

# Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 29, Issue 7 July 2019

We will be known forever by the tracks that we leave.

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Monday - Friday 8 AM to 5 PM

**Roseburg Clinic Hours** 

Monday - Friday 8 AM to 5 PM

No Walk-Ins. Please Call for Same-Day Appointment

#### Canyonville Clinic Hours

Monday - Friday 8 AM to 5 PM

No Walk-Ins. Please Call for Same-Day Appointment

### Office Closures

January -- New Year's Day

January -- Martin Luther King Jr. Day

February -- Presidents' Day

May -- Memorial Day

July -- Independence Day

September -- Labor Day

October -- Columbus/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

### Letter from the Chairman

The second quarter of 2019 has definitely been a busy one. The Tribal Board and staff have been busy with everything from business development and acquisitions to expansion of Tribal services and resources.

On May 16<sup>th</sup>, Tribal representatives attended the 2019 LCIS Spring Celebration at the Oregon State Capitol. The ceremony was attended by the nine Tribes and many state officials. This is an annual event that is intended to educate state employees, agency heads and the public about the Oregon Tribes. The program concluded with Governor Kate Brown signing a proclamation declaring the week of May 19<sup>th</sup> as Oregon's American Indian Week. For more information regarding this event, please refer to June's Tribal newsletter.

As Chairman of the Tribe, I am the designated appointee to Oregon's Legislative Commission on Indian Services (LCIS). Our long-time Executive Director of LCIS, Karen Quigley has retired. Karen was a strong advocate of Tribal rights and provided a wealth of information to not only the Tribes, but state agencies and the Oregon Legislators as well. I was also appointed to assist in hiring a new director. I am happy to announce that the LCIS Board has hired Mitch Sparks, an enrolled member of the

Oglala Nation of South Dakota to be the new Executive Director.

Mitch comes to the LCIS from the Oregon Department of Veteran Affairs, where he was a Deputy Director.

On June 27th, the Tribal Education Department,

assisted by cultural staff, held a blessing ceremony for the new Tribal Community
Center (TCC) in Myrtle
Creek. The new TCC
will have a library
with over 2,000 titles

and will begin hosting the Elder lunches twice a week beginning the end of July. Currently, the TCC after-school program is housed in a rented space in Tri City. In late August, the new center will begin an after school program as well as a new preschool program for tribal and community children.

After months of research and negotiations, I am also proud to announce another addition to the Tribes' business portfolio. The purchase of Klamath Basin Equipment (KBE), headquartered in Klamath Falls, Oregon was completed in the last week of June. With this acquisition, the Tribe will be managing five locations throughout Oregon as a supplier of New Holland, Polaris, and Husqvarna farm equipment and recreational vehicles. More information will be forthcoming on this acquisition and all of the products and services that KBE offers.

Another exciting venture the Tribe has considered for several years is growing hemp. In late spring, the agricultural crew utilized approximately 40 acres of the Rogue River Ranch in Medford to cultivate the Tribe's first hemp crop. There will be much more information on this venture in the August 2019 edition of this newsletter.

Seven Feathers has been working with Umpqua Community College on training programs for the casino. As a result, 3 classes have been added to their syllabus.

Finally, as previously reported, we can all be proud of the team at Anvil Northwest. Recently, the City of Roseburg awarded the Tribal business with the city's visitor services contract. This contract is funded by the city's hotel/motel tax and will provide approximately \$450,000 to \$550,000 annually to Anvil Northwest to conduct tourism marketing, brand development and visitor information services for Roseburg. Please visit Anvil's Facebook page for more information and to view some of their work.

Sincerely,
Dan Courtney
Cow Creek Tribal Chairman

#### Spring 2019 Cow Creek Foundation Awards: Lifting the Community Together

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

The Foundation and the Tribal Board, two of the donating arms of the Tribe, are very careful in selecting where these required funds are distributed, focusing on Basic Needs (food and emergency support), Abuse Prevention and Intervention, Education, Health and Wellness, and Community Support. This year, the Foundation donated to 83 nonprofit organizations throughout Douglas, Coos, Deschutes, Jackson, Josephine, Klamath, and Lane counties that provide aid in those areas.

Many of the grant recipients shared stories of assisting deprived individuals that they can feed and serve thanks to these donations, of opportunities that they can give to the needy, and of the deep gratitude they have to the Tribe for helping to change thousands of lives.



Foundation Director Carma Mornarich and the Foundation Board applaud the work the nonprofits do for the needy



Nicole Resenbrink, of Healthy U, explains how this donation will support health & wellness services for youth and adults in Cave Junction and the Illinois Valley

#### **Cow Creek Tribe Purchases Klamath Basin Equipment**

As of late June, the Tribe has successfully added Klamath Basin Equipment (KBE) to the Umpqua Indian Development Corporation family. KBE's flagship store is in Klamath Falls, Oregon, and has additional stores in Central Point, Christmas Valley, Lakeview, and Redmond, Oregon.



Klamath Basin Equipment was founded in 1982

KBE offers and services equipment from the following brands: New Holland Agriculture and Construction Equipment; Polaris ATVs, Rangers, and Snowmobiles; Husqvarna Power; Bad Boy; and Krone. In the coming weeks and months, there will be more information regarding exciting news about Tribal member pricing.

"From a Tribal standpoint," says Travis Hill, VP of New Business Development, "it adds to our diversification. There is a good cross-connect between our agriculture equipment and this business. It's vertical integration."

#### 20th Annual Independence Day Celebration Honoring Veterans

Once again, the Cow Creek Tribe has honored veterans with their annual Independence Day Celebration. This year's event brought hundreds of men and women who have served their country together for a celebration of patriotism.

The event featured prominent speakers and guests, such as Val Hoyle (Oregon Bureau of Labor and Industries Commissioner), Stan Speaks (former NW Regional Director of the BIA), and Mary Newman (Douglas County Veteran Service Officer). Tribal Board member Robert Van Norman presented the Tribe's Color Guard with Thankful Nation blankets for their service.

Among remarks honoring veterans of all kinds, many of the speakers gave great thanks to the Tribe for the event, and honored Tribal member veterans and leaders.



Robert Van Norman presents Thankful Nation blankets to the Cow Creek Color Guard

#### Takelma Roasting Co. Celebrates Its Second Anniversary

In the two years since the Takelma Roasting Co. opened its doors, this business has seen amazing success, growing nearly 40% in production, and selling Takelma coffee to people all over the nation. Takelma coffee is now found in hotel rooms at the Sandia Casino in New Mexico, on the shelves of Sherm's Thunderbird Market in Roseburg, Oregon, online at <a href="https://www.takelmaroasting.com">www.takelmaroasting.com</a>, and more.

"We are very thankful that the Tribe has supported us in this endeavor." says Eric Albecker, Umpqua Indian Foods Production manager, and a Tribal member himself. "Tribal members can be proud of the quality product we make here, and of this brand and this legacy"



Takelma Roasting Co.'s facility can be found in Roseburg, Oregon

Until the end of August, Tribal members can use a special code on the website or at the facility in Roseburg (M-F, 9 AM - 4:30 PM) to get 30% off their order. The code is: tribalmember (all lowercase, no spaces). Shipping is free on orders over \$50.

#### **Tribal Youth Summer Employee Sings for Tribal Elders**

Aria Mathison, a Tribal member, is currently working as an intern with the Human Services department. She recently joined Andrea Davis, the Tribe's Adult and Family Services Manager, at one of the Senior Meals, hosted for Elders at the Seven Feathers Casino.

While helping with the meal, Aria was invited to share her lovely singing voice. She accepted, singing several songs for the Elders in attendance.



Aria Mathison

#### Fun, Sun, Crafts, and Ceremony at Culture Camp 2019

This year's culture camp featured tents with hands-on learning of many traditional crafts and practices, such as: flute making, beargrass mat weaving, crafting pine needle medallions or fur headbands, playing Takelma Pictionary, drumming and dancing, learning how to hunt with bows or javelin-throwing atlatls, and a booth that showed how rocks were used to crack hazlenuts, run by Tribal Youth Council members. The Behavioral Health department featured a traditional stick game, where one could craft their own set of gambling sticks. The Youth Education Program featured their own tents with crafts and games for kids, such as a cattails mat activity, making a pine cone ornament, painting pots for plants, painting shirts, and painting wood ornaments.

The event also featured the annual Salmon Ceremony. Each year, Earl Huitt leads Tribal members in honoring the salmon in a ceremony where salmon are cooked using only traditional methods. Each attendee takes a piece of that salmon, then returns half to waiting cedar boughs where the bones of the salmon lie. Several Tribal youth volunteer to take the bones of the salmon and the prayers of the attendees to the bottom of the river, so that the salmon will know their old home, and return once again.



This year, the archery booth also featured atlatls: spear throwers from before the bow was invented



Prevention Coordinator Darlene Chapman coaches Tribal youth through the Stick Game



Headbands hold hair back or hold regalia in place



Archery was popular, as always

#### Fun, Sun, Crafts, and Ceremony at Culture Camp 2019, Continued



The drumming and dancing booth also featured Tribal regalia



Beth Gipson taught basket weaving



Tribal youth consult the Takelma alphabet chart while playing Takelma hangman



A prayer accompanies the uneaten half-piece of salmon that is placed with the salmon bones



The Salmon Ceremony swimmers were each honored with dentalia necklaces



Flute making is a very involved, but rewarding, process

#### **Blessing the New Tribal Community Center**

The new Tribal Community Center (TCC) in Myrtle Creek, Oregon, is an exciting expansion for accommodating Tribal members young and old alike. The TCC's renovations will be completed before the Yimisa' preschool opens this fall.

The Tribe's Education Department, led by Education Director Tammie Hunt, invited many distinguished guests to participate in Tribal Blessing Day. Tours of the building were given, before the blessing ceremony began. A blessing in Takelma was given, followed by a smudge (an abalone shell with burning sage is passed around, while eagle feathers waft the smoke towards the person, cleansing them of bad energy). Then, cedar boughs were laid in the corners of the building to remove bad spirits; these boughs would later be taken down to a river to release the bad spirits.

In attendance were Tribal Elders, Education department staff, CEO Michael Rondeau, Tribal Board Members Robert Van Norman and Luann Urban, and Tribal artist Sarah Thompson-Moore, who was featured in last month's newsletter.



TCC Manager/Education Support Specialist Sandy Henry shows off the new TCC's downstairs kitchen



Cultural Activities Specialist Jennifer Bryant begins the smudge

#### Tribal Staff Interviewed by High Country News Magazine

High Country News is a magazine that "publishes independent journalism for people who care about the west," according to their website. They have also had an increasingly impressive section on native American affairs. Recently, Assistant Editor Anna Smith came to the Cow Creek Government Offices in Roseburg, and interviewed several Tribal members who are employed by the Tribe, including CEO Michael Rondeau, Tribal Chairman Dan Courtney, and others. The article on Tribal history and recent developments and opportunities should be published in High Country News magazine sometime this summer.



Assistant Editor Anna Smith and photographer Dimitri von Klein interviewed (from left to right) Adult and Family Services Manager Andrea Davis, Cultural Development/Language Coordinator Rhonda Richardson, and Tribal Chairman Dan Courtney

#### **Obituary: Clementine Rice**

by Susan Rice

Cow Creek Tribal Elder Clementine Jennie (Young) Rice, died June 15, 2019, in Roseburg, Oregon. She was 90 years old.

The daughter of Ralph and Emaline (Lerwill) Young, Clem was born October 16, 1928, in the family home in Tiller. She was delivered by her greatgrandmother and namesake, Clementine Petit Rondeau. The family lived in the Tiller and Myrtle Creek areas. Clem attended Cedar Grove School on North Myrtle Road, graduating from eighth grade in 1942, and from Myrtle Creek High School (currently Myrtle Creek Elementary) in 1946 with her future husband, William L. Rice.

After high school, Clem worked in a pencil factory in Myrtle Creek before moving to Portland, where she graduated from Binky Walker Business School. After returning to Myrtle Creek, she worked as a bookkeeper for Rudders Garage and then ran the office for Ken Winston Real Estate, where she earned her real estate license.

On November 11, 1953, she married William Rice at the family home in Myrtle Creek. They moved to Corvallis, where Bill attended Oregon State University and Clem worked as the personal assistant to Ed Albertson, owner of Albertson Lumber Co. in Philomath. Their oldest two children, Susan and William (Doug), were born in Corvallis. Their daughter Signe was born in Bellevue after Bill graduated. The family then lived in Spokane for about 25 years except for a brief stint in Denver. Clem and her husband retired and moved home to Myrtle Creek in 1989.

Clem was active in Tribal affairs throughout her entire life. She helped plan the yearly Cow Creek pow wow at South Umpqua Falls beginning in the 1970s, and was the main organizer for more than 15 years. Clem was dedicated to Cow Creek cultural activities, and was known as an accomplished bead artist, basket weaver, and traditional drummer. She



Clementine Rice teaching Takelma at Culture Camp was an enthusiastic participant in Elder activities sponsored by the Cow Creek Tribe. For the last several years, she attended classes with her brother and sister to learn the native Takelma language.

Clem was a volunteer for a number of organizations during her lifetime, and was a member of the Douglas County Historical Society, Friends of the Myrtle Creek Library and the Douglas Small Woodlands Association. She loved to go camping, huckleberry picking and exploring in the traditional tribal grounds near Tiller.

She is preceded in death by her son, William D. Rice, brother John Young and sister Rose Deardorff. She is survived by her husband, William L. Rice of Myrtle Creek; her daughters, Susan Rice (Rocky Corliss) and Signe Newman, both of Bellingham, Wash.; daughter-in-law Megan Monson of Myrtle Creek; and her grandchildren, Cassidy Rice of Portland and Riley Rice of Lander, Wyoming. She is also survived by siblings Clara Keller and Ralph Young, both of Myrtle Creek, and many beloved nieces and nephews.

A celebration of Clem's life will be held later this summer at the family cemetery in Tiller.

# Government and Programs

#### **Brand New Non-Low-Income Home Coming Soon!**

We are excited to announce the upcoming completion of our first non-low-income home in Tri-City. The 3 bed, 2 bath home is part of the new construction project on Gentry Loop. The tentative completion date is October 2019.

This house was purchased and constructed using housing funds that are not part of our federal grant. This means that the restrictions on income, priority waiting lists, and housing board approval will not apply. Tribal and non-Tribal families are eligible to apply. Tribal families are given highest preference and employees of the Tribe are given secondary preference.

While income level is not a requirement for eligibility, we will require income verifications at initial application to verify that the applicant can afford the rent. However, tenants will not be required to regularly update their income after they are approved and move in. We will still require annual inspections of the home.

Rent for the home will be \$1,200 per month with water, sewer, and garbage service paid by the housing department.



Front view



Rear view

If you're interested in moving into a brand new home, please contact the Housing office to get an application. You can reach us at 541-677-5575 or by email at <a href="MJohnson@cowcreek.com">MJohnson@cowcreek.com</a> and <a href="MJohnson@cowcreek.com">SThompson@cowcreek.com</a> through the Tribal Members' portal. Just click on the Login option at the top.

#### **Seven Feathers Surplus Chair Giveaway**

The Seven Feathers Casino Resort is offering Tribal members a chance to take some of their surplus chairs at no cost. This opportunity is available only to Tribal members; the chairs are not yet available to the public. As of this writing, there are 790 chairs available, and there is no limit to the number of chairs any one Tribal member may take. They are available for pickup Monday through Friday, 8 AM – 4 PM. Tribal members will be asked to show their Tribal ID and to sign for the chairs to be taken.

For more information, please contact Candy Russell at 541-839-1446 or <a href="mailto:crussell@sevenfeathers.com">crussell@sevenfeathers.com</a>, or if she is not available, Glen Schwabauer at 541-839-1262 or <a href="mailto:Glenn.">Glenn</a>.



Examples of the chairs

# Government and Programs

# Tribal Housing Statement of Potential Conflict of Interest: Public Review and Comment Period

Per the Department of Housing and Urban Development (HUD) NAHASDA Regulations at 24 CFR §§1000.30 – 1000.36, the Cow Creek Tribal Housing Program (CCTHP) must disclose when an individual directly affiliated with the Tribe has qualified for and has been selected to receive assistance through the NAHASDA program. Directly affiliated persons are employees, members of the Tribal Housing Review Board, members of the Tribe's Board of Directors, and immediate relatives of an employee or Tribal Board member.

For the purposes of this policy, an immediate relative is any child (including stepchildren and adopted children), father, mother, sister, brother, grandparents, nephew, niece, aunt, uncle, inlaws, and any person whose relationship with the employee or Board member is substantially similar to any of these relationships.

When a potential conflict of interest exists, the CCTHP will disclose the nature of the assistance to be provided and the specific basis for the selection. The disclosure shall be in the form of a Statement of Potential Conflict of Interest (SPCI Form). The CCTHP will provide a copy of the disclosure to the Northwest Office of Native American Programs (NwONAP) before assistance is provided. Additionally, the CCTHP will post the SPCI Form at the Cow Creek Tribal Government Office South Building front desk for public review and comment.

SPCI forms will be available for public review and comment for ten (10) calendar days after the completed application is received. Public comments regarding the potential conflict of interest must be received at the Cow Creek Government Office within 10 (ten) calendar days of the initial posting date. When calculating the specific number of days, the initial posting date and the final posting date shall be counted. Comments received after the final

posting date will not be reviewed. SPCI forms from June and July 2019 will be available for public review from July 21-July 31, 2019. All future SPCI forms will be posted as completed applications are received.

Public commends must be delivered in a sealed envelope and addressed to: Cow Creek Tribal Housing Program, Conflict of Interest Comment, 2371 NE Stephens Street, South Building, Roseburg, OR 97470. Comments received within the comment timeframe will be reviewed and discussed by the Cow Creek Tribal Housing Review Board (CCTHRB) at the next scheduled monthly meeting. If the potential conflict involves a member of the Housing Review Board, that member will be excused from the discussion with the remaining members of the CCTHRB.

For additional information regarding the SPCI policies and procedures for the Tribal Housing program, please contact Sarah Thompson, Housing and Self-Sufficiency Director, at 541-677-5575 or <a href="mailto:SThompson@cowcreek.com">SThompson@cowcreek.com</a>.

# Messages from the Clinic

#### New Dental Health Benefit for All Tribal Members

The Cow Creek Tribal Board of Directors is proud to announce a NEW DENTAL BENEFIT for all Tribal members beginning August 1st. Here are the highlights:

- No Purchase Orders needed for dental work beginning August 1st.
   PLEASE NOTE: PRC related benefits will STILL require a Purchase Order
- Providers will be required to submit prior authorization requests for work greater than \$4,000
- Shasta TPA will administer the plan

All questions or concerns can be addressed to Shasta TPA:

Shasta Administrative Services Phone: 541-504-2777 P.O. Box 1747 Toll Free: 800-441-4518

525 SW Umatilla Ave, Suite 201 Email: <a href="mailto:questions@shastatpa.com">questions@shastatpa.com</a>
Redmond, OR 97756 Hours: M-F (6 AM -5:30 PM PST)

If you paid for high-dollar dental work this calendar year, please contact Shasta TPA. You might be eligible for reimbursement.

#### Recipe: Pasta with Broccoli, Basil, and Pine Nuts

This is a simple and satisfying recipe that is easy to whip up on weeknights or when you don't have a fully stocked fridge. Yield: 4 servings

#### Ingredients

- 5 cups broccoli florets
- 12 ounces any pasta (rotini or ziti work well)
- · 3 tablespoons olive oil
- · 2 garlic cloves, minced
- Sea salt and black pepper to taste
- 1 cup pine nuts
- ½ cup seasoned breadcrumbs
- 2 tablespoons fresh chopped basil (or 1 tablespoon of dried basil
- Crushed red chili pepper flakes, optional garnish
- Grated cheese, optional garnish

#### **Directions**

- 1. Cook pasta according to package directions until al dente.
- 2. Drain, reserving \( \frac{1}{4} \) cup of the pasta water. Do not rinse pasta.
- 3. Put pine nuts and oil in a large sauté pan and heat over medium-low heat.
- 4. When pine nuts start to become golden, add garlic and heat for 2-3 minutes.
- 5. Before garlic becomes really brown, add broccoli, turn up heat to medium, and cover the pan.
- 6. Cook for 3-4 minutes until broccoli is cooked but not mushy.
- 7. Season liberally with salt and pepper and mix to combine.
- 8. Add pasta to broccoli pan and mix to combine.
- 9. Turn off heat and add breadcrumbs and basil, stirring to combine.
- 12 10. Serve with chili flakes and grated vegetarian cheese, if using.



# Blue Zones Project Corner

#### **BLUE ZONES® POWER 9: Community**

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

#### Participate in a Spiritual Community

Having a sense of belonging seems to be an important part of enjoying a long and healthy life. Blue Zones® researchers discovered that people who are the healthiest and who live the longest all seem to have a strong sense of belonging and purpose. It's so important that it's one of the Power 9®, which include common lifestyle habits of those living in the original Blue Zones areas helping them live longer, better. For many, this comes from spiritual or religious practice.

Going to a Church of Your Choice Is Good for You! The simple act of regularly attending a religious service is a common thread among cultures with the longest life spans. It doesn't matter which faith you are; attending church, even once a month, seems to have a positive effect on one's overall health and happiness. A study in the Journal of Health and Social Behavior discovered that those who attended religious services at least once per month had a longer life expectancy than those who did not. It seems that people who nourish their spiritual side lower their risk of heart disease, depression, and stress, while increasing their immunity.

#### Test Your Savvy Spiritual Side

Which activities are more likely to allow you to slow down and connect with your spiritual side?

- a. Eating dinner with loved ones
- b. Watching TV
- c. Hiking
- d. Doing homework or catching up on work
- e. Attending a religious service

The correct answers are: a, c, and e. Eating dinner with loved ones offers a time to reconnect with your family. Getting outside, whether you are gardening, hiking, biking, or anything else, offers quiet time to reflect while enjoying the beauty of nature. Attending a religious service gives you a chance to rest, rejuvenate, and reconnect with friends and family.

#### Top 5 Ways to Engage Your Spiritual Side

- 1. Get involved. The more you participate, the greater the reward, and possibly the longer you live.
- 2. Go with an open mind. Find something you want to be involved in and connect with others who share the same interests.
- 3. Do something for someone else. Take care of yourself by taking care of someone else.
- 4. Take a walk. So many reasons to walk every day. Reconnect with nature, get some exercise, mental focus and inner peace.
- 5. Reconnect with yourself. Take some time each day to unplug and think about your purpose in the world.

#### Recipe: Watermelon Lime Cooler

Looking for a refreshing drink on a hot summer day? Try this Watermelon Lime Cooler, an excellent source of Vitamin C that will help to keep you hydrated when spending time out in the sun.

### Ingredients

- 4 cups watermelon (about 1 <sup>1</sup>/<sub>4</sub>- 1
   ½ pounds), coarsely chopped and rind removed
- Juice of 1 lime
- 8 ice cubes
- 1/8 teaspoon salt

Combine 2 cups watermelon, lime juice, 4 ice cubes and salt in a blender. Purée on high until smooth. Add remaining watermelon and ice cubes. Purée on high until smooth. Divide contents of blender into four 8-ounce glasses or mason jars. Place in freezer for one hour to chill. Gently stir with a spoon prior to serving. Enjoy!

Servings: 4, Calories 50, Carbs 13g, Protein 1g, Fat 0g, Sodium 75 mg
Becky Johnson, MS, RDN, LD, Registered Dietitian,

Cow Creek Health & Wellness Center 13



### Culture Corner

#### Cat Ear Bulbs - Yes, You Can Eat Them!

Calochortus tolmiei, or more commonly known as cat ears, are a good food source. The bulb is small, usually only 3-4 centimeters in length. They can be eaten raw as they are sweet or can be baked or boiled. They are said to have a similar taste to a sweet potato. Cat

ears are found only on the west coast from southern Washington to Mid California. Be on the lookout for these small plants that like to hang out under the forest canopy in moist soils.



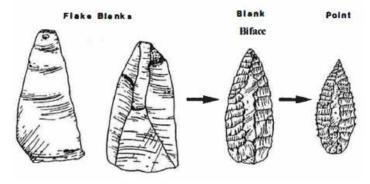
Cat ear bulb



Cat ear flowers

#### The Tool Preform or Blank

The process of making stone tools involves first finding a useable rock source then quarrying out the stone to make tools. The majority of the time, people would not know what specific tools they would need day to day, nor would they want to carry around heavy chucks of rock. As such, they would chip away portions of the quarry stone (known as a core) into several, smaller bifacial blanks, or preforms. Several of these preforms could then be carried or cached and made into specific tools (arrowheads, knives, drills, etc.) later when they were actually needed.



From a flake to a tool

#### **Treaty Day: September 21**

Treaty Day is a day to celebrate the signing of our Cow Creek treaty, signed on September 19, 1853. That means 166 years ago, our ancestors entered into an agreement with the United States Government. Do you know who signed the treaty?

"This treaty shall take effect and be obligatory on the contracting parties as soon as the same shall be ratified by the President of the United States, by and with the advice and consent of the Senate.

"In testimony whereof the said Joel Palmer, Superintendent of Indian Affairs, on the part of the United States, and chiefs of the Cow Creek Band of Umpqua Indians, before named, have hereunto set their hands and seals, the day and year aforesaid.

"Joel Palmer, [L. S.] Superintendent Indian Affairs, O. T. Bighead, Quin-ti-oo-san, his x mark, [L. S.] Jackson, My-n-e-letta, his x mark, [L. S.] Tom, son of Quin-ti-oo-san, his x mark, [L. S.] Tom, Tal-sa-pe-er, his x mark, [L. S.] Signed in presence of—J. B. Nichols, E. Catching"

Join us on September 21, from 10 AM - 2 PM at Bare Park to learn more about the Treaty and the significance of signing it. Lunch will be provided. RSVP to Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com by September 6<sup>th</sup>.



Bare Park is a fantastic gathering place for Tribal events, such as Treaty Day

# Culture Corner

#### HUCKLEBERRY GATHERING: SATURDAY, AUGUST 17th

Sue Shaffer once shared, "From time immemorial, the Huckleberry Patch has been a spiritual gathering place of Cow Creek Tribal members. This is the place where traditions, history and what it means to be Cow Creek were passed down from our elders to the present generations. Families gathered every year from August until first frost to harvest and prepare berries, deer, poo-eat-sic and other traditional foods for the year. Today, the Huckleberry Patch continues to provide a place of quiet communion with nature and the Great Spirit; a place where Cow Creek families congregate; and a place for harvesting sustenance."

Join us at Huckleberry Lake at 11 AM to pick huckleberries, followed by a potluck lunch. Don't forget to bring your favorite dish, plenty of water, a chair, and any other supplies you may need. Check the Tribal Facebook page for updates of cancelation due to weather or fires. RSVP to Jennifer Bryant at 541-677-5575 by August 1st.



Huckleberries are one of the Tribe's traditional foods



The Huckleberry Patch has been a gathering place since time immemorial

# **Emergency Preparedness**

#### Wildfire Safety Tips from Pacific Power

Presented by Tracy DePew, Cow Creek Emergency Management Director, via Pacific Power Pacific Power has released the following safety tips to help you protect your home against wildfire this year.

- Create a defensible space around your home by removing burnable debris such as dried leaves, dead tree branches and stacks of firewood. Pay special attention to clearing debris beneath decks and gutters.
- Help ensure your family's safety by installing and maintaining smoke alarms and fire extinguishers in your home. Identify adequate sources of water within 1,000 feet of your home, such as a well, hydrant or swimming pool.
- Be sure firefighters can easily access your home should they need to.
   Keep your driveway clear.
- Create an emergency kit that contains medicines, food, water, batterypowered flashlights and radio and other essentials.

For more fire safety tips, visit their website at <a href="https://www.pacificpower.net/wildfiresafety">www.pacificpower.net/wildfiresafety</a>.



Forest fires can be prevented by following tips like these

#### Two Rekindled Burn Piles Keep Local Firefighters Busy

Presented by Tracy DePew, Cow Creek Emergency Management Director, via Douglas Forest Protective Assiciation.

As we transition into summer with lower humidity, drying fuels, and rising temperatures, please double-check the burn piles that were used to clean up winter weather debris. a situation similar to this press release from the Douglas Forest Protective Association (DFPA):

"Crews from the Douglas Forest Protective Association assisted the Riddle Rural Fire Department with a natural cover fire burning near Smith Street, in Riddle. Crews from both agencies quickly suppressed the fire that burned about 1/100th of an acre of grass and blackberry bushes. The outside of one nearby outbuilding was also scorched by the flames. A preliminary fire investigation indicated that the fire was a result of a holdover debris pile that was burned prior to the start of fire season.

Firefighters from DFPA and North Douglas County Fire & EMS also responded to a reported smoke column visible about two miles east of Drain. Crews located the source near the 1,000 block of Boswell Road, where they discovered remains of a slash pile burned over winter months, which had also reignited. Firefighters mopped up the pile, before turning it over to the landowner to monitor.

While the burning of both backyard debris and logging slash is currently prohibited within the Douglas District, the threat of rekindled debris piles and slash piles remains if landowners did not property extinguish their piles. Fire officials with DFPA and local fire departments urge anyone who burned debris over the winter or spring months to recheck the burned area to ensure that the pile was completely extinguished. If not fully extinguished, piles can smolder for weeks or even months before popping back to life on a warm, windy day. In addition, fire officials remind us that the responsible party for any rekindled debris burn can be cited for allowing the fire to escape containment and be held liable for fire suppression costs and associated damages. Be safe this fire season.

# **Education Corner**

#### **Summer 2019 Expanding Horizons Youth Center 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  $4^{th}$  -12<sup>th</sup> 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 <a href="mailto:alomascola@cowcreek.com">alomascola@cowcreek.com</a>.
All RSVPs must be confirmed by the Thursday before each class begins.

EHYC Summer Program Closed: July 12 - 26

<u>Wild Animal Week:</u> 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.

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

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



EHYC Students during 2018 Summer Activities

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



These classes can be a great place for Tribal youth to learn about their traditional culture

# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Senior Meal	3	4 GO Closed	5 GO Closed	6
	EHYC Silkscreen Printing Class	EHYC Silkscreen Printing Class	EHYC Silkscreen Printing Class	Veterans Dinner @7F EHYC Forestry Exploration Class RSVP Deadline		
7	8  EHYC Forestry Exploration Class	9 Senior Meal Food Bank Open 9 AM - 11 AM EHYC Forestry Exploration Class	EHYC Forestry Exploration Class	11 Senior Meal Takelma Classes (Last Class until August 15 <sup>th</sup> )	12  EHYC Closed until July 26 <sup>th</sup>	13 Berry Basket Weaving @GO 9 AM - 2 PM
14 Berry Basket Weaving @GO 9 AM - 2 PM	15	16 Senior Meal	17	18 Senior Meal	19 Cow Creek Tribal Pow Wow @ South Umpqua Falls Salmon Dinner & Potluck 7PM	20 Cow Creek Tribal Pow Wow @ South Umpqua Falls Grand Entry 7 PM
	TCC Closed	TCC Closed	TCC Closed	TCC Closed	TCC Closed	
21 Cow Creek Tribal Pow Wow @ South Umpqua Falls Raffle @ 10 AM	22	23 Senior Meal Food Bank Open 2 PM - 4 PM	24	25 Senior Meal  EHYC Wild Animal Week RSVP Deadline	26	27
28	TCC Closed 29	TCC Closed 30 Senior Meal	TCC Closed 31 Youth Activities Committee Application Deadline	TCC Closed	TCC Closed	
	EHYC Wild Animal Week	EHYC Wild Animal Week	EHYC Wild Animal Week			

# 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.

# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					2 Elders Monthly Culture Items Class @ 7F 10 - 11:30 AM	3
					Elders Monthly Luncheon 12 PM @ 7F	
4	5	6 Senior Meal	7	8 Senior Meal	9	10
	EHYC Takelma Exploration Days	EHYC Takelma Exploration Days	EHYC Takelma Exploration Days	EHYC V8 Engine Building Class RSVP Deadline		
11 General Council Elections Meeting 10 AM @ GO Lunch Provided	12 EHYC V8 Engine	13 Senior Meal Food Bank Open 9 AM - 11 AM EHYC V8 Engine	14 EHYC V8 Engine	15 Senior Meal Takelma Classes EHYC Tribal Best Practices Class	16	17 Huckleberry Patch Gathering Trip 11 AM @ Huckleberry Lake Potluck Lunch
Food Bank Open after meeting	Building Class	Building Class	Building Class	RSVP Deadline		
18	19	20 Senior Meal	21	22 Senior Meal Takelma Classes	23	24
	EHYC Tribal Best Practices Class	EHYC Tribal Best Practices Class	EHYC Tribal Best Practices Class			
25	26	27 Senior Meal Food Bank Open 2 PM - 4 PM	28	29 Senior Meal Takelma Classes	30	31

### Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

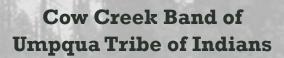
Youth: 2 PM @ TCC

GO: Government Offices, Roseburg, OR

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

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



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