



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Medicine-Gathering Knife, Made from Heat-Treated Chert

Crafted by Butch Bochart, Carried by Ben Steward

Volume 31, Issue 7
July 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

June – Juneteenth/Freedom 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 Cow Creek Band of Umpqua Tribe of Indians Board of Directors is currently in discussion to determine the most beneficial way to utilize \$10.35 million in funds received from the Federal government through the 2021 American Rescue Plan (ARP) Act.

These funds were allocated to our Tribe based on official Tribal enrollment population. Tribal employment figures will determine any additional funding at a later date.

The portion of ARP funds specifically designated for Native American Tribes is intended to be used for projects and improvements that rebuild, strengthen and enhance the lives and communities of our Tribal members following the devastating COVID-19 pandemic.

In 2020, our Cow Creek Tribe also received \$18.92 million in funding as part of the Coronavirus Aid, Relief and Economic Security (CARES) Act. Those funds were immediately utilized for emergency use to purchase personal protective equipment, provide free COVID-19 testing, maintain our Tribal businesses and programs, as well as issue distributions to all Tribal adults in three separate payments equaling \$3,000.

As we look toward the bright future of our community, we encourage you to look here in the official Cow Creek newsletter and in the private "Cow Creek Umpqua Official" Facebook group for further developments on these projects.

Other Announcements – I am pleased to announce that the Tribal Government Office in Roseburg, Oregon, has reopened our doors to our Tribal membership and the public.

Rapid PayCard – All Tribal members should have received the new Rapid PayCard information in the mail (and with this newsletter). In order to receive the annual distribution, all members over the age of 18 (except Elders who receive direct deposit) will need to complete the application and return it to the Government Office by no later than August 31st.

Land Conveyance – The final Indian Trust Asset Management Plan (ITAMP) was signed in December 2020. Working under the Indian Trust Asset Reform Act (ITARA) has allowed the Tribe to quickly prepare timber sales in a matter of months and take advantage at the peak of the market. Under the Bureau of Indian Affairs, the same sales would have taken two years. We have developed a three-year harvest plan, and the next task is to establish our prescribed burning procedure under ITARA.

Tribal Forest Protection Act (TFPA) (PL 108-278 July 22, 2004) - This authorizes the Secretaries of Agriculture and Interior to give special consideration to Tribally-proposed Stewardship Contracting or other projects on Forest Service or Bureau of Land Management (BLM) land bordering or adjacent to Indian trust land to protect the Indian trust resources from fire, disease, or other threats coming off of that Forest Service or BLM land.

Tribal staff have been working with the Intertribal Timber Council, and the Umpqua National Forest (UNF) to develop a broad scale TFPA project on the Tiller Ranger District, in Douglas County, Oregon. This district lies in the heart of the Tribe's ancestral territory. Within the boundaries of the district are numerous archaeological sites, culturally significant places, and culturally significant resources. As a people who have historic and cultural ties to the Tiller District lands, the Tribe has a vital interest in the long-term health and sustainability of this region.

If successful, the Tribe could be one of the very few Tribes in the country to

Continued on Page 4



Letter from the Chairman

Continued from Page 3

undertake land management activities on adjacent federal lands. These activities could result in reduced wildfire risk, increased forest health, Tribal employment opportunities, and other local jobs, not to mention an additional stimulus to the local economy.

Emergency Housing Assistance - A treasury grant is available to income-eligible Tribal families, regardless of location. If you qualify, the grant could pay up to three months of back rent and utilities. Contact Jennifer Bryant at 541-677-5575 for more information.

Cow Creek Health & Wellness Center – The CCH&WC has administered approximately 5,800 vaccines via a combination of Moderna, Pfizer, and Johnson & Johnson from January to June 2021. Nearly 80% of these vaccines have been administered via our drive-thru vaccination sites. We also continue to conduct COVID-19 testing,

and our new Public Health Department has developed our own contact tracing program with an automated symptoms reporting system.

To be proactive in preparing for the next flu season, the Public Health team is planning trips to each county in our Seven-County Service Area in the fall, so we can meet with the membership and offer the vaccine to as many Tribal members and their families as possible. Dates, times and more information will be provided in future newsletters. Emergency backpacks for Tribal households (one per household, a \$200 value) will be handed out on July 10th at the 1st Annual Community Health Fair (see the calendar on page 19 for the time).

Sincerely,

Dan Courtney,
Chairman of the Tribal Board



The Tribal Youth Council is selling blankets designed by Tribal youth Krista Deardorff. All proceeds will go toward leadership events and activities for Tribal youth.

The design incorporates symbols from Tribal culture, such as the bird, the sturgeon, the camas flower, and the Wolf Eye seen in basketry patterns, among others.

For details on how to order one of these blankets, see page 10 of this newsletter.

Seven Feathers Casino Resort Unveils: TAKELMA → ROASTING COMPANY →

Just before Memorial Day, Seven Feathers Casino Resort completed construction on the first retail outlet for the Tribally-owned coffee brand, Takelma Roasting Company. This sleek, expanded dining area features both the Tribal company's name and its signature coffee, as well as all the amenities previously offered by Kabi Café, and many more.

"It's going to have a big, positive impact on the guest experience," says Christina Waller, Food & Beverage Director. "We are in a prime location, and it allows families to sit and enjoy the environment instead of needing to take their food elsewhere to eat."

Takelma's open lounge, inviting atmosphere, and quickly-accessible menu items make this a great place for guests to grab a bite to eat and relax. Expanded working areas and equipment—such as the trendy new Modbar espresso machine, the grab-and-go island, or the hot bar display case—ensure that guests get fast and friendly service. Guests can enjoy a wide variety of foods, from hot foods like breakfast sandwiches to fresh-cooked pastries and pies; from cereal to sushi, and much more. New equipment, like convey and pizza ovens, offers guests a promise of an expanded menu in the future. Guests can watch the chefs hand-prepare menu items through tall windows along the side of the bakery.

"The entire operation and property had a part in making Takelma what it is," says Waller, "but I specifically and especially want to thank the bakery team, previous Kabi team, the sous chef, maintenance crew, and everyone else involved. I've been here for 26 years, and have been involved in just about the entire evolution of Seven Feathers Casino Resort. I've



Guests can order from a diverse and growing menu



Food & Beverage Director Christina Waller watches the chefs prepare food through the bakery windows

been very fortunate to be a part of all this. We were very fired up for the new kitchen area and workspace for the bakery. It was very challenging for the team, but also very rewarding."

Takelma is open from 7 AM – 2 AM daily. There are plans to hold a Grand Opening on July 14th. Tribal members are welcome to attend this event for pastries and prizes unique to this event.

Tribal News

Tribal Attendance Promising Practices: Honoring Through Gifting

By Tribal Member Renae Guenther, SUSD Tribal Advocate

We are approaching the end of a tough school year here at the South Umpqua School District (SUSD). Native American students who attend the Expanding Horizons Youth Center (EHYC) got to show their appreciation for a staff member or a teacher within their school. Students received three-strand bone hairpipe necklace kits, and learned how to construct a necklace from SUSD's Tribal Advocate Renae Guenther.

It is a traditional teaching to gift the first cultural item that you make to someone else, rather than keep it for yourself. This teaching of gifting is a way to show gratitude and to strengthen relationships. It is also a way to honor reciprocal relationships. These students received valuable lessons from someone within their schools at one time, and they chose to honor them by gifting them a beautiful hand-made necklace they created.

Anika Sinohui, a fourth-grade student at Tri-City Elementary School, and member of Mescalero Apache/Descendants of Luiseno Band of Mission Indians, chose to gift her necklace to the school custodian, Johnny Johnson. When she gifted him her creation, she shared that she really appreciated his hard work, especially this year, to keep their school clean. She said, "without him, our school would be a mess." In past years, Anika enjoyed assisting Johnny with small clean-up jobs when she wasn't in class.



Garrett Jackson, a third-grade student at Myrtle Creek Elementary and citizen of the Cow Creek Band of Umpqua Tribe of Indians gifted his necklace to his

6 teacher, Ms.



Murry. He expressed his gratitude by thanking her for being his teacher this school year and making the year fun.

Jenna Gaddis, a sixth-grade student at Coffenberry Middle School and citizen of the Cow Creek Band of Umpqua Tribe of Indians, graced her English teacher, Mrs. Lent, with her handmade three-strand hairpipe necklace. Mrs. Lent laughed with glee as she teased Jenna about how hard it must be to give away the beautiful necklace that she made. Jenna assured her that she wanted to give her the necklace because she enjoyed her class the most this past school year.



Josiah Sinohui, a tenth-grade student at South Umpqua High School and member of the Mescalero Apache/Descendants of Luiseno Band of Mission Indians, asked if he could gift his necklace to his eighth-grade English and Small-Engine Repair teacher, Mr. Nutter. Because Josiah and Mr. Nutter are at different school sites, we had to set up a quick meeting for the two of them after Mr. Nutter completed his daily tasks at Coffenberry Middle School.



When the two met, Renae explained to Mr. Nutter the project that was conducted at the EHYC and that our Native students wanted to honor someone in their education. Even after not being in a classroom together for two years, Josiah chose him as someone he really respected and appreciated during his time in middle school. Mr. Nutter, flooded with emotion, expressed that as a teacher, "you don't really know the impact that you make on student until years later."

Tribal Member Employee Highlight: Ben Steward

The Cow Creek Band of Umpqua Tribe of Indians' new Cultural Projects Coordinator Ben Steward, a Tribal member, is deeply immersed in the knowledge of our traditional culture. Though he moved from Oregon to Alaska at age 14, he maintained a close connection with the Tribe which brought him back to the area five years ago.

"Our culture, ceremony, and history have been a passion of mine since I was little," he says. "Some of my earliest memories are of walking with my grandpa and learning about what insects you could find in fallen logs, and which ones were good to eat. I spent a lot of time talking with my uncle and Elders, learning everything I could. For years, any extra money I had went to gas so I could get to Pow Wow or any ceremony I could."

Ben's deep knowledge of traditional culture comes from many sources. In addition to his time spent with Tribal Elders and reading historical books, his early interest in medicine led him to travel to rural communities to learn other native nations' ways and stories. Formally, he completed a degree from Iḷisaḡvik College in Barrow, Alaska, and is currently studying Indigenous Nations Studies, with a minor in Anthropology, at Portland State University.



"I'm here to serve the people, to support that any way I can. I hope to preserve our traditions for at least another seven generations."

Ben Steward

"Ceremony, culture, history: that's my life," he says. "The fact that I was able to find employment in something that allows me to do this is humbling. Once a week at least, I find I have to force myself to get up and leave at the end of the day. This isn't work to me. This is what I want to do. I'm here to serve the people, to support that any way I can. I hope to preserve it for at least another seven generations."

Ben hopes to revitalize many of the Tribe's dormant practices, ceremonies, and technologies.


"We're all in this together. My desire is to see people coming together and sharing things together within the Tribe to bring these things back. We all bring that little piece of culture to the table of our nation, Nahonk^huotana. I can't see the future of how reawakening our traditions will shape our culture, but I think it's going to be beautiful. Every chance you get, please keep our culture alive."

His first project was to showcase a traditional practice for heat-treating chert for tool-making at Culture Camp (see page 11 to learn more). He also plans to construct a Plank House and teach many different kinds of traditional practices.


"This is the first project of many to come," he says. "I think this is a great starting point. People are more apt, I think, to remember the pretty stuff: nice regalia items, wealth blades, things like that, but if you look at cultural doings, it all starts at preparing tools. You can't hunt a deer until you have the point on an arrow or spear. Starting traditional practices at the basic level, like making tools, is incredibly spiritual. By shaping that stone, you are connecting with your ancestors back as far as it goes. They all learned that at some point. They all broke that stone in the same way. In learning that, we can really connect with them on a personal level."

Tribal News

Culture Camp 2021



The Cow Creek Color Guard raise the Tribal flag at the beginning of Culture Camp




Tribal Police Officer Gregg Kennerly speaks with a Tribal family

After a year hiatus, Culture Camp returned with a resounding success. Our Culture Department worked hard to offer lots of exciting content while abiding by pandemic preventative measures.


Each attendee received a shirt bearing traditional symbols for sturgeon and the wolf's eye (used in basketry). Tribal members were invited to learn, enjoy themselves, and win prizes at booths like: cedar bark headband weaving, necklace beading, the process for heat-treating rocks for use in tools (see page 11), making personalized fish whackers, a target range to use atlatls and bows, and Behavioral Health.

New to Culture Camp, the Culture and Police Departments also had fun displays with stickers, activities, and handouts with exciting information. The Youth Activities Committee offered fun crafts for kids. The Education Department featured Takelma language activities and information on programs, the preschool, and the Tribal Youth Council, whose members helped provide snacks and drinks to the attendees.


We thank all the staff who made this event possible, as well as Earl Huitt for leading the Salmon Ceremony.




Tribal member Beth Gipson taught cedar bark headband braiding to youth and elders alike



Culture Camp was a great place to both learn and share traditional knowledge



Takelma Teacher/Learner Elizabeth Bryant, a Tribal member, was excited to teach our language



As always, the bow and atlatl target range was a hit with the Tribal youth

Vacancy on Youth Activities Committee

The Youth Activities Committee has a vacant position. The committee hosts fun activities for our Tribal Youth throughout the year.

Responsibilities:

Monthly meetings at the Tribal Offices in Roseburg, first Tuesday of each month, 5:15 - 7:15 PM.

Remaining 2021 Events:

- Hellgate Rafting Trip (Aug. 7th)
- Movie Night (Aug. 21st)
- School Supplies Drive-Thru (Sept. 18th)
- Halloween (Oct. 16th)
- Youth Pow-Wow (Nov. 13th)

If you are interested in being a part of this committee, please contact Tammy Anderson at 541-672-3861 or tammy.anderson@cowcreekgrc.com for an application and more information. Submissions must be e-mailed to Tammy Anderson, and will be accepted until noon on August 25, 2021.

Leftover Elk Tag Available for Tribal Elders

An Antlerless Elk tag is available on the Dole Road property for the 2021 season (Oct. 2nd - Dec. 31st).

Contact Scott Van Norman at 541-672-9405 by Aug. 31st if you would like to be on the list for the drawing. Any Elder who does not currently hold a 2021 Tribal hunt tag may apply.

2021 Tribal Member Graduates

Peyton Rondeau

Peyton Rondeau graduated June 11th and 12th Magna Cum Laude with a BS in Food Science and Nutrition from the William Douglas Honors College at Central Washington University. He will be starting grad school at CWU, and will be turning 23 in August. Peyton enjoys working out and spending time with family and friends. He enjoys talking to people about their health and getting them on a good track of eating right. He is already looking at different places to do his internship in three years.



Mary Jane Feather

Mary Jane Feather, 18, graduated from St. Helens High School in St. Helens, Oregon. She is a descendant of Tribal Elders Bonnie Yurgalevich, Maxine McCraw, and Lorraine Kandel.



If you know of another Tribal member who graduated from high school or higher education in 2021, please reach out to us at info@cowcreek.com so we can celebrate their accomplishment with you.

Tribal Gardens Closed until August

Due to unforeseen circumstances, the Cow Creek Band of Umpqua Tribe of Indians Board of Directors recently approved a temporary closure of the Tribal Gardens through the month of August 2021. Though the Tribal Gardens will be closed to daily picking activities, staff will still maintain and irrigate the plants. We apologize for the inconvenience to our Tribal families.

Despite the temporary closure, Tribal members can be assured there is available food assistance with the annual Tribal Food Benefit Program. Enacted in 2019 and continuing this year, the program designates that all Tribal members who are 18 years or older on June 30th of the current year will receive an annual distribution of \$200, intended to be utilized for grocery and food purchases. The distribution is scheduled to be disbursed in the coming weeks via the new Rapid PayCard.

Senior Meals are back!!

Dear Tribal Elders,

We are happy to announce that we are starting the Senior Meals again! We have been so excited to get this program up and running again. We are all so excited to gather and reconnect, see you soon!



EVENT DATE: Thursday, July 1st 2021
(And every Tuesday & Thursday after the 1st)

TIME: 12:00 PM to 1:30 PM

PLACE: Seven Feathers Casino
Resort Hospitality Room

Please contact Adrionna Brim with any questions

Phone: 541-492-5278

Email: abrim@cowcreek.com

DON'T FORGET



**Rapid PayCard
applications needed by
August 31st**

**All Tribal Members over
age 18 (excluding Elders)**



COW CREEK TRIBAL
YOUTH COUNCIL
proudly announces their

NATIVE DESIGNED BLANKET

ARTIST: KRISTA DEARDORFF

**ON SALE NOW!
\$89.00 EA.**

All proceeds go towards leadership events & activities

Contact: KWarner@cowcreek-nsn.gov

TAKELMA LANGUAGE CORNER

LET'S GET READY FOR POW WOW

Happy July! This vocabulary set will help you be the coolest kid at pow wow. Want to hear the sentences outloud? For even more Takelma sentences and the audio version, head over to the Cow Creek education website to see a video!

Hello-pée túu

Pronounced: BEH DOO

Dancer-hoità's

Pronounced: hoh-ih-DAH-s

Family-k^hwìnax

Pronounced: KWIH-nah-x

**Where are your kids?-
alkwìti háapxte' yowò'?**

Pronounced: ahl-GWIH-dih HAHB-x-deh yoh-
WOH

**Have you been here before?-
Olómti emè' eyít^h?**

Pronounced: oh-LOHM-dih eh-MEH eh-YEET

SUBMIT A LANGUAGE REQUEST TODAY

Do you have an interest in
Takelma & want to know
how to say a word?
Submit a language
request!

Go to the Cow Creek
Education website, at
cowcreekeducation.com/takelma-language

The language team will
get back to you with your
request as soon as
possible.

WANT MORE?

cowcreekeducation.com

✉ info-education@cowcreek.com



Culture and Education

GATHERING PLANT RESOURCES

Traditionally, the Cow Creek people gathered and used many plant resources for food, making baskets and clothing, and for use as medicine. Many of these resources were managed and cultivated for seasonal use. This included using fire to clear out meadows for new growth.

Food

Many plants were used as food. Cow Creek women would gather vast quantities of camas bulbs using deer-horn handled digging sticks and tossing the bulbs over their shoulder into burden baskets. Cakes would have been made of camas roots and grasshoppers, and would be stored for winter use.

Acorns were also collected, processed, and prepared for winter storage. Acorns would be ground into a gruel.

Tarweed was yet another important food resource. Collecting tarweed seeds was a two-part process of burning fields to clear away the plant's sticky substance, then beating the tarweed pods over a basket to harvest the seeds. Seeds from both tarweed and sunflowers would be used to make a form of bread.

Other essential plant foods included hazelnuts, elderberries, blackberries, strawberries, service berries, salal, and blackcaps. Of these, huckleberries were the most prized.

Clothing

Several plant resources were gathered for use in making traditional clothing. The bark from Western Red Cedar would be used to make skirts and waterproof capes, while the bark from a big leaf maple was used to create everyday wear.

Both men and women wore basket caps made from hazel sticks, maidenhair fern (for dark coloration) and bear grass. Bear grass was also used to make braids used on regalia and necklaces, among other things.

Basketry

Basketry was an integral part of traditional life. Many different plants would be used to make baskets, including: bear grass, maidenhair fern, sugar pine roots, woodwartia, and willow roots and sticks.

Hazel sticks would be used to make fish traps, while willow sticks would be used to make burden baskets. Fibers from the native iris would be used to make rope. The way that the fibers combined made the rope really strong, but iris fiber ropes would take up to a year to create a 15-foot segment, making them highly prized.

Medicine

Many plant-based resources were used as traditional medicines. Most of the medicines would have been steeped into teas or made into tonics. Others would have been chewed or applied directly to a wound or burn. Here are just a few of the medicinal plants and their uses.

- **Native blackberry:** cured diarrhea and sore throat
- **Oregon grape:** calmed an upset stomach
- **Ponderosa pine:** chewing gum that cured worms
- **Prince's pine:** used for kidney and bladder ailments
- **Snakeweed leaf:** used for burns, cuts, and infections
- **Wild ginger:** calmed fevers
- **Willow:** pain killer
- **Yew wood bark:** helped with coughing and shortness of breath

Tribal Member Camping and Day Use Passes on the Umpqua National Forest Tiller Ranger District

Tribal members may call the Natural Resources Department to request a pass, after which it will be mailed to the requesting member. To request a Camping and Day Use Pass, please call Crystal Haaby at (541) 672-9405. Passes are valid from the date issued to December 31st of the current year.

Culture and Education

Traditional Technologies Heat-Treating Chert for Making Tools

This piece of red chert displays the sharp edges that indicate it was heat-treated to get the glassy texture necessary to make tools like arrow points or knives

Many may not know, but the ancestors of the Cow Creek Tribe used a stone called chert for making most tools, and saved the rare obsidian stones for trade. The traditional process of heat-treating chert to make it suitable for tools is being revived here on the banks of the South Umpqua River for the first time in centuries.

“To our knowledge, this hasn’t been done a lot lately,” says Ben Steward, Cultural Programs Coordinator, “unless there are Tribal members doing it at home. We’re trying to bring it back, to keep these processes alive in the minds of our Tribal membership.”

While obsidian, a rare find in this mountain range, was still used in practical tools, this prestigious stone was usually saved to show off at important gatherings. For day-to-day tools, our ancestors used chert, a common sedimentary stone formed from the fossilized remains of microscopic aquatic organisms that lived in the plentiful rivers here. When these microscopic organisms died, they formed a layer of film or sludge on the river bottom, which was covered by mud, and then fossilized over time, a process influenced by the silica.

“It’s really fun to look for little fossils in the chert,” says Steward. “Some have lines or clear spots, and they come in all kinds of colors and patterns: reds, yellows, grays, blues, seawater green. I’ve even seen some off-white, like eggshells.”

In this region, chert does not usually have the glassy texture necessary for making tools, and so it must be heat-treated to change the chemical composition of the silica into the glass-like composition that can be chipped away to form a razor-sharp edge. Through extensive research, Steward has unearthed the way our ancestors made this change.

“The knowledge I’m working with came from a few places,” he says. “Some of it is archaeological knowledge from this area, some of it is from working with people who know how our neighbor Tribes did it, and some is from interviews I conducted with some of our Elders who have since walked on. As far as I’m aware, this is the best mixture of those knowledges, and the scientific data really helps us understand why the heat-treating works.”

Heat-Treating Chert

The process of heat-treating chert is similar to that of cooking camas bulbs. First, a shallow rectangular pit must be dug and insulated with a layer of sand. Then, a certain kind of stone is mixed into a wood fire. Once the fire has died down, the stones will be very hot, and are then covered with another insulating layer of sand, on which the chert is placed. More sand covers the chert, and a fire is built on top to provide heat from both directions. Once that fire burns out, a final layer of sand is spread as a cap for the oven. The chert is heated up to around 500 degrees Fahrenheit over three to four days, until the sand is cool enough to touch. It is important to keep water out of the pit, as it can cause the chert to crack.



Now Is the Time to Enroll in Summer Programs

By Amber Lomascola, Expanding Horizon Youth Center Program Manager

After a tumultuous school year in which many children lost academic ground and felt disconnected from their friends, adult mentors, and the larger school community, we have a vital opportunity this summer to help them catch up.

Kids enrolled in our Summer Learning Program at the Tribal Community Center's Expanding Horizon Youth Center will connect with other Tribal Youth, learn traditional crafts in a STEAM focused environment, take a few out-of-area field trips, and get the opportunity to explore some of the local area. Our goal is to provide a refreshingly normal summer after a school year that was anything but normal. Other programs around the state of Oregon have a similar goal.

In the past, we haven't had nearly enough summer learning programs to meet the demand. According to newly released data from the Afterschool Alliance, for every child in a summer learning program in the United States, one more was waiting to get in. That's 13.9 million children whose parents wanted to enroll them, who were without a program across the nation, including 179,900 in Oregon alone.

This summer, the federal government is providing additional funding to support summer learning opportunities. It could make all the difference – making programs affordable for more families and creating new ones.

Parents, now's the time to enroll your child, if you haven't already!

Expanding Horizons Youth Center Summer STEAM Program Science Technology Engineering Arts and Math Program supports Tribal youth grades 4th to 12th

To register contact: alomascola@cowcreek.com or call 541-530-3090

July 6, 7, 8

Octagon Hand Drum Class includes, staining, decorating and playing your new drum

July 27, 28, 29

Flint Napping Class includes, learning to make arrowheads with traditional materials and constructing a leather turtle shell pouch.

August 3, 4, 5

Takelma Mural Class includes, painting a scene on the Tribal Community Center, learning Takelma vocabulary, and earning prizes.

August 10, 11, 12

3d Printing Class includes, creating items on the classrooms two MakerBot machines. Students will use and take home their own 3d pen.

August 17, 18, 19

Tobacco, Vaping, and Suicide Prevention, featuring interactive activities, games, and prizes, creative art project, a field trip, and BMX Stuntmasters.



THE CAREER CORNER

COW CREEK CAREER CENTER

IMPORTANT DATES

JULY 15

NEW SEMESTER Higher Education student applications for Fall 2021 are DUE!

AUGUST 15

NEW TERM Higher Education student applications for Fall 2021 are DUE!

SEPTEMBER 28

Third Biennial: Southern Oregon Trade Careers Expo @Seven Feathers Convention Center

*TOP 3 INFLUENTIAL ATTRIBUTES THAT EMPLOYERS LOOK FOR:

- 1.Has completed an internship with organization
- 2.Has internship experience in direct industry
- 3.Major

*Source: Job Outlook 2021 Spring Update, National Association of Colleges and Employers. *5-point scale, where 1=No influence at all, 2=Not much influence, 3=Somewhat of an influence, 4=Very much influence, and 5=Extreme influence



DID YOU KNOW?

COLLEGE PREP: Are you attending college in the fall? The Career Center is here to help you transition!

HOT JOB LIST

- Summer Trail Maintenance
- Mill Production
- Packhouse Workers
- Laborer
- Summer crew at Ford's Pond Community Park
- Umpqua Dairy Ice Cream Scoopers for local summer events!

INTERESTED? CONTACT US!
INFO-CAREERCENTER@COWCREEK.COM

COWCREEKEDUCATION.COM



Messages from the Clinic

Over The Counter Prevention Program

The Over-the-Counter Prevention Program (OTC) was created to assist all enrolled Cow Creek Tribal members with the expense of health-related items that can be purchased over the counter. The program does not cover prescription medications.

Each enrolled tribal member aged 18 years and older is eligible for an annual allowance of \$100. Enrolled tribal members under the age of 18 are eligible for an annual allowance of \$50.

In order to claim your annual allowance, your 2021 OTC Check Claim Form must be submitted no later than December 15th. Any forms received after December 15th will not be processed and the funds for the current year will be forfeited. Tribal members need to submit a new OTC Check Claim form once per year.

In order to process your form, your address must match the address on the Tribal Roll. If it does not match, you will be asked to fill out, sign, and submit a Change of Address form from our website.

Tribal members must fill out a new form each year to obtain these funds. There are several ways to obtain an application form:

1. For your convenience, the 2021 OTC Check Claim Form is available at the following link: www.cowcreek-nsn.gov/Forms-and-contacts/
 - If you do not have an account and wish to create one or you have questions about logging into the website, please visit www.cowcreek-nsn.gov/login-assistance/
2. You may pick up a form at the reception desks of the Tribal Government Offices or the Cow Creek Health & Wellness Centers
3. You may call Laurie Jones at 541-677-5584 and request a form be mailed to you
 - Be sure to include your current mailing address, phone number, and email address

For questions regarding this program, please contact the OTC Administrator, Laurie Jones, at:

Cow Creek Health & Wellness Center
Attn: OTC Administrator, Laurie Jones
PO Box 1400, Roseburg, OR 97470

Email: info-OTC@cowcreek.com

Phone: 541-677-5584 Fax: 541-492-5217



Cow Creek Band of Umpqua Tribe of Indians

Public Health Vaccine Sites Updates

The Cow Creek Band of Umpqua Tribe of Indians will be offering both Moderna and Johnson & Johnson Vaccinations to community members on the following schedule:

- MODERNA VACCINE: Monday, Tuesday, Wednesday: 9 AM to 3:30 PM
- JOHNSON & JOHNSON VACCINE: Thursdays from 10 AM to 6:00 PM

Please arrive 30 minutes before closure to fill out paperwork and prepare for vaccine. The vaccine site will be closed Monday, July 5th.

The drive thru vaccine site is located across from the main government offices at 2360 NE Stephens Street, Roseburg, OR 97470.

For more information, call the Cow Creek Public Health Vaccine Site at 541-529-9608, or visit the Cow Creek Public Health website at www.cowcreek-nsn.gov/public-health.

Cow Creek Public Health will also be at the South Umpqua Falls Traditional Intertribal Pow-Wow offering blood pressure checks, health education, and more! Stop by and see us!

Messages from the Clinic

Healthy Recipe: High-Fiber Apple Crisp

Submitted by Amanda Steele, CCH&WC Dietetic Intern, adapted from CelebratingSweets.com

Prep Time: 15-20 minutes **Cook Time:** 30-45 minutes **Servings:** 6

Nutrition Facts per serving (not including toppings): 200 calories, Total fat: 6g, Saturated Fat: 1.5g, Total Carb: 39g, Fiber: 5g, Added Sugar: 7g, Protein: 3g, Sodium: 0mg

Ingredients:

6 medium apples
½ cup unsweetened applesauce
¾ cup old-fashioned or quick-cooking rolled oats
3 Tbsp toasted wheat germ
3 Tbsp packed light brown sugar
1 tsp ground cinnamon
1 Tbsp canola oil
1 Tbsp unsalted butter, cut into small pieces

Directions:

1. Preheat the oven to 350 F. Coat a 12" x 8" baking dish with a non-stick spray.
2. Cut apples in half length-wise. Remove the cores and stems and discard. Cut the apples into slices.
3. Place the apples and the applesauce in the prepared baking dish. Toss to coat the apples evenly with the applesauce. Spread out evenly in the baking dish.
4. In a small bowl, mix the oats, wheat germ, brown sugar, and cinnamon. Drizzle with oil. Add the butter. Mix with your fingers to work the oil and butter in the dry ingredients.
5. Sprinkle the oat mixture evenly over the apples. Bake for 30 to 35 minutes, or until the topping is golden and the apples are bubbling. Serve warm.



Save the Date: September 18th – Casey Eye Event

Oregon Health & Science University's Casey Eye Institute Mobile Eye Clinic will be returning to the Cow Creek Health & Wellness Center in Canyonville. Exams are free of cost and open to all Tribal members, with preference to those with diabetes and those without vision insurance. The eye doctors will be able to provide dilated eye exams and prescriptions if needed, with low or no cost.

We are working with our partners at the Casey Eye Institute, as well as Clinic and Tribal Administration, to ensure that necessary safety precautions are in place in light of the ongoing COVID-19 pandemic.

If you are interested in signing up or want more information, please contact the Cow Creek Health and Wellness Center at 541-839-1345 or 541-672-8533.

WHO: Tribal members
(Preference is given to those with diabetes and those without vision insurance)

WHAT: OHSU's Casey Eye Institute Mobile Eye Clinic

WHEN: Saturday, September 18th from 10 AM – 4 PM
(appointments are required)

WHERE: Cow Creek Health & Wellness Center in Canyonville

WHY: It is important to get your eyes checked annually for serious problems



Those Who Have Walked On

OBITUARY: ZACKARY SHANE BOTTS

By Sara Koyano

It is with heavy hearts that we share the news that Zackary Shane Botts, born October 21, 1990, passed away on June 7, 2021. Zack was born in Roseburg, Oregon, to Randy and Sara Botts (Koyano). He attended Glide High School and received his GED from Umpqua Community College. He then went on to attend Lane Community College.

Zack enjoyed hiking, swimming in the river, hanging out with friends and family, and bringing a positive attitude to everything he participated in. He found peace in being in the outdoors, and loved the North Umpqua River, where he had many fond memories of spending time with his family.

We will all miss his smile, mischievous laugh, sense of humor, and his large heart. Zack was always up for an adventure, and will be remembered for all the joy he brought his friends and family. Zack was honored to be part of the Wellbriety movement and to support his friends in recovery, as well as be supported by them.

Zack leaves behind his son, Tyson, whom he adored with all his heart; his mom, Sara, and stepdad, Derrik; his sisters, Jessie, Bailey, and Carly; his brother-in-law, Nathan; his nephew, Enzo; the many other significant people who touched his life, including Ena, Luci, Kelsie, and Red; and his many aunts, uncles, cousins, grandparents, and friends. Zack was proceeded in death by his dad, Randy, and his grandfather, Dallas.



DEATH NOTICES

Lisa Natalie Bunker

Lachance Family

Date of Birth: 1/21/1955

Date of Death: 5/24/2021

Age at Death: 66

Joe Dan Sertain, Jr.

Lachance Family

Date of Birth: 8/30/1982

Date of Death: 5/25/2021

Age at Death: 38

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior Meal 12 - 1:30 PM @7F EHYC Soap Making Class	2 GO Closed for late observance of Juneteenth National Independence Day	3
4	5 GO Closed for Independence Day	6 Senior Meal 12 - 1:30 PM @7F EHYC Hand Drum Class	7 EHYC Hand Drum Class	8 Senior Meal 12 - 1:30 PM @7F EHYC Hand Drum Class	9	10 Community Health Fair 10 AM - 3 PM @ GO
11	12	13 Senior Meal 12 - 1:30 PM @7F Food Bank Open 9 AM - 11 AM	14 Takelma Roasting Co. Retail Outlet Grand Opening @7F	15 Senior Meal 12 - 1:30 PM @7F New Sem. Higher Ed Student Apps. Due	16 Pow Wow @ South Umpqua Falls	17 Pow Wow @ South Umpqua Falls
18 Pow Wow @ South Umpqua Falls	19	20 Senior Meal 12 - 1:30 PM @7F	21	22 Senior Meal 12 - 1:30 PM @7F	23	24
25	26 (On the 27th): Senior Meal 12 - 1:30 PM @7F	27 EHYC Flint Napping Class Food Bank Open 2 PM - 4 PM	28 EHYC Flint Napping Class	29 Senior Meal 12 - 1:30 PM @7F EHYC Flint Napping Class	30 RSVP Deadline for YAC Hellgate Rafting Trip	31

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Senior Meal 12 - 1:30 PM @7F EHYC Takelma Mural Class	4 EHYC Takelma Mural Class	5 Senior Meal 12 - 1:30 PM @7F EHYC Takelma Mural Class	6	7 YAC Hellgate Rafting Trip
8 General Council 10 AM @GO Food Bank open after meeting	9 (On the 10th): Senior Meal 12 - 1:30 PM @7F	10 Food Bank Open 9 - 11 AM EHYC 3D Printing Class	11 EHYC 3D Printing Class	12 Senior Meal 12 - 1:30 PM @7F EHYC 3D Printing Class	13	14
15 NEW TERM Higher Ed Student Applications Due	16	17 Senior Meal 12 - 1:30 PM @7F EHYC Prevention Class	18 EHYC Prevention Class	19 Senior Meal 12 - 1:30 PM @7F EHYC Prevention Class	20	21 Huckleberry Gathering Trip YAC Movie Night
22	23	24 Senior Meal 12 - 1:30 PM @7F Food Bank Open 2 PM - 4 PM	25	26 Senior Meal 12 - 1:30 PM @7F	27	28
29	30	31 Senior Meal 12 - 1:30 PM @7F Leftover Elk Tag for Elders Apps Due	(Also on 31st): Rapid PayCard Forms Due			

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



43rd Annual

Cow Creek Tribal Pow-Wow

Master of Ceremonies: Bob Tom, Siletz

Host Drum: Steiger Butte

Head Woman Dancer: Crystal Ansures, Cow Creek

Arena Director: Allen Mata, Cow Creek

July 16, 17 & 18, 2021

Held at: South Umpqua Falls, Tiller, OR

Drummers, Dancers, Singers & Traditional Craftspeople are welcome!

Cow Creek Public Health will also be present, offering blood pressure checks, health education, and more.

Authentic Artwork, Crafts & Jewelry

NO TOBACCO SALES

No Alcohol, Drugs or Weapons allowed

For more information call

Lottie Hamrick 541-643-4814

Tammy Anderson 541-672-3861

Teri Hansen 541-821-4893

Jacob Ansures 541-643-1343

FRIDAY Set up - NO DINNER
cooked salmon provided

SATURDAY Pow-Wow 7 p.m.
(No Meal Provided)

SUNDAY Raffle—10:00 AM
Breakdown/Cleanup

**Dry Camp only — NO Electric, Water, or RV
hook-ups. Water provided during event**

Save the Date:

Huckleberry Gathering

The Cultural Program will be holding the Huckleberry Gathering on **Saturday, August 21st**, from 10 AM - 2 PM.

Join us for gathering, stories, and a stick game tournament. Lunch will be provided.

To RSVP, contact the Cultural Program at 541-677-5575 or info-culturalresources@cowcreek.com.