

# Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 31, Issue 5 May 2021

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 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.

# Officer Travis Dahl



# To Serve and Protect

On April 12<sup>th</sup>, newly hired Tribal Police Officers Travis Dahl and Gregg Kennerly were sworn in as the first two Patrol Officers for the Cow Creek Tribal Police Department. Travis and Gregg come to the Tribe with extensive experience as law enforcement officers here in Douglas County. They join Police Chief Brett Johnson and Records Specialist Tammy Case in forming the Cow Creek Tribal Police Department, based in Canyonville.

Travis served as a Police Officer for the Winston Police Department for two years, and as a Roseburg Police Officer for over 24 years before retiring. Travis received a bachelor's degree in Criminal Justice from Western Oregon University after growing up and attending high school in Canyonville. Travis, whose wife and children are members of the Tribe, returns to Canyonville to serve with the Cow Creek Tribal Police.

Gregg was born and raised in Douglas County and served the Tribe as the Contract Tribal Deputy for Douglas County Sheriff's Office for over four years, creating relationships and trust with Tribal members, guests, and employees. Gregg served with the Douglas County Sheriff's Office for over seven years. Previously, he ran a successful contracting business in Maui for over 20 years before returning to raise his family in Douglas County.

Travis and Gregg are currently conducting training and orientation in their new positions. They will be responding to calls for service on Tribal lands and actively patrolling Tribal properties throughout Douglas County very shortly.



By August or September of 2021, the Cow Creek Health and Wellness Center's northern clinic, located in Roseburg, Oregon, will be moving to a new, bigger location across the street from the Evergreen Medical complex.

"We have been planning to expand our facilities for a long time," says Dr. Sharon Stanphill, Chief Health Officer for the Cow Creek Band of Umpqua Tribe of Indians. "With the Board's approval, we were able to secure the property on Edenbower, which we have been looking at for a while. The pandemic helped us realize that we need more space to offer increased specialist care that our current facility on the Tribal Government Offices campus can't offer."

The new location is still under renovations, but when it is completed, it will feature 12 exam rooms, 2 procedure rooms, and 2 different entrances that will allow for infection control and emergency transfer to an ambulance.

The transfer from the current facilities to the new space

"We really want to look at new solutions and options for meeting the needs of our Tribal members and their families."

# **Sharon Stanphill**

**Chief Health Officer** 

will occur as quickly as possible, so that services will be disrupted for no more than a week when preparations are complete. First, all the medical providers and their equipment will be moved to the new location; then the administration staff, billing, informatics, and outreach staff will transfer over. The Health Education Department's Diabetes Prevention and Treatment Program will be receiving increased support, with more support for basic medical

nutrition therapy, trauma-informed care, and more, including hiring an Endocrinologist to help with hormonal and other issues.

"I am excited for this expansion to happen," says Stanphill. "It will allow us to offer more services to Tribal members and their families who choose to use our clinics. We look to bring in more specialists and services that Douglas County needs. Our proximity to the hospital and Evergreen will also allow us to collaborate with them for our patients to utilize services and treatments that we don't offer, such as MRI scans or radiology. Hopefully, as Tribal members come in for primary care, they will also recognize all the specialized care we can offer to the whole family."

The Behavioral Health Department will remain in their current facility near the Tribal Government Offices for now, while looking for space for them to expand as well. The space formerly occupied by the North Clinic will be utilized to expand Tribal Government offices and programs.

# "Doing Our Best for Our Team Members"

Umpqua Indian Development
Corporation Raises Minimum Wage
to \$14 Per Hour



Umpqua Indian Development
Corporation (UIDC), the business
division of the Cow Creek Band
of Umpqua Tribe of Indians,
announced that as of March 1,
2021, the minimum wage for
its approximately 850 Team
Members became \$14 per hour.
Team members who were earning
less than that had their hourly
wage raised on March 1, 2021.

All new hires will receive \$14 per hour with benefits as their entry salary.

According to Travis Hill, UIDC VP Business Operations, "UIDC has always offered strong support to its Team Members. Traditional medical benefits, including dental and vision, 401K, and Paid Time Off (PTO) have been part of our 'package' for years. As an employment leader in Southern

"The Cow Creek Umpqua
Tribe and UIDC could not
have become a leader
and a successful employer
without hard-working
Team Members."

#### **Travis Hill**

**UIDC VP Business Operations** 

Oregon, the responsibility to take care of our Team Members has been a top priority for UIDC.

"We've always known that when we achieved our goals financially, we wanted to share that success with our Team Members. The \$14 per hour minimum wage for Team Members is the result of a UIDC goal to make sure people are

rewarded for work well done and are encouraged to continue their quality performance. The Cow Creek Umpqua Tribe and UIDC could not have become a leader and a successful employer without hard-working Team Members."

Umpqua Indian Development Corporation became a US Federal Chartered Corporation on November 13, 1997. Administrative offices for UIDC are located in Roseburg, Oregon. The UIDC reports to the eleven-member Cow Creek Umpqua Tribal Board.

UIDC President John McCafferty said, "Doing our best for our Team Members means they give us their best. Successful business works by putting mutual respect in place as a basic underpinning."



# Tribal Board to Travel to Washington State in June

The annual informational meetings will be held in June this year.

The first meeting will be held from 6 - 8 PM on June 4<sup>th</sup> at the Red Lion Hotel in Kelso, WA.

The second meeting will be held from 1 - 3 PM on June 5<sup>th</sup> at the 7 Cedars Resort in Sequim, WA.

These dates, times, and locations may be subject to change, due to changing COVID-19 restrictions. Please monitor the newsletter and Cow Creek Umpqua Official Facebook group for updates.



#### Save the Date: Pow Wow 2021

As Approved by the Cow Creek Tribal Board of Directors, plans are in progress to hold the yearly Pow Wow at South Umpqua Falls on July 16 - 18, 2021. More details will follow.

The event's dates are dependent on changing COVID-19 restrictions. Please monitor the newsletter and Cow Creek Umpqua Official Facebook group for more updates.

## **Tribal Member Obituary: Corinne Hill**

Submitted by her son, Erik Albecker

Corinne Kay Hill, 65, died on March 23<sup>rd</sup> at her home in Myrtle Creek. The daughter of Clara May (Young) and Larry Frederick Hill, she was born Feb. 28, 1956, Grants Pass.

She grew up in Glendale, Oregon, and Haines, Alaska, and graduated from Glendale High School in 1974.

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Corinne attended Mt. Hood
Community College and Umpqua Community College, graduating from UCC in 1976. She then moved to Haines and worked as a dental technician. She moved back to Oregon for good in 1987.

Corinne's Cow Creek heritage was an important part of her life. She was very active in Tribal affairs, especially during recognition efforts in the 1980s. She was the organizer of the Cow Creek Intertribal Powwow for more than 10 years. She and her mom, Clara, spent a lot of time camping and picking berries on traditional Tribal grounds near Tiller.

Corinne loved meeting people and hearing their stories, and was known as a kind, friendly, and caring person. She always took in friends when they were in need, and made sure people were fed, happy, and comfortable.

She is preceded in death by her father, Larry Hill, and her sister, Cindy Hill. She is survived by her children, Eric Albecker of Roseburg and Lyndsey Hill of Kent, Washington; her mother, Clara Keller of Myrtle Creek; and her sister, Joanne (Andy) Tait of Gig Harbor, Washington.



On April 3<sup>rd</sup>. the Youth Activities Committe partnered with the Cow Creek Health and Wellness Center and other Government Office staff to host the annual Spring Gathering event, this time at the Tuú Yap'a Xumá Tribal Gardens.

This drive-through event let children meet the Easter Bunny, win prizes, and gather candy-filled eggs and other fun items in their buckets from the safety of their own vehicle. Tammie and Lee Anderson also worked hard to provide a delicious on-the-go meal for attendees.

We are grateful to the YAC and the Behavioral Health Department for their innovative solutions to providing a fun time for Tribal members while still following COVID-19 precautionary measures.



Tribal Board Member Robert Van Norman and his wife Linda welcomed attendees with buckets and scavenger hunt sheets



Attendees could win fun prizes through a raffle, a spin-wheel, a peq-drop game, and more



Kelly Warner and Karissa Bent handing out toys and games



# EMERGENCY RENTAL AND UTILITY ASSISTANCE



#### IF YOU ARE EXPERIENCING ANY:



- FINANCIAL HARDSHIP DUE TO COVID-19
- QUALIFY FOR UNEMPLOYMENT
- REDUCTION IN HOUSEHOLD INCOME
- RISK OF HOMELESSNESS OR HOUSING INSTABILITY
- INCREASED EXPENSES DUE TO COVID-19

#### YOU MAY QUALIFY FOR OUR EMERGENCY RENTAL ASSISTANCE PROGRAM

#### STEP 1: APPLY

Contact Rylee Gearin in the Wili Department for an application at: 541-492-5259 or email at rgearin@cowcreek-nsn.gov

#### STEP 2: QUALIFY

Return completed application with required documentation.

\*\*\*YOU CAN LIVE ANYWHERE IN THE US

\*\*\*\* DO NOT HAVE TO BE PAST DUE

#### **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 current rent for 3 months (up to 12 months with reapplication)
  - Do not have to be past due to qualify
- pay past due utilities (back to March 2020)
- pay current utilities for up to 3 months (up to 12 months with reapplication)
  - water, sewer, garbage, electric, internet, and natural gas
    - Do not have to be past due to qualify
- Space rent for manufactured homes in a park
- Rent to own individuals that have not activated their purchase option.



# EMERGENCY RENTAL AND UTILITY ASSISTANCE



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# YOU MAY QUALIFY FOR OUR EMERGENCY RENTAL OR UTILITY ASSISTANCE PROGRAM

#### Frequently Asked Questions

#### 1) Do I need to be behind in rent or utilities?

No you do not need to be behind in rent or utilities to qualify. If you are, we can help with that.

#### 2) I own a manufactured/mobile home in a park, can you help pay for that?

We can assist with the space rent for the property but not the payment on the mortgage of the home.

#### 3) What utilities can you help with?

We can assist with water, sewer, garbage, electric, internet, and natural gas.

#### 4) Do I have to have had Covid to qualify?

No, you do not have to have been affected by covid-19 to qualify. You do need to show proof that you have been <u>financially</u> affected by Covid.

#### 5) How do I show I have been financially affected by Covid-19?

The US Treasury requires a written statement outlining how you have been affected. Everyone's scenario is different. The statement will demonstrate the increased costs whether its from increased cost of utilities due to staying quarantined or increase cost of cleaning supplies. Or it could be a reduction in hours of work or even layoff due to business closing.

#### 6) I am a non-Tribal member with Cow Creek children in my home. Do I qualify?

Yes you do! Eligibility requirements still apply. Request an application and we can talk more.

#### 7) How do I apply?

<u>Contact Rylee Gearin in the Wili Department for an application at:</u> 541-492-5259 or email at rgearin@cowcreek-nsn.gov

# Government and Programs



#### Interested in becoming a home owner?

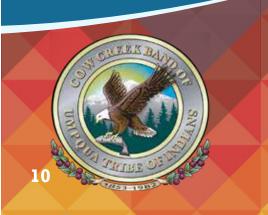
Let the Housing Department help you with our Down Payment Assistance Program!

\$5000 AVAILABLE Additional \$5000 available for low income qualified Tribal members.

To be eligible for the program, you must meet the following requirements:

- Accepted purchase agreement
- Verification of funding source
- Printout of land and dwelling details

If you are interested in learning more about our program, and other programs we offer, contact Jennifer Bryant by email at jbryant@cowcreek.com, or phone at (541) 677-5575.



# THINKING OF BUYING OR REFINANCING A HOME?

Have you thought of the HUD 184 Home Loan?

- > Types of Section 184 Loans
  - -Purchase a Home
  - -Refinance
  - -Remodel and New Construction
- ➤ Homes can be financed On or Off your Reservation (in approved areas)
- Low Down Payment
- Affordable Fixed Interest Rates

## Call Me Today

#### **Nate Schmidt**

Work: 605.599.7949 www.hud184loans.com Nate.Schmidt@ltribal.com NMLS #400277



Find us on:

**P F** 

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# Coronavirus (COVID-19) Funeral Assistance

 $\mathbf{T}$ he COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020.



#### To be eligible for funeral assistance, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to or caused by COVID-19.
- The applicant must be a U.S. citizen, non-citizen national or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national or qualified alien.

#### Which expenses will qualify for reimbursement?

Examples of eligible expenses for funeral services and interment or cremation may include, but not limited to:

- Transportation for up to two people to identify the deceased individual
- The transfer of remains, a casket or urn
- A burial plot or cremation niche
- A marker or headstone

- Clergy or officiant services
- The arrangement of a funeral ceremony
- The use of funeral home equipment or staff
- Cremation or interment costs
- Costs associated with producing multiple death certificates

#### What information do I need to provide to FEMA?

Please have the following information before contacting FEMA to apply:

- Your name, social security number, date of birth, mailing address and contact phone numbers.
- The name, social security number and date of birth for each deceased individual.
- The location or address where the deceased individual passed away.
- Documentation and receipts for any assistance already received from other sources, including burial or funeral insurance, donations, voluntary agencies, other government programs or non-profit organizations.
- If you and another person both incurred funeral expenses for the same deceased individual(s), you can also provide that person as a co-applicant — include their name, social security number and date of birth on the application.

#### **HOW DO I APPLY FOR THIS ASSISTANCE?**

Call FEMA's COVID-19 **Funeral Assistance Helpline** at 1-844-684-6333 (TTY: 800-462-7585) from 9 a.m. to 9 p.m. ET,

Monday - Friday and begin the application process.

For fastest service following your application, you can begin submitting documentation online through

Disasterassistance.gov,

by fax 855-261-3452.

Documents may also be mailed to: COVID-19 Funeral Assistance P.O. Box 10001 Hyattsville, MD 20782

#### **FREQUENTLY ASKED QUESTIONS**

You can also visit us online at FEMA.gov/funeral-assistance/fag. Information is provided in several languages both by telephone and the website.



# Government and Programs

#### Mediterranean-Style Chickpea Wraps

By Ansley Hill, CCH&W Registered Dietitian. Recipe adapted from Cooking Light

**Prep time:** 15-20 minutes **Cook Time:** ~30 minutes

**Servings:** 6 **Nutrition Facts (Per Serving):** 360 calories, 8g total fat,

1.5g saturated fat, 18g protien, 11g fiber, 59g carbohydrate.

#### Ingredients:

2 15-ounce cans garbanzo beans (chickpeas), drained, rinsed, and

patted dry

4 teaspoons olive oil, divided

1 teaspoon salt, divided

½ teaspoon black pepper, ground

2 teaspoons cumin, ground

2 teaspoons smoked paprika, ground

1 cup low-fat, plain Greek yogurt

¼ cup fresh mint leaves, finely chopped

2 garlic cloves, peeled and finely chopped

1 teaspoon crushed red pepper flakes (optional)

1 small cucumber (about 6 ounces), seeded and chopped

Juice of 1 lime, divided

4-6 cups fresh arugula (or other salad green)

1 tomato, diced

½ red onion, diced

6 pieces of whole-grain pita, naan, sandwich wrap, or other flatbread of your choice

#### **Directions:**

Preheat oven to 375°F. Toss the rinsed and dried chickpeas with two teaspoons of olive oil and ½ teaspoon salt. Spread chickpeas onto a lined baking sheet and bake for 30 minutes, stirring once after 15 minutes (this also works very well in an air-fryer). While the chickpeas are roasting, mix the black pepper, cumin, paprika, remaining salt, and crushed red pepper flakes in a bowl large enough to hold all of the chickpeas. Set aside. In a separate bowl, mix the Greek yogurt, mint, garlic, cucumber, and juice from ½ a lime together. Set aside. When the chickpeas are finished roasting, toss them with the cumin/paprika mixture. Toss the arugula with the remaining lime juice and olive oil. Layer the chickpeas and arugula onto each of the 6 flatbreads. Top with tomato, red onion,

# **Culture Camp 2021**

Just a reminder that Culture Camp will be held on June 18<sup>th</sup> & 19<sup>th</sup> at Bare Park from 8 AM to 5 PM! You'll be able to make cedar headbands, fish whackers, smudge kits, and traditional dentalia jewelry. You'll be able to learn about the Takelma language, projects within the Natural Resources Department that are aimed at increasing gathering opportunities, and the process for heat treating rocks to make better material for flint knapping. Oh, and there will be Takelma Coffee, free snacks, and raffles!

# **Culture Camp Time Slots**

Due to COVID-19, this year's Culture Camp will look a little different than in the past. To help limit exposure to the virus, there will be three time slots. By selecting one of the three time slots, and attending at that time, you will be helping to protect our Elders and Tribal Family during this time.

- Slot 1 Friday Morning: 8 AM to Noon
- Slot 2 Friday Afternoon: 1 to 5 PM
- Salmon Ceremony Saturday
   Morning (open to all Tribal Members)
- Slot 3 Saturday Afternoon: 1 to 5 PM

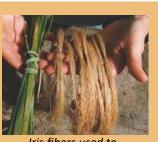
To RSVP, please contact the Cultural Program at (541) 677-5575 or infoculturalresources@cowcreek.com, and include what time slot you would like to attend Culture Camp.

# **Traditional Hunting**

Now that spring is here, we will continue with telling the story and traditional culture of the Cow Creek people. We will begin again with hunting and some traditional hunting methods.

As can be expected, Cow Creek people hunted a wide array of animals, including p'iyín (deer), thkám (elk), nihwíkhw (black bear), and waterfowl like séem (duck) and hà'khaa (goose). They would use every part of the animal for various things. Meat was dried or smoked for winter use, and hides were tanned for clothing, such as moccasins, gloves, pants, and coats. Antlers were made into buttons, bones were made into tools, sinew was used as bow string or twine, hoofs were boiled down and used as glue, and dewclaws were used for rattles. Bear was particularly prized for its meat, grease, and marrow, and its claws were used as ornaments.

Cow Creek hunters would often use a deer head decoy made from a full deer skin to stalk prey. This would help to avoid alerting the animal to the hunter's presence as the animal would not recognize the danger until the hunter was able to loose an arrow. The hunter's scent would be masked and



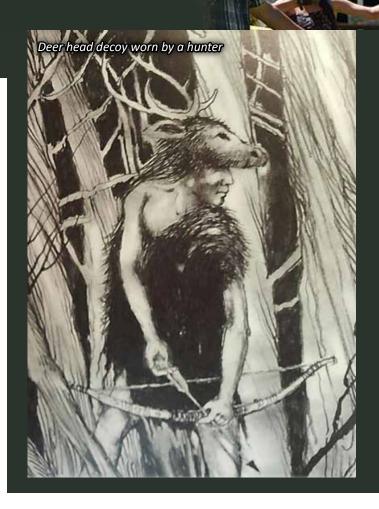
Iris fibers used to make iris rope

deer would think it was just another deer.

Another traditional method of hunting was the communal game drive. Communal drives involved the construction of long brush fences with iris-fiber rope snares hung at openings. Deer would

be driven into these snares using set fires, dogs, and lines of men, then the ensnared deer were clubbed. Iris fiber ropes would take up to a year to create a 15-foot segment, and as such were highly prized.

Pitfalls are where pits would be dug out, with sharpened sticks placed in the bottom or in the sides, then covered with brush. Animals would wander, or



be driven, into these pits, becoming ensnared until hunters could harvest the animal later.

The preferred method for hunting bears were deadfalls. Deadfall traps were made from a large log, with honeycomb being used as the bait. The honey was placed on a trigger, so that when the bear grabbed the bait, the log would fall onto the bear. Rocks were tied on top of the log for added weight, and the trigger was typically wrapped in sinew for additional strength.

Duck decoys were also used, and would be made from cattails, tule, or other wetland plants to resemble a duck floating in the water. This would attract other ducks, which then could be hunted, often times with nets. Naturally, ducks would realize that these decoys are not real, and as such, feathers would be attached to the decoy. Sometimes, even whole duck skins would be used to cover the decoy.



Reading is such a fundamental aspect of a child's development. Reading books to your child helps widen their imagination and understanding of the world. A child's listening skills and language improves during the early years of reading aloud, creating a love of books for the child.

Yimìsa' Preschool offers the children a variety of books in the classroom, and the Education Department is creating a small library of Takelma books for children and our students to enjoy learning new words while looking at the beautiful art work.

At Yimìsa' Preschool, the children are given books to take home, thanks to our Family Engagement and Literacy Grants. Each month, our preschool students and families are given books and book-related games and activities, as well as a reading log to keep track of the books they read together. Our school has a large, oceanthemed board with salmon cut-outs the students painted. Each month, their salmon "swims" upstream (how many books they have read is how far the salmon swims), and the fish are always on the move. Learning to love books is a process, and the Yimisa' Preschool students are flourishing!





The students often get to take home books to read







The students show their favorite pages in the Takelma language books

## **Fun Fact:**

Afterschool Science, Technology, Engineering, Art, and Mathematics (STEAM) sparks interest, builds skills, and puts more students on the path toward majoring in STEAM fields and pursuing STEAM careers, and can offer youth productive ways to engage with the community.



Cow Creek Youth can sign up for classes starting **June 1**<sup>st</sup>. All classes will be held at the Tribal Community Center in Myrtle Creek. We offer pick-up and drop-off from the Cow Creek Government offices in Roseburg. Students 4<sup>th</sup> grade through high school are eligible to attend. Registration forms will be mailed out mid-May.

Week 1. June 23, 24, 25: Cancer and Diabetes
Prevention Class with Cow Creek Health and
Wellness Dietitian staff. Students will learn about the
role of nutrition and healthy lifestyle behaviors that
promote a decreased risk of cancer. We will be visiting
a local farm to pick our own produce, going on a day
hike to a nearby park, and spending a day cooking up
some tasty Asian-inspired recipes.

Week 2. June 29, 30, and July 1: Cold Process Soap Making Class, presented by Misty Jellison, owner of Ranch Suds, a local Douglas County Business. Class will spend 2 days making natural soaps and balms with locally gathered materials. On the third day of class, students will receive a 500-piece survival kit and hands-on experience using the items in it.

Week 3. July 6, 7, 8: Octagon Hand Drum Class, Instructed by Cow Creek Tribal Member Shiela Rich. Students will learn all aspects of hand drum construction, wood prep, rawhide stretching and painting, and drum etiquette. Students will take home the drum they make.

Week 4. July 27, 28, 29: Flint Napping, Instructed by Cow Creek Tribal Member Jesse Jackson and Josh Antos. Students will use natural materials to learn traditional ways of creating an obsidian arrowhead. Students will make leather turtle shell medicine pouches to store their creations in.

Week 5. August 3, 4, 5: Takelma Mural on TCC building. Instructed by Cow Creek Education Department's Takelma Language Team, they will provide students with several days filled with language learning and fun! Students will walk away with location-focused vocabulary and an understanding of several Takelma words.

Week 6. August 10, 11, 12: MakerBot 3d printing machine certification class. Instructed by Marty Waddell, Karuk Descendent, and owner of computer systems, tech, and services businesses. Students will learn to create designs using the Makerbot 3d software and printing process on the two classroom units. Students will take home their own 3d printing pen at the end of class.

Week 7. August 17, 18, 19: Tobacco, Vaping, and Suicide Prevention activities. Cow Creek Health and Wellness, Health Educator Britney McNeil will instruct. Students will learn about prevention through a variety of interactive activities, creative projects, and a fun field trip.



# THE CAREER CORNER

cow creek career center



RESUME &



NEW Summer Term Student applications due May 15 https://www.surveymonkey.com/r/cow creekeducationalbenefits

cowcreekkeducation.com

info-education@cowcreek.com

Current Higher Education Students' grades need to be turned in upon completion of the term/semester!

Contact Karissa Bent, Education Programs Manager

kbent@cowcreek.com

# VOLUNTEER

"Every person can make a difference, and every person should try." – John F. Kennedy

- Explore Careers
- · Learn New Skills
- Network
- Strengthen your Job or College Application
- Make an Impact

#### **VOLUNTEER POSTING WEBSITES**

- <a href="https://www.recruithippo.com/views/home-l.php">https://www.recruithippo.com/views/home-l.php</a>
- www.macslist.org

# Need your resume or cover letter to be reviewed? No problem! Contact us & we'll set-up an appointment.

**COVER LETTER** 

# INTERVIEW PREPARATION

contact the career center for more information

Studies have shown that people who take the step of preparing for interviews are better able to handle difficult interview questions, adequately communicate their strengths and be themselves.

- Prior to an interview, assess your strengths and weaknesses, skills and abilities, interests, values, goals and aspirations. Be prepared to describe the value that you will bring to the position and organization.
- Be ready to discuss and prove them in the interview by telling your success stories. It is essential that your stories state what you did, how you did it, and what resulted.
- Research the organization, review literature and the company website, know the structure of the
  organization, the size, the industry, product lines or service, history, revenue and recent news
  stories.
- Search the Internet to find recent news not mentioned on their website and their public profile.
- Talk to current and past employees to learn more about the organization's culture.
- Practice responding to questions. Being able to respond to questions well involves anticipating what will be asked, and preparing examples for your responses. When asked a question, you should feel comfortable explaining your response and elaborating with an example. Your answers should be concise, but also complete.



# **Cow Creek**

# TAKELMA LANGUAGE



# **Happy May!**

This month we celebrate Mother's Day. In Takelma, we might call this **Hami'thpanhan-Péetha** (The Day of Our Mothers). On this day, we celebrate the women who raised us and took care of us, even if they didn't give birth to us. What are some ways we can honor our mothers? We can:

- thank them with a nice card and a sweet note in our own seèl
- we can make them a nice tahóowxa-xumá
- we can make a lovely bouquet of flowers (and you can say "Wa'iit'oxóxi'n!")

Speaking of gathering
things, this is also the
best month for picking
thiiph! Why? Because after
this month, the p'ól
becomes too xúm to
harvest them. You can cook

the camas and give
a camas flower to your
mother as well.



# Takelma Words

Hamì'thpanhan-Péetha The Day

seèl

tahóowxa-xumá

Wa'iit'oxóxi'n!

t<sup>h</sup>íip<sup>h</sup> p'ól

xúm

The Day of Our Mothers

writing

dinner

I gathered them with my own hands!

camas

soil, dirt

dry

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5 Parenting Workshop 6:30-7:30	6 Career Path Palooza 7F Hotel 8:30 AM - 12 PM	7	8
9 Mother's Day	10	11 Food Bank Open 9 AM - 11 AM	12	13	14 Tribal Hunt Application Deadline	15 Summer Term Student Application Deadline
16 General Council Nominations Meeting 10 AM @7F	17	18	19	20	21	22 Community book/ art giveaway (EHYC)
23	24	25 Food Bank Open 2 PM - 4 PM	26	27	28	29
30	31					

# June 2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
		1 EHYC Summer STEAM Classes Registration Opens	2	3	4 Tribal Board Info Meeting 6-8 PM @Red Lion Hotel Kelso, WA	5 Tribal Board Info Meeting 1-3 PM @7 Cedars Resort Sequim, WA				
6	7	8 Food Bank Open 9 AM - 11 AM	9	10	11	12				
13	14	15	16	17	18 Culture Camp @ Bare Park Slot 1: 8AM-12PM Slot 2: 1 - 5 PM	19 Culture Camp Salmon Ceremony in the morning Slot 3: 1 - 5 PM				
20	21	22 Food Bank Open 2 PM - 4 PM	23 EHYC Cancer & Diabetes Prevention Class	24 EHYC Cancer & Diabetes Prevention Class	25 EHYC Cancer & Diabetes Prevention Class	26				
27	28	29 EHYC Soap Making Class	30 EHYC Soap Making Class							

# Location Abbreviations

GO: Government Offices, Roseburg, OR

SC: Cow Creek Health & Wellness Center, Canyonville Clinic

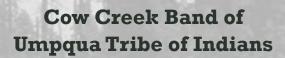
7F: Seven Feathers Casino Resort, Canyonville, OR

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

