

Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 31, Issue 3 March 2021

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

Inside This Issue

Tribal Interns to Help with Elk Project

Be on the lookout for summer internships for Tribal Youth (Page 4)

Tribal Member Spotlight: Ally VanNorman

This capable Tribal member is working in the Tribe's Social Services Department (Page 5)

Government and Programs

Need help covering rent or utilities due to COVID? We can help (Pages 6-9)

Culture and Education

Takelma language, traditional stories, and more (Pages 10-13)

Messages from the Clinic

This recipe is a great-tasting, healthy alternative to a classic (Page 14)

Schedules

Government Office Hours

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 12 PM, 1 PM to 5 PM

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

Canyonville Clinic Hours

Monday - Friday 8 AM to 12 PM, 1 PM 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)

Please note that during the crisis, access to the Government Offices is being regulated, by decision of the Tribal Board. If you intend to visit the Offices or the Clinics, please call ahead to 541-672-9405.

A Look at Focus Hemp Co., Our Newest Tribal-Owned Business

With the success of Seventh Gen Farms over two hemp harvests, the team at the Umpqua Indian Development Corporation (UIDC) looked to move further up the supply chain by making their own lab to process CBD oil from hemp biomass and produce consumer products. In early 2020, UIDC discovered Focus Hemp Co. (FHC), a CBD product company that had developed a national consumer base, and whose founders were looking to sell the business.

"Focus Hemp Co. is capable of processing the same amount of hemp we have been producing the last two years," says Kyle Kennington, VP of New Business Development. "They did it right, in that they didn't try to be the biggest. They emphasized quality and sound practices. We just want people to know that when they consume our product, they are getting something of the utmost quality."

The purchase was finalized in October of 2020, after which Kyle spent a 90-day transition period working closely with the founders and their nine employees to learn the day-to-day operations of the company.

"We have essentially purchased three years' worth of experience, standard operating procedures, formulas, equipment, and infrastructure that we would have had to develop ourselves," says Kyle.

With the rigorous testing of the hemp at Seventh Gen Farms to ensure that it is below the USDA-mandated threshold of THC (the psychoactive compound in cannabis), the labs at FHC can be sure that they are receiving a consistent high quality biomass. That then is converted into CBD oil by running the biomass through a solvent bath, pulling out the ethanol, and then distilling it to remove unwanted compounds like fats or lipids. Around 25 to 30 pounds of biomass reduces down to around one kilogram of oil.

FHC has a number of products on their website, www.focushempco.com, including lotions, tinctures, and pet care products, but they also sell the high-quality oil itself to bigger manufacturers in the industry. While



UIDC plans to keep the Focus Hemp Co. brand, and the national consumer base they have developed, Kennington is working with the Tribally-owned graphic design company Anvil Northwest to give the site and product designs a more gentle, Tribal feel that synergizes with the design of Seventh Gen Farms.

"Our team appreciates the Tribal Board allowing us to chase these other business ideas," says Kyle. "Gaming will hopefully always be a large part of our economic engine, but we are also looking to diversify our business portfolio to ensure the prosperity of our future descendants. That's behind every decision we make, and I think it shows in our quality."

"There's no one person responsible for our success, or these new business opportunities," says John McCafferty, UIDC President. "Our businesses are successful because of the people working in them. It takes the entire cadre of employees to make UIDC work; none of it happens without their help."

3

Tribal News

Tribal Youth Interns Assist in Elk Conservation and Restoration Project

By Cailey Powell, Wildlife Technician

The Wildlife Program has been working hard for the continued success of the Elk Conservation and Restoration Capacity Building Project. For the last three years, program staff have been radio-collaring Roosevelt elk on Tribal lands with the assistance of Tribal Elders, Tribal Youth Interns, and volunteers. To date, 16 Roosevelt elk have been radio-collared, allowing project staff to study their habitat utilization and behaviors.

The Wildlife Program and project staff routinely survey the elk populations on Tribal lands to observe seasonal changes in herd behavior, habitat utilization, and population trends. These factors help to determine hunting tag limits for the Tribal Hunting Program, and to implement habitat improvement projects to create sustainable and healthy grazing land for the elk population. The main goal of the project is to enhance the Tribe's capacity to effectively manage elk populations on Tribal lands in order to ensure Tribal members have access to sustainable populations of Roosevelt elk to meet ongoing cultural, subsistence, and ceremonial needs for generations to come.

Beginning in March of 2021, the Wildlife Program will be seeking 2 Tribal Youth Interns to assist with the elk research project. These interns will have the opportunity to assist with elk captures,



Wildlife Technician Cailey Powell and Tribal Youth Intern Luke Van Norman, ear-tagging a cow elk during a capture event.

learn about wildlife, assist with habitat enhancement projects, and develop useful skills for potential natural resource career paths. This is a wonderful opportunity for Tribal youth to explore a career in wildlife science and/or natural resources. Be on the lookout for the Tribal Youth Internship to be posted on the Tribal webpage as well as the Tribal Facebook page. For inquiries about the Tribal Youth Internship program and position requirements, please contact Cailey Powell at CPowell@cowcreek.com or at 541-530-2303.

Tribal Member Spotlight: Ally VanNormanBy Kelly Warner, Tribal Workforce Development Manager

In this month's "Spotlight" article, I selected to write about Tribal member Ally VanNorman and how this young aspiring individual should be considered a valuable contributor to the Tribe.

Ally was born and raised in the beautiful valleys of the Umpqua. She always demonstrates a professional attitude, thoughtfulness, and she puts others first. Ally is close to her family, and the bonds that tightly knit them allow her to be strong and true to herself. She fondly remembers her involvement with cultural youth events and Pow Wows in her childhood years.

During her high school years, Ally came to the Tribe to explore Tribal opportunities that could guide and support her post-high school goals. She engaged in the Summer Youth Employment Opportunity Program as a Clerical/Front-Desk Receptionist. As she developed her skills and abilities, she was quickly noticed by other departments as a competent young lady. Through the Tribal Workforce Development Program, she explored career interests in both healthcare and human services/psychology that best lined up with her personality and career goals. She also demonstrated her leadership abilities when she was voted by her peers to become the president of the Tribal Youth Council in 2017.

Ally continued with the traditional path after high school by attending college in pursuit of a healthcare career. She enrolled at UCC to complete her undergrad courses; however, after completing about a year, Ally made the decision to put college on hold and to work instead, as she was unsure a path in healthcare was the way she wanted to go. She acquired a bank teller position with Northwest Community Credit Union. It was here that Ally was able to further develop her skills in customer relations and understanding the world of banking.

In late September of 2020, Ally was offered an employment opportunity to work for the Cow Creek Tribal Government Offices as the Social Services



Ally Van Norman

Programs Assistant, where she supports the programs that assist her Tribal people. Her personality and natural ability to help others makes her a great fit.

I asked her how she sees her future at this moment, and she responded with excitement that she looks forward to going back to college, where she can earn her Associates of Science transfer degree, as well as obtain certificates related to human services.

Between her personal values, proving her commitment, and her ideas in service to others, she will remain an asset to our Social Services Department and the people they serve.

Ally's message to others: "Do what you are passionate about, take that leap of faith, and don't be afraid to step out of the norm".

I consider myself fortunate to have been able to provide services to our youth members while in high school and the years beyond. I get to watch their growth in becoming amazing young adults who positively make a difference within their Tribe.



EMERGENCY RENTAL AND UTILITY **ASSISTANCE**





IF YOU ARE EXPERIENCING ANY:

- FINANCIAL HARDSHIP DUE TO COVID-19
- **OUALIFY FOR UNEMPLOYMENT**
- REDUCTION IN HOUSEHOLD INCOME
- RISK OF HOMELESSNESS OR HOUSING INSTABILITY

YOU MAY QUALIFY FOR OUR EMERGENCY RENTAL ASSISTANCE PROGRAM

STEP 1: APPLY

Contact Jennifer Bryant in the Wili Department for an application at: 541-677-5575 or email at jbryant@cowcreek.com

STEP 2: QUALIFY

Return completed application with required documentation.

****DO NOT HAVE TO BE WITHIN SERVICE AREA TO QUALIFY

STEP 3: PAYMENT

Rental assistance will be paid directly to your landlord/property management company on your behalf.

Available Assistance:

- pay past rent (back to March 2020)
- pay rent for 3 months (up to 12 months with reapplication) pay past due utilities (back to March 2020)
- pay utilities for up to 3 months (up to 12 months with reapplication)



PARENTING WORKSHOP SERIES

WEDNESDAYS 6:30PM-7:30PM

MARCH 17TH THRU MAY 5TH

LOCATION: ONLINE/ZOOM



RSVP - NO LATER THAN MARCH 11TH, 2021* A ZOOM LINK AND INSTRUCTIONS WILL BE SENT TO ALL WHO RSVP

Call: Ally VanNorman 541-492-5278 or

Email: AVanNorman@cowcreek-nsn.gov

RAFFLE PRIZES FOR PARTICIPANTS WHO ATTEND!

FOR THOSE THAT ATTEND ALL 8 WORKSHOPS

YOU WILL BE ENTERED INTO A DRAWING FOR THE GRAND PRIZE SO DON'T MISS OUT!!

Presented by the CTCLUSI Health and Family Support Services in Partnership with The Confederated Tribes of the Siletz Indians and Cow Creek Band of the Umpqua Tribe of Indians







Government and Programs

Corrections, Reminders, and Updates for Cow Creek Tribal Veterans

Request Your Special Pad-Folio and Pen

Don't forget to request your new pad-folio and pen. The pad-folio is stamped with the Tribal seal, and the pen has "Cow Creek Umpqua Veteran" written on the side, and comes in a separate box.

Please Remember to Send Your Military Photo

Please, if you have not done so, send in a military picture of yourself with the era that you served. These pictures are included in the Veteran Tribal Member Honor slides, and are typically viewed during our Veterans gatherings or Tribal member gatherings, when appropriate.

Veteran Jacket and Cow Creek Medallion

If you have not received your Veteran jacket or the Cow Creek Medallion with the South Umpqua Falls and Tribal emblem, please inform us.

Contact Rhonda Richardson at 541-677-5575 x5513 and leave a message with your complete name, address (mailing), and phone number, and your call will be returned as soon as possible. Mail photos to Cow Creek Band of Umpqua Tribe, attention Rhonda, 2371 NE Stephens, Roseburg, Oregon 97470.

Reminder about Dinner Tickets

The dinner tickets were mailed last month. The numbered tickets are



assigned to the Tribal member by name. If a Tribal spouse is a Veteran but not Tribal, you will need to call in for a ticket. The "no-charge" Veteran dinner for two at the K-Bar Steakhouse is located inside of Seven Feathers Hotel and Casino! The tickets are not replaceable and are good until November 28, 2021.

Thank you for your service to this country.

Updated Phone Number for K-Bar Steak House

The phone number to call when making reservations at K-Bar Steakhouse has changed. Due to technical difficulties, the casino has changed the number, though similar, to 541-691-1344. If you cannot reach anyone, then call 541-530-1731 ex 1344. Reservations can also be booked from the Seven Feathers Casino Resort website with Opentable.

We Want to Utilize Your Tribal-Member-Owned Business!

As the Cow Creek Band of Umpqua Tribe of Indians expands its financial capabilities, Tribal leadership has found that there are increasing needs for outside services and products. The Tribe would rather do business with Tribal members over outside corporations for product that we need. This would both meet the need of the product or service, and support our Tribal members' business endeavors.

Tribal leadership is seeking to compile a list of all businesses owned by members of the Cow Creek Band of Umpqua Tribe of Indians. With such a list, the Tribe can become even more self-sufficient.

To participate in the Tribal Member Pre-Qualified Business Listing, please send a completed Tribal Member Business Registration form to:

Attn: Ryan Bochart, 2371 NE Stephens St, STE 100, Roseburg, OR 97470.

You can either call 541-672-9405 to request that a Tribal Member Business Registration Form be mailed to you, or download it from www.cowcreek-nsn.gov/tribal/forms-and-contacts/ (this will require you to either log in or register for an account).

Government and Programs

Medicare Part B Reimbursement Program Information

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

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

To request your reimbursement, submit a 1099 form for an annual reimbursement, or submit a benefit statement for a monthly payment. The Social Security Administration Office will send these to you.

It is important to keep your insurance premium information updated so that you won't miss out on the reimbursement. As soon as you receive your 2021 benefit statement or your 2020 1099 Form, please submit either by fax at 541-677-5565, email to aholmgren@cowcreek.com or mail to Amy Holmgren at 2371 NE Stephens, Roseburg, OR 97470.

To request assistance, please contact Social Services at 541-677-5575.

We Want You to Join the Cow Creek Official Facebook Group!

For the latest information on Cow Creek events, programs, emergency updates or services, and a lot more, please join us on the Cow Creek Umpqua Official group on Facebook! Any enrolled Tribal members, spouses of enrolled Tribal members, current Tribal employees, or adopted enrolled children of a Tribal family are welcome to join!

To join, you must have a Facebook account. If you do, then simply email our Communications Coordinator at bandreasen@cowcreek.com with this information:

- Your name and Tribal ID number
- The email address you use to log on to Facebook

Over-the-Counter Program Update

All Over the Counter (OTC) claim forms are processed in weekly batches, with checks for the week mailed out on Friday's. Log into our website at www.cowcreek-nsn.gov/ to access the 2021 OTC Claim Form. Once you fill out and sign the form, mail it to:

Attn: OTC Claims Cow Creek Health & Wellness Center PO Box 1400 Roseburg OR 97470

If you have any questions about submitting your claim, or wish to request that a physical application be mailed to you, please contact Laurie Jones at ljones@cowcreek-nsn.gov.



Culture and Education

Traditional Tales: "The Eel Met the Salmon," "Lone Indian Woman Rock," and "The Singing Falls"

As the first day of spring is just around the corner, we are onto the last stories of the winter season. The first story explains why eel no longer has any bones, as well as a subtle lesson on gambling carelessly. The second story is a bit different, a story told by a non-Tribal person from the 1930's, featuring a rock feature that is known to the Cow Creek people as "Lone Indian Woman Rock." She guards what is now known as the Tiller-Trail Highway. She has protected the Cow Creek people since time immemorial, and continues to care for those who deserve help. The last "story" is not really a story, but an oral history describing a significant place near "Lone Indian Woman Rock". It is being provided here so as to not be forgotten.

"The Eel Met the Salmon"

This is a story told by an old native woman to the children after they were done playing with nature's toys: the story of "The Eel Met the Salmon." They started to gamble. The game was one of sticks, as your fathers play, betting on how many robs or furred switches the other holds. The eel, who was very lucky, won for a long time. Then he became careless. He bet recklessly. The salmon began to win. The eel lost all he had won. Then he lost all; he had of wealth. When he lost everything, he bet his bones. Again, the salmon won. That is why to this day, the eel has no bones.

"Lone Indian Woman Rock"

As told by Clarence (Shorty) Hartley

As with all ancient cultures of people, the Umpquas had their superstitions, "Taboos," and rites. In Elk Creek canyon, a mile or two from their Tiller camp, the Umpquas could look up from a well-worn moccasin trail to a rocky pinnacle and there, silhouetted against the sky, was their "Lone Indian Woman Rock." She is their protector, their guardian, and their keeper of their spirit world. As long as she is there, the Umpqua Tribe will be safe from harm.

10 An old Indian friend told me that many, many,

years ago, the Rogue Indians would come over the summit and, using the ancient trail down Elk Creek, would try to slip quietly into the Umpqua camp at Tiller to steal horses, woman, or whatever loot they could get their hands on. On some of these forays, as the Riding Parties arrived on the trail by "Lone Woman," it is told that she would roll boulders down, maiming and killing the marauders as they tried to pass by. Those crippled would alert the Umpquas by their howls and cries of agony; thus, the Umpquas were ready for any of the rogues if they got through the canyon unharmed.

Another campfire story tells that one winter, when there was only a light snow fall in the mountains, the Klamath Indians crossed over the divide, and, catching "Lone Woman" asleep, surprised the Tiller Umpquas, who beat a hasty retreat down river to Days Creek where they made their last stand. Most of them were driven into the river and drowned, for the Umpqua was at flood stage.

I had an experience that made me believe that "Lone Woman" was my guardian too. I had left the Southern Oregon Sugar Pine Mill at Tiller with a truck load of about 10,000 board feet of semi-dried lumber some time about midnight. I was destined to arrive in Central Point before morning. I crossed the Mary Furlong Bridge, passed the Ranger Station and headed up the Elk Creek Canyon. I hadn't traveled very far, perhaps a mile or two, and, rounding a sharp curve, I saw a two-foot-wide tree looking me right in the face that had fallen across the road about windshield-high. I stomped on the brakes with all I had, and stopped barley inches from that downed tree.

Whew! That was too close a call. I could go no farther, there was no place to turn around, and I would not risk backing up in the dark, so I locked and secured the truck to walk back to Tiller. There was not much of a moon, but the stars were out and bright, so walking was not too bad. I know I was getting close to

Culture and Education

Traditional Tales, Continued

"Lone Woman." I began to hear some small rocks, and looking up, I expected to see a deer but, instead, up against the sky line, there stood "Lone Woman."

Was she letting me know she was there? Perhaps! A few days later, I was telling my story to my old Indian

friend and he said, "Who do you think was helping you as hard on that brake pedal to get your truck stopped so you didn't get killed? It was her! She takes care of those who deserve help."

There was nothing more that I could say.

TAKELMA LANGUAGE TEAM CELEBRATES WOMAN'S HISTORY MONTH

This month, we offer some words in Takelma to help celebrate women's history month, and some facts about Sue Shaffer of the Cow Creek Band of Umpqua Tribe of Indians

Takelma words:

Girl - hapxiwaiwiì

Daughter - peyánxa

Older sister - thópxa

Younger sister - thawaaxa

Woman - waiwii

Mother - nixa

Women are strong -

Waiwii yuù'kh



Sue Shaffer:

Nahánkhuotana waiwii yuù'kh

(A Strong Cow Creek Woman)

Cow Creek Tribal Elder Sue Shaffer passed away in 2017. Some of her major accomplishments included: leading the Tribe to federal recognition in 1982, serving as the chairwoman of the Tribe for more than 25 years, serving as a member of the UCC Board of Trustees, and becoming its first female chair. She also led the Tribe to establish Oregon's first Native American bingo center, which later became the Seven Feathers Casino Resort.

FOR MORE LANGUAGE RESOURCES CHECK OUT COWCREEKEDUCATION.COM/TAKELMA

Culture and Education

Love Letters to the Expanding Horizons Youth Center

Parents and youth expressed their love for the Expanding Horizon Youth Center (EHYC) School Program in the month of February.

COVID-19 guidelines have prevented all EHYC students from attending the EHYC on the same days, so Youth set up a community message board and have been writing messages to EHYC members in the other cohort.

Parents expressed love for the Center by sending messages explaining how the EHYC has been "the rock" for their students through all of the pandemic, such as:



One cohort of EHYC students at the TCC

"You make things so much easier for me by keeping track of all my kids' grades," and "You have done everything to keep our kids safe, and we as parents know this and appreciate it."

At the EHYC, students made pot holders and cutting boards with sweet messages for their families. EHYC staff were able to gift blue-light-blocking glasses to all students to use for all their Chromebook activities during the school day and at the EHYC.



THE CAREER CORNER

cow creek career center

(541) 677-5575 info-education@cowcreek.com



THINKING ABOUT SUMMER JOBS?

It's time to start putting together or updating your personal resume and cover letter. The Career Center is the place where you can get tips, resources, and personal guidance on how to showcase yourself and get you noticed by employers.

FRIENDLY REMINDER

Higher Education Book
Reimbursements for SPRING term
are DUE March 15, 2021. Just fill
out the application here, and
remember to provide receipts!
https://www.surveymonkey.com/r
/cowcreekeducationalbenefits

LOCAL SCHOLARSHIPS ARE ON!

It's LOCAL Scholarship Season for College Bound and Current College Students!!!

Don't forget to check in with your high school or college/university for scholarship opportunities! And remember to file for FAFSA (Free Application for Federal Student Aid)

Oregon Promise Grant (Oregon High School Students)
https://oregonstudentaid.gov/oregon-promise.aspx

*For those who live outside of Oregon, please contact: info-workforce@cowcreek.com for other scholarship opportunities that may be available in your area.

CHECK OUT OUR WEBSITE!

cowcreekeducation.com

Messages from the Clinic

Healthy Recipe: Crispy Coconut-Crusted Chicken Strips

By Ansley Hill, Registered Dietitian. Recipe adapted from Paige Wollenzien at <u>TheKitchenRD.com</u>

Prep Time: 15 minutes **Cook Time:** 25 minutes

Servings: 4-6

Nutrition Facts (per serving): 310 calories, 23g protein, 25g carbohydrate, 13g total fat,

9g saturated fat, 2g fiber

Ingredients:

1 pound chicken breast, sliced length-wise into strips

1/3 cup all-purpose flour

½ teaspoon salt

½ teaspoon black pepper, ground

2 eggs

34 cup panko breadcrumbs

34 cup shredded coconut, unsweetened

1-1½ Tablespoons coconut oil



Crispy coconut-crusted chicken strips

Directions:

Preheat oven to 425 degrees Fahrenheit. Line a baking sheet with parchment paper or a silicon baking mat and set aside.

Grab three shallow bowls. Mix the flour, salt, and pepper in one bowl. In the second bowl, crack the eggs into the bowl and whisk them with a fork. Finally, in the third bowl, add the panko and shredded coconut, stirring to combine.

First, coat a chicken strip with flour. Then dip it into the egg, followed by the panko/coconut mixture, ensuring it is fully coated on all sides. Place it onto the baking sheet and repeat the process until all of the chicken strips are coated.

Add a ½ teaspoon-sized dollop of coconut oil to the top of each chicken strip – no need to spread it out. It will melt in the oven and help the strips become crispy.

Bake the strips for ~25 minutes, or until they're golden brown and reach a minimum internal temperature of 165 degrees Fahrenheit.

Serve immediately with your favorite dipping sauce.

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 Food Bank Open 9 AM - 11 AM	10	11 RSVP Deadline Parenting Workshop Series	12	13
14	15	16	17 Parenting Workshop 6:30-7:30	18	19	20
21	22	23 Food Bank Open 2 PM - 4 PM	24 Parenting Workshop 6:30-7:30	25	26	27
28	29	30	31 Parenting Workshop 6:30-7:30			

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
				1	2	3			
4 Easter Sunday	5	6	7 Parenting Workshop 6:30-7:30	8	9	10			
11	12	13 Food Bank Open 9 AM - 11 AM	14 Parenting Workshop 6:30-7:30	15	16	17			
18	19	20	21 Parenting Workshop 6:30-7:30	22	23	24			
25	26	27 Food Bank Open 2 PM - 4 PM	28 Parenting Workshop 6:30-7:30	29	30				

Location Abbreviations

GO: Government Offices, Roseburg, OR

SC: Cow Creek Health & Wellness Center, Canyonville Clinic

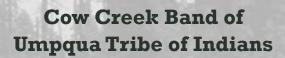
7F: Seven Feathers Casino Resort, Canyonville, OR

7FRV: Seven Feathers RV Resort, Canyonville, OR

TCC/EHYC: Tribal Community Center/Expanding

Horizons Youth Center

825 NE Leon Ave, Myrtle Creek, OR



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

