine man has blown you off the tree! With the wind, the medicine man made the acorns fall to the ground.”

The Acorn Chieftainess was sitting in her house and saw how the acorns were being thrown on the ground. She went to the mighty oak tree. The medicine man was slain by the Acorn Chieftainess. She dried his flesh like venison.

A long time passed. Now, two people decided to go for a walk, one said to the other, “Let’s go to the old woman’s house. People say she has lots of venison with her.” When they arrived at the old woman’s house, she was sitting with her back towards the fire. As they entered her home, she did not look at them or speak to them.

Again, a long time passed. She picked up a basket-pan and put dried venison on it and placed it at their feet. She returned to her fire and did not look at them.

And yet again a long time passed, “The food has

probably been eaten by now,” she thought.

She looked across the fire, the two people had died. Then she turned towards the fire, and took up water into her mouth, and p^w, she blew it over their cheeks. She brought the two people to life again, Old Acorn woman said “What did you think? She keeps dried venison?”

Old Acorn Woman said to them “This is the flesh of medicine men, not dried venison. Because the Medicine Man blew me from the tree, for that reason, I did dry their flesh like venison.”

Indeed that really was the Acorn Chieftainess.

What lessons can we learn from this story?

- The medicine man is the reason the acorn’s fall from the trees with the help of the wind.
- Acorns are gathered (in the fall) after a good wind has blown through the area.
- The meat of the acorn is viewed as the flesh of the medicine man.
- What you are eating may not be what you think it is, it could be poison.
- Grudges and revenge are ugly.

Traditional Tools: Awls & Drills

As mentioned in an early newsletter article, bifacial tools (those worked on both sides) come in many different forms. One useful form includes what are known as awls or drills. These tools would be worked so that there is a wide base, to hold the tool, which then narrows into a tip. These tools then could be used to puncture holes in hide for sewing or to drill/engrave bone and wood for decoration. While most toolkits would undoubtedly have included a puncturing type tool, awls and drills are typically located where longer residence occurred; such as a village site.



Stone awl



Awl made of bone

Pow Wow Mens Traditional

Pow wows are Native American dances and songs that teach us about native heritage and traditions. They also serve as a way for Native Americans to connect with each other while keeping our shared culture alive through dance, song, and storytelling. When we talk about men’s traditional dance regalia, it tells a story of either a war story or a hunting expedition. The colors may vary from person to person, but the color has meaning and is typically connected with the earth. Always remember: when we dance, we dance for our ancestors, both new and old.

Culture Corner



Oregon Yampah

Takelma Name: T'pal

Common Name:

Oregon Yampah

Scientific Name:

Perideridia oregana

Traditional Use: The yampah root was cooked and eaten. It is part of the carrot family.

Planting Instructions:

Sow seeds directly into soil 4-5 inches apart in early fall in full sun. They will need 3 month stratification. Yampah does best in a drip system. You will want the soil to be slightly moist, but never soaking wet. Mulch as needed. Typically, it takes 2 years before a harvest can be made.



Pacific Dogwood

Common Name:

Pacific Dogwood

Scientific Name:

Cornus nuttallii

Not only is this tree beautiful in the spring when it blooms, but its bark is beneficial. The bark was harvested to boil and seep. The juice would be strained and added to a tonic made and drank every spring.



Pacific dogwood

The Cultural Program would love to hear stories of your spring tonic. Do you have a recipe that has been handed down? Send us the recipe, we would love to have it for our archives.



Join us for picnic style games, a great lunch catered by Seven Feathers and free fishing provided by Mid Oregon Bass Club. Must RSVP to reserve your spot and time in boats. Life jackets and fishing supplies provided.

Open to all Tribal members and eligible participants.

Date: June 1, 2019

Hours: 10am – 2pm

Location: Chief Miwaleta Park,
8399 Upper Cow Creek Road,
Azalea, OR 97410

RSVP to Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com

Education Corner

Summer 2019 Expanding Horizons Youth Center Summer Activities

Please join us again this summer for a variety of 3 day STEAM themed classes offered to our Cow Creek youth and their siblings. Students going into 4th -12th grades are welcome.

Class times will be from 11 AM TO 3 PM, Monday to Wednesday, at various locations throughout Southern Oregon. Lunch, snack, and transportation will be provided to and from Canyonville, Cow Creek Government Offices in Roseburg and Wili Tribal Housing. We can accommodate 10 youth per class. If less than 4 participants RSVP for a workshop, it may be canceled.

Watch the mail for a registration form that will need to be completed before your child's first day of class. For more information, or to RSVP, call 541-860-7296 or email alomascola@cowcreek.com. All RSVPs must be confirmed by the Thursday before each class begins.

Cooking Class: June 24 - 26, all three days will be spent at TCC learning to cook healthy meals and snacks.

Silkscreen Printing at T.Walk Studios: July 1 - 3, students will learn how to create silk screen images and make T-Shirts with Takelma greetings.

Tribal Forestry Exploration and K-Bar Ranch "Cow's Eye View": July 8 - 10, Students will take a two-day guided tour around Tribal reservation land near Myrtle Creek, learning about using GPS and timber scaling, then will explore daily operations at the K-Bar Ranch.

EHYC Summer Program Closed: July 12 - 26

Wild Animal Week: July 29 - 31, students will travel to a bear museum, and the Wildlife Images animal rehab facility in Merlin, and then will attend a canvas art class. NOTE: on July 30th, this class will start at 10:30 AM, half an hour earlier than on other days.

Takelma Exploration: August 5 - 7, students will learn Takelma greetings, get a Takelma shirt, will tour local places of importance to our Tribe, will travel to Grants Pass Art Museum to learn about the Rogue Wars, and will learn to process pine nut beads to use in necklaces.

Build Your Own V8 Engine: August 12 - 14, students will build a 100-piece model of a running V8 engine.

Tribal Best Practices, Ceremonial Tobacco Pouches: August 19 - 21, students will learn about traditional uses for tobacco, and will make their own rawhide pouches and rattles.

Higher Education College Benefit Applications

It's almost summer, but in preparation for the upcoming school year, Cow Creek Higher Education College Benefit Applications are ready for you to begin filling out. You can download applications from our education website: www.cowcreekeducation.com. Complete the update form if you are currently being funded by the Higher Education Program, or choose the Higher Education Application and Policies and Procedures if this is the first time you have applied. Please remember that you will need to complete and file your FAFSA. If you have questions, please call Tammie Hunt at 541-677-5575 or email at thunt@cowcreek.com.



Expanding Horizons Youth Center Celebrates Afterschool Professionals Week

During the last week of April, the Expanding Horizons Youth Center (EHYC) celebrated Afterschool Professionals Appreciation Week, a national event that recognizes and appreciates those who work with youth during out-of-school hours to provide a wide variety of extended learning opportunities and care. It is a joint effort, including community partners, afterschool programs, youth and child care workers, families and individuals. The week is marked by celebrations and public relations efforts to encourage people to thank the estimated 850,000 afterschool professionals who make a difference in the lives of young people in their communities.

An estimated 10.2 million children participate in afterschool programs each year. Today, afterschool programs are viewed as much more than just childcare. They are widely credited as the way to provide enhanced education in STEAM, Literacy, The Arts, Social Emotional Learning, Health & Wellness, and more. With that demand comes increased responsibility, education/professional development requirements, and support from the community.

The EHYC has been around since 11/2014 and serves approximately 30 Tribal and affiliated youth every school year. The afterschool professionals at the EHYC are committed to helping kids achieve individual academic success and build resilience.

TeachMy Pre-K and Kindergarten Kits: Available Now for Your 2-5 Year Old!

These fun filled boxes provide hands on tools and instructions to work with your early learner, right in your home! If you're interested, please contact us with the following information and we will send a kit your way! Your full name and the address where the kit should be sent. The age and full name of your child. Your preference to receive either the Pre-K or K kit. Available while supplies last!

Digital Learning Academy: Available Now for your 3 or 4 Year Old!

New benefit available for Tribal youth ages 3-4 to help supplement preschool and early learning skills. Includes a one year subscription to FreeTime Unlimited and Kid's Kindle Fire.

Fillable Applications available at these links:

Cow Creek Education Website: <https://www.cowcreekeducation.com/educational-programs/>

Cow Creek Website: <https://www.cowcreek.com/forms-and-contacts/>

OR Contact K'Ehleyr McNulty to have an application sent via email, fax, or post:

kmcnulty@cowcreek.com or 541-677-5575

Do You Know of a 2019 High School Graduate?

The Cow Creek Education Department is looking for contact information for all 2019 High School graduates. If you are one, or know of one, please let us know. We are looking for names and current addresses of our high school graduates. We would like to acknowledge them and their hard efforts in this tremendous milestone. Send contact information to thunt@cowcreek.com or call Tammie Hunt 541-677-5575.



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Senior Meal Water Aerobics	3 Elders Monthly Culture Items Class @7F 10 - 11:30 AM Elders Monthly Luncheon 12 PM @ 7F	4
5	6	7 Senior Meal Water Aerobics	8	9 Senior Meal Water Aerobics Takelma Classes	10	11
12	13	14 Senior Meal Water Aerobics Food Bank Open 9 AM - 11 AM	15 Application Deadline for Yimisa' Preschool Promise	16 Senior Meal Water Aerobics Takelma Classes Regalia Class 1 - 4 PM @ GO	17 Tribal Voter Registration Applications Due by 3 PM Regalia Class 1 - 4 PM @ GO	18 Tribal Registration Closed through August 11 Regalia Class 1 - 4 PM @ GO
19 General Council Meeting 10 AM @ GO Lunch Provided Food Bank Open after meeting	20	21 Senior Meal Water Aerobics	22	23 Senior Meals Water Aerobics Takelma Classes	24 GO Closes at 2 PM	25
26	27 GO Closed for Memorial Day	28 Senior Meal Water Aerobics Food Bank Open 2 PM - 4 AM	29	30 Senior Meals Water Aerobics	31 Application Deadline for Tribal Hunting Applications	

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

Water Aerobics: 9 - 9:45 AM @ RV Resort, Canyonville, OR

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.

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Chief Miwaleta Day Celebration 10 AM - 2 PM @ Chief Miwaleta Park, 8399 Upper Creek Road, Azalea, OR
2	3	4 Senior Meal Water Aerobics	5	6 Senior Meal Water Aerobics	7 Elders Monthly Culture Items Class @7F 10 - 11:30 AM Elders Monthly Luncheon 12 PM @ 7F	8
9	10	11 Senior Meal Water Aerobics	12	13 Water Aerobics Takelma Classes Elders Trip to Hellgate jet boats	14 Culture Camp 9 AM - 5 PM @ Bare Park Senior Meal Elders Trip to Hellgate jet boats	15 Culture Camp 9 AM - 5 PM @ Bare Park
16	17	18 Senior Meal Water Aerobics Food Bank Open 9 AM - 11 AM	19	20 Senior Meal Water Aerobics Takelma Classes EHYC Cooking Class RSVP Deadline	21	22
23	24 EHYC Cooking Class @TCC	25 Senior Meal Water Aerobics EHYC Cooking Class @TCC	26 EHYC Cooking Class @TCC	27 Senior Meals Water Aerobics Takelma Classes EHYC Silkscreen Printing Class RSVP Deadline	28	29

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

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Youth: 2 PM @ TCC

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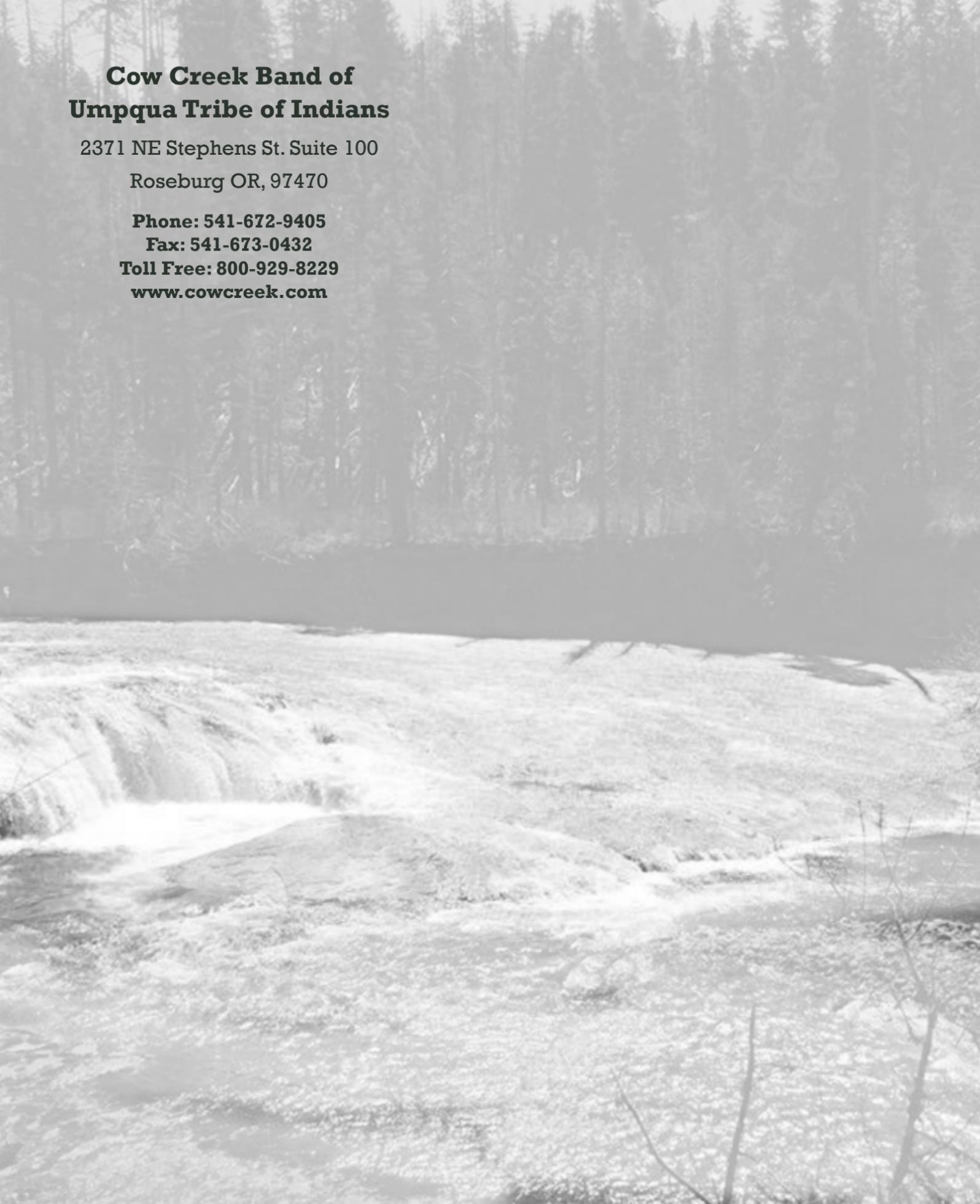
GO: Government Offices, Roseburg, OR

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



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