



Wik'uuyám Heeta'

"Friend, Away from Here"

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



The Rondeau Family at the Prune Orchard

See more photos of our ancestors on pages 12 and 13

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Hours of Operation

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)

Tribes Unite Against Private Gaming in Grants Pass

A group of Oregon's Tribal leaders, including Cow Creek Board of Directors Chairman Dan Courtney, are united in their opposition to a proposed private gambling project in Grants Pass.

The project, the Flying Lark, is already under construction in Grants Pass, with a planned horse racing track and a proposed facility with 225 "historic horse race" betting machines. The Flying Lark is a project launched by Grants Pass native and Dutch Bros' co-founder Travis Boersma.

Courtney, along with Confederated Tribes of Grand Ronde Chairwoman Cheryle Kennedy, Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians Chairwoman Debbie Bossley, and Klamath Chairman Don Gentry, co-authored an opinion column in the *Oregonian* newspaper, arguing that an approval of the project amounts to private gambling, fundamentally causing harm to the Oregon economy and many communities across the State of Oregon. The co-authors contend that the gaming on-site at Flying Lark will ultimately hurt Oregon's Tribal communities, as well as the Oregon Lottery, by causing a decline in Tribal revenue that provides for community healthcare, childcare, social services, housing and education. Money generated by the Oregon Lottery also goes toward public schools, essential services for Oregon's military veterans, and maintaining state parks.

Courtney and the co-authors also write that they aligned to commission a study of the economic



impact of a private gambling establishment, and that the bottom line amounts to a loss of \$20 million for Oregon Tribes and the state lottery during the first year. According to a publication by the Grand Ronde Tribe, that same study warns those losses could extend into hundreds of millions of dollars if additional private gaming race tracks and facilities are approved in other Oregon communities.

The co-authors point out there has been no public input sought to help make a decision. They are requesting the state delay considering the project until ample studies and opinions are considered from all involved parties.

In their meeting on October 21st, the Oregon Racing Commission made no definitive decision on the issue. Their next session is scheduled for 1:30 PM on November 18th via Zoom.

To read Chairman Courtney's co-guest opinion column in the *Oregonian*, visit our website for a link at www.cowcreek-nsn.gov.

November General Council Special Guest Speaker: Dr. Stephen Dow Beckham

Tribal members are encouraged to attend the November General Council Meeting on November 14, 2021, at 10 AM at Seven Feathers Casino Convention Center. The guest speaker will be Dr. Stephen Dow Beckham, Professor Emeritus of History at Lewis & Clark College, and Cow Creek Tribal Historian. Dr. Beckham will be making a presentation to the General Council on Cow Creek Tribal history.

For those not familiar, Dr. Beckham has been actively involved with the Cow Creek Tribe since the late 1970's, and played a pivotal role in the Tribe's recognition.



Tribal News

Tribal Police Chief Brett Johnson next to the Cow Creek Tribal Police insignia at the office in Canyonville, Oregon

To SERVE AND PROTECT



Since Brett Johnson was hired as a consultant in 2019 and then as Tribal Police Chief in 2020, he has been faced with the daunting task of building the Cow Creek Tribal Police Department from the ground up. While it has certainly been no easy task, Johnson has found that the Tribe's exceptional work in other areas has opened many doors for him.

"Even though there wasn't a police interface with a lot of the community partners here, such as the DFPA or the BIA, the Tribe has a relationship with them through other venues, such as Forestry or Natural Resources," he says. "There's a measure of respect for the Tribe, and when I meet with them, they already have the expectation that our work will be well-done, thought-out, and efficient."

With Travis Dahl and Gregg Kennerly sworn in May of this year, the Cow Creek Tribal Police Department now stands at three officers strong, with office support from Tammy Case. To help keep 24-hour coverage, they also have a contract with the Douglas County Sheriff's Office to have two of their officers on standby during off-hours. Johnson hopes to continue expanding, so that Tribal Police can independently have coverage at all hours.

The primary duties of Cow Creek Tribal Police Officers are to patrol Tribal properties and lands: not an easy task, with the piecemeal nature of the Tribal

reservation lands. To further complicate things, not all of the Tribe's property has yet been converted into Trust land, which presents a challenge in identifying jurisdictional boundaries during a case. Fortunately, Cow Creek officers have excellent relationships with both local and state police departments, and have already worked together to enforce the law and ensure that each case is entrusted to the proper court.

"Oregon has a pretty good interface with Tribal Police Departments that isn't generally found in other states," says Johnson. "We are all on the same evidence system, and generally our criminals are their criminals, and vice versa."

Johnson is also very grateful for the warm reception that he and his officers have received from the Cow Creek Tribe. His favorite experience here has been at the Pow Wows this year.

"People were coming up and saying 'thank you for being here, we're so proud to have you.' They were so welcoming to us."

As he works to expand the Tribal Police, Johnson always keeps one goal in mind: to further the Tribe's sovereignty and self-governance.

"This is your police department. We are here to protect and serve the Tribe and its interests. We're just getting started; it'll only get better from here."

Exit 99

Wildfire Risk Reduction

Tribal Forestry and Natural Resource Departments Partner Together to Protect Tribal Business Assets from Wildfire

The Tribe's Forest Management Department has taken on a special project aimed at reducing wildfire risk on forest lands surrounding exit 99 in Canyonville, Oregon. Exit 99 is the location of many economic development properties owned and operated by the Tribe, including Seven Feathers Casino Resort, Seven Feathers RV Resort, Seven Feathers Truck and Travel Center, and the Creekside Hotel and Suites. The project's purpose is to lower the potential that high-intensity or high-severity fire would occur in this area, thereby reducing the potential for catastrophic structural losses.

The Forestry Department has partnered with the Tribe's Natural Resource Department, Geographic Information Systems (GIS) Program, and the Umpqua Indian Development Corporation (UIDC) to evaluate several different options. Since this area is highly trafficked, it poses a unique challenge of managing fire risk while still maintaining visual appeal to visitors in the area. The forest structure in this area also has the potential to create a beautiful landscape with thoughtful planning and management. The GIS program has utilized visual planning and predictive fire modeling to create a variety of treatment options.

By utilizing the Forest Vegetation Simulator (FVS), along with this area's forest composition and inventory data, a quantitative model can be created which represents the structure of the forest. This allows for predictive fire modeling of current forest conditions, and the ability to analyze and forecast reductions to fire risk following various proposed treatments. With the help of GIS, this cryptic database of forest structure can be visualized on the landscape in which it exists. Creating a 3D representation of the forest before and after this fire treatment is not only useful for decision making, but allows for other departments and businesses to be part of the conversation of management without needing a high



level of understanding of forestry biometrics.

With the implementation of this project, not only will this landscape become an example of proactive fire prevention and management, but it will also allow Tribal members and visitors to explore the area on foot. A hiking trail will be implemented on the hillside bordering Seven Feathers RV Resort and Interstate 5 that will allow for a lookout view of Canyonville, other Tribal reservation lands, and the surrounding mountains. This trail will be a unique addition to the many attractions and accommodations offered at Exit 99.

The timely implementation of this project to reduce fire risk is made possible with the Tribe's new environmental review process, which was adopted by the Secretary of Interior as part of a demonstration project under the Indian Trust Asset Reform Act. This new process allows decision-making and environmental analysis to be made without federal approvals under a Tribal self-governance model. This accelerated process is necessary to manage our forests and other resources safely and efficiently.

Overall, this project serves as a broader-level demonstration of the Tribe's capacity to combine experience from various departments, programs, and Tribal businesses with cutting edge technology to ensure that the Tribe's lands are managed in the best possible manner, in order to meet the long-term needs of the Tribe and its members.

Tribal Board Member Gerald Rainville helps prepare a fire line during the prescribed burn on Tribal lands

PRESCRIBED BURNING ON COW CREEK TRIBAL LANDS

On Friday, September 24th, the Tribe partnered with the Douglas Forest Protective Association (DFPA) to conduct prescribed burning activities on approximately 20 acres of Tribal lands near Myrtle Creek, Oregon.

Representatives from various Tribal departments and community partners, as well as Tribal Board members Rob Estabrook and Gerald Rainville, were on scene to monitor and manage the burn operation. Both Board members served pivotal roles in the preparation of fire lines, containment, and ignition, alongside staff from the Tribe's Natural Resources, Forestry, Emergency Management departments and from the Umpqua Indian Utility Cooperative. Tribal Forestry summer intern Luke Van Norman was also able to assist as one of his last duties for the summer.

"This was a great collaborative, multi-generational Tribal effort," said Jason Robison, the Lands, Resources, and Programs Officer.

The prescribed burn was a tremendous success. The end result is a renewed and refreshed field with an opportunity to grow more productively in the next growing season, which will provide more feed for wildlife and domestic livestock. This opportunity has increased the Tribe's knowledge and awareness of effectively utilizing and managing fire on landscapes.

For many agricultural landowners, fire is used as a tool to prepare their lands for the next growing season by removing noxious weeds, brush, insects, and plant disease from their lands. Prescribed burns are also beneficial to firefighters by reducing the buildup of brush and other flammable vegetation throughout the area, which is potential fuel for future wildfires (Reed 2021).

Before fire is introduced onto the landscape, prescribed burns are made safe by the construction of fire trails around the proposed burn site. In addition, landowners must be able to demonstrate that they have the ability and resources in the form of fire suppression equipment and personnel on site to maintain control of the prescribed burn. Once fire trails are approved by DFPA, and weather conditions are favorable, a permit may be issued to complete the prescribed burn. By coordinating when and where prescribed burns take place, the smoke impacts to the surrounding areas can be mitigated.

"Hundreds of years ago, the Tribe used prescribed burns to keep the underbrush down, which naturally reduces fuels while promoting better growing conditions for natural vegetation," said Tribal Board member Rob Estabrook. "This is exactly what we need to be doing to improve conditions on Tribal lands."

Scientific literature has repeatedly shown that prescribed fire is often the most effective means of reducing fuels and wildfire hazard and restoring ecological function to fire-adapted ecosystems in the United States following a century of fire exclusion (Kolden 2019).

The Tribe's Natural Resource Department continues to look for new opportunities to exert the tribe's sovereignty over burn operations on Tribal lands, further increasing the Tribe's ability to use this important tool across a much broader landscape. Discussions have already begun regarding which lands to include in next year's spring and fall burn plans.

Citations:

Kolden, C.A. *We're Not Doing Enough Prescribed Fire in the Western United States to Mitigate Wildfire Risk*. *Fire* 2019, 2, 30.
Reed, K. 2021. *PRESCRIBED BURNS STARTING SOON*. General Press Release.

T-CRIS Powers Compliance for the Cow Creek Tribal Historic Preservation Office

The Cow Creek Cultural Resources Program and Tribal Historic Preservation Office (THPO) is now able to generate some financial income, thanks to years of hard work developing a software program that both helps to protect Cow Creek cultural resources and heritage, and can be leased out to other Tribes for revenue.

Cow Creek's THPO, GIS, IT, and Legal teams worked for over two years to develop the Tribal Cultural Resources Information System (T-CRIS), a web-based, geographically relevant database management tool for the review of projects designed to aid in Cow Creek's Section 106/Project Review responsibilities. The Quinault Indian Nation of Washington recently became the first Tribe to lease the software for their own needs.

According to Cultural Resources Program Manager Jeremy Johnson, the T-CRIS system started with a basic Excel spreadsheet, but quickly outgrew those limitations. With the help of contractors, T-CRIS was molded into the program used by the THPO team today.

"T-CRIS helps the THPO review and track all projects that come in. We get over 700 project notifications annually. This is a lot for our small shop," says Johnson. "T-CRIS provides a place to store all of this information into one location where we can manage and storage all the data."

Cow Creek's Tribal Historic Preservation Office

In 1966, the U.S. Congress passed the National Historic Preservation Act (NHPA). This law was a major step in the preservation of cultural resources as it requires federal agencies to consider the effects of their projects on historic places, instead of simply destroying or altering these properties without regard. This includes any archaeological or Native American resources. In addition, federal agencies are required to consult with others to ascertain effects to these properties including consulting with State Historic Preservation Offices, Indian Tribes, and Native Hawaiian Organizations.

In 1992, the NHPA was amended to allow Tribal Nations to assume the responsibility of State Historic Preservation Offices on tribal lands. In 2012, the Cow Creek Board of Directors, under Resolution 2012-28, applied for and received THPO status for the Cow Creek Tribe and created the Tribal Historic Preservation Office. As part of the responsibility of the newly created Tribal Historic Preservation Office, the THPO conducts project reviews and consultations between the Tribe and various federal, state, and local agencies. The THPO averages approximately 700 project reviews and over 30 meetings per year.

What does T-CRIS do?

The Tribal Historic Preservation Office developed the T-CRIS system to help track and process federal Section 106 and non-federal project reviews.

The system has three essential functions: First, it holds all of the project information into a database that tracks the basic details, if there are concerns, or if there have been recommendations for the project so that this information can be searched for later. Second, there are mapping capabilities so that the THPO can quickly look at the project to see where it is in relation to significant areas, such as archaeological sites or other cultural resources. Lastly, the system has the ability to report any information that has previously been entered into the database for reporting out for the various grants or general update requirements.

"With the T-CRIS system, I can get all of the information I need with a few clicks of a button so it speeds up the process immensely," says Johnson.

Since its development, Cow Creek's T-CRIS system has been featured in major conferences and publications. The system was given a live demonstration during the national 2020 ESRI Conference and the 2021 Northwest Tribal GIS User Group, as well as featured in an article in ArcWatch. It was during these presentations that interest was received from other regional Tribes.

Messages from the Clinic



COW CREEK PUBLIC HEALTH COVID-19 & Flu Travel

In October, the Mobile Medical Unit brought Public Health staff, flu and COVID vaccines, PPE supplies, and survival backpacks to Tribal members throughout Oregon and Washington to fight the pandemic.

To request a survival backpack be mailed to you, call Tyler Ramer at 541-677-5541 **before November 30th**.



Community. Education. Intervention.

Public Health Plans for Pediatric Vaccines and Booster Shots

As of Tuesday, October 26th, all vaccinations will take place at the Mobile Vaccination Site located in the south parking lot of Seven Feathers Casino Resort in Canyonville, Oregon, by appointment only.

Cow Creek Public Health is preparing to administer pediatric COVID-19 vaccines for children ages 5-11 in the coming weeks, once they are approved by the Food and Drug Administration and Centers for Disease Control. The vaccines would be produced by Pfizer BioNTech, the same company that also currently produces mRNA COVID-19 vaccines for adults and teens.

Our Public Health team is also preparing to administer follow-up booster shots for Moderna, Pfizer, and J&J vaccines for COVID-19.

As this information can change on a daily basis, we strongly encourage you to look for the latest news at

8 www.cowcreek-nsn.gov/public-health.

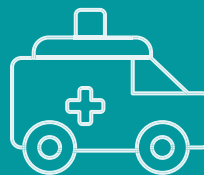
PUBLIC HEALTH COVID-19 BY THE NUMBERS



6,468 TOTAL DOSES OF
VACCINE ADMINISTERED

8,910 TOTAL COVID-19 TESTS

6,486 OF WHICH WERE TAKEN FROM
AUGUST 14 THROUGH OCTOBER 8



17 MOBILE CLINICS
IN THE LAST TWO MONTHS

(INCLUDING POP-UP CLINICS
FOR THE CASINO)

COVID-19 RELIEF
SUPPLIES GIVEN
TO 9 COMMUNITY
PROVIDERS



1,000 HAND
SANITIZERS ORDERED
IN THE LAST 90 DAYS

349 ICED COFFEES ORDERED
BY PUBLIC HEALTH STAFF
(APPROXIMATELY)



FOR THE LATEST INFORMATION
FROM PUBLIC HEALTH:

www.cowcreek-nsn.gov/public-health



Messages from the Clinic



Douglas County's top public health expert recently heralded the efforts by Cow Creek Public Health as an integral part of the region's response to COVID-19 during the Delta surge.

"This has been a tremendous time of cooperation between the Cow Creek Tribe and Douglas County," said Dr. Bob Dannenhoffer, Executive Director of the Douglas County Public Health Network, while speaking with Melinda Sprague, Cow Creek Public Health Improvement Manager as part of DPHN's weekly COVID-19 Conversations on YouTube.

"We appreciate our partners at the county, County Commissioners, the Douglas Public Health Network. I know you've taken a few of my phone calls over the last few weeks!" said Sprague.

During the pandemic, DPHN has expanded their communication outreach to include regular chats online with community health partners, spreading the word about the importance of getting vaccinated, testing and staying healthy. Sprague was the most recent agency leader to be featured talking with Dr. Dannenhoffer about the state of COVID-19 in the area, and how local organizations worked together to bring infections down.

While recalling the beginning of the Delta surge, when the highly contagious variant began to spread more swiftly throughout Douglas County, Sprague told Dr. Dannenhoffer the Tribe was seeing more people getting sick, and knew they had to take action.

"With the surge, there was such a high need for testing in the county at the time that we just felt we had to come together and figure out a way to get people tested and get some of that infection control," she said.

Just before the weekend of August 14th, Cow Creek Public Health put together what would soon become a regular event in the community – free public testing to anyone who thought they had been exposed to



COVID-19. According to Sprague, her team thought they might test 30 people that Saturday. But they ended up testing over 150 people. By the end of August, Public Health had administered 2,800 tests, and about one in every four people tested were sick with COVID-19.

"There was a week stretch there where we had so many people testing positive that I just thought...if it continues at this rate I don't know what it's going to look like two or three weeks from now," she said.

The surge didn't slow down. During September, Public Health continued providing free COVID-19 tests to anyone seven days a week. That month, they administered around 3,500 tests, and about 15% came back positive for COVID-19. By mid-October, Public Health concluded free testing, and moved all testing to Cow Creek Health and Wellness clinic locations, free for Tribal members and their families, established patients, and Cow Creek and UIDC employees.

"There's a lot of good news in town with the decreasing number of cases, and I think we're having an increase in ability to get vaccinated and to get tested," said Dr. Dannenhoffer. "But for this tough time in August and September, Cow Creek was an absolute God-send to help us with testing and vaccination. I cannot thank you enough."

"We're happy to help folks in any way we can," said Sprague. "So many people have sent emails thanking us, we're just happy to be good partners and help meet the needs during this surge."

Cow Creek Public Health continues to work alongside DPHN to reduce COVID-19 in the area, offering free vaccinations to anyone 18 years of age and older, as well as booster shots to people with compromised immune systems, and others in the FDA-approved categories.

Go to our website, www.cowcreek-nsn.gov, to view Sprague's entire interview with Dr. Dannenhoffer.

Government and Programs

Tribal Government Offices Again Open to Visitors

Leadership of the Cow Creek Band of Umpqua Tribe of Indians Government Offices have moved to reopen the campus to Tribal members and the general public, beginning the week of October 18, 2021.

This marks the end of the second closure of the Tribal Government Offices during the COVID-19 Pandemic. Under the most recent closure, offices have been closed since August 13th, a nine-week closure that reshuffled the operations of all departments and the Tribal members whom they serve on a daily basis. The closure was enacted as an emergency measure to protect the Cow Creek Tribal membership and employees from illness as the highly contagious Delta variant of the coronavirus quickly overran Douglas County and Southern Oregon.

During this most recent closure, a number of benefits to Tribal members, including classes and activities, have been cancelled. With the winter cold and flu season approaching, it is possible some of those cancellations may continue, though some may also slowly begin to be rescheduled. We ask for your patience as the details of these events are worked out.

In order to implement a reopening while considering current levels of community infections, Tribal CEO Michael Rondeau conveyed there are still some crucial COVID-19 protocols that will remain in place for the near future:

- Masks will continue to be required of all employees, vendors, and visitors to the campus, regardless of vaccination status
- In-person meetings are permitted, though large gatherings should be limited and discussed with a manager or supervisor prior to scheduling (online or conference call meetings are still considered best practices)
- Continue to abide by best management practices for managing the spread of COVID-19 (social distancing when possible, hand washing, stay home if you're experiencing cold/flu symptoms)

The Cow Creek Public Health Department continues to offer FREE COVID-19 vaccines to anyone 18-years and older, Monday through Friday. Visit the Public Health page of our website (<http://www.cowcreek-nsn.gov/public-health>) to learn how to get vaccinated today.

Elders Honor Dinner and Youth Pow Wow Cancelled

After considering ongoing COVID-19 preventative measures, Tribal leadership have made the difficult decision to cancel the Elders Honor Dinner and the Youth Pow Wow, both of which were scheduled for November 13th. Safeguarding the health and wellbeing of our Tribal youth and elders is very important; both of these age categories are at high risk for COVID-19. Thank you for your patience and understanding.

DEATH NOTICES

Robert Estes

Tribal Spouse

Date of Birth: 4/1/1936

Date of Death: 8/19/2021

Age at Death: 85

Bertha Buschmann

Tribal Spouse

Date of Birth: 4/1943

Date of Death: 9/2021

Age at Death: 78

Mary Elizabeth Brim

Dumont Family

Date of Birth: 9/7/1960

Date of Death: 10/6/2021

Age at Death: 61

Government and Programs




*★ Thank you ★
Veterans*

To our Veterans and Active Military,
Thank you for your service and dedication to keep this country safe. Your commitment and sacrifices do not go unnoticed.

During this holiday season, we wish for you and yours to be safe where ever you are and know that we, your Tribe, are thankful for the dedication and sincere service you provide all year through.



**Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**



Last chance to use your Veteran's Dinner ticket at K-Bar Steakhouse at Seven Feathers Casino Resort!

Registered Tribal Member veterans: You have until November 28, 2021 to take advantage of the offer for a \$75 dinner for two at K-Bar that was originally granted in November 2020.

Please use before it's gone!

Reservations are required. Call (541) 839-1111 and ask for K-Bar Steakhouse, mention that you are a Cow Creek Tribal Veteran. Please bring your Tribal I.D.

Pad-folio and pens still available! Call Rhonda Richardson at (541) 677-5575 ext. 5513 to claim yours.

“COUNSEL FOR PEACE, PREPARE FOR WAR” A Call to Tribal Artists

Chief Miwaleta counseled for peace, but prepared for war. To honor him, and all of our Tribal veterans and active military, the Tribe is preparing a Veteran Honor Wall, and wants to display art from Tribal artists.

This project is meant to be a place of honor for our veterans and those in communities throughout our nation.

The wall will display framed drawings and paintings, as well as murals, focused around the theme of “Counsel for Peace, Prepare for War.”

To learn more, please contact Tribal Member Liaison Rhonda Richardson at 541-677-5575.



Indigenous Peoples Day

Remembering Those Who Have Gone Before

Paate'yeweyakwanák^h
"We continue the/our journey"

Thank you to all who shared our Indigenous Peoples' Day post on the official Cow Creek Band of Umpqua Tribe of Indians Facebook page. It helped to raise awareness of our Tribe and its significant history in Southern Oregon.

This project was put together by our Marketing and Culture Departments, who searched the Tribal archives for historical photos that illustrate the way of life for Cow Creek people a century ago as the landscape changed all around them, culturally, politically and environmentally. Though we know the Cow Creek history transcends more than just 100 years ago, unfortunately photographs weren't how history was recorded back then.

On these pages are some additional information about some of the family members in the photos we shared. While we don't have all the information for every picture, it's still incredibly valuable and we hope you'll enjoy.



Many Cow Creeks found seasonal employment in the prune industry which developed in Douglas County at the turn of the century. Children and grandchildren of Tom and Clementine (Petit) Rondeau worked in this harvest. Photo date unknown.



The McGinnis Family, old house on Starveout Creek, 1914. Left to right (back row): Dave McGinnis, Lillian Rondeau, Joe McGinnis, George Rondeau, Edward Pat Rondeau. Left to right (middle row sitting): Grandma Anne McGinnis, Aunt Alice L. Fred Campion, Susan Rondeau Campion. Left to right (front row children): Asa Jones, Frank Jones, Virgil Campion (baby on mother's lap).



Cow Creek Tribal Elder Ellen Furlong Crispen (photo date unknown) led efforts to require the US Government to honor Cow Creek Treaty provisions in the early 1900s.

Between 1918 and 1932, five bills were introduced in Congress on behalf of the Cow Creek people for recognition of the 1853 treaty. One bill finally passed both the House and the Senate in 1932, but it was vetoed by President Hoover, who cited that the United States could not afford Indian claims litigation in the midst of the Great Depression. It was a somber time for the Tribe.

Indigenous Peoples Day



Dumont Family, early 1900's. Left to right, back row: Tommy Acusta, unknown, James Dumont, Pauline Dumont. Left to right, front row: unknown, unknown, Helen Dumont



Wallace Rondeau, Lillian Miller, Ganz Rondeau, Theora Rondeau. Date unknown

A special "Thank You!" goes out to our Takelma Language team for the Takelma translation in the title.

Paate'yeweyakwanák' means:
"We continue the/our journey."

To request a Takelma translation of your own, you can submit a Takelma Language Request Form here:

<https://www.cowcreekeducation.com/takelma-language/>



Pariseau Family, date unknown

Culture and Education

WEALTH AND TRADE

Wealth

The Cow Creek people had many forms of wealth. Traditionally, dentalia and abalone shells were used as currency between individuals; “indian money” or *ts’úlx* in Takelma. Elk horn purses were used by individuals to carry their dentalia around with them and these purses could be quite elaborately decorated.



Elk Horn Purse

Elk horn spoons were another form of wealth, but were used only by men. It was possible for these spoons to be used as money in a gambling game. A man was considered wealthy if he owned 150 elk horn spoons or more. Women used mussel shells or wooden spoons, but these were not considered wealth.

Wealth was also on display during ceremony. Pinenuts were a show of wealth and used for ceremonial purposes in the form of necklaces or on regalia. The Cow Creek people typically had to trade for the “right” type of pinenuts, as these were only found on the Oregon coast. Special and rare obsidian wealth blades were used for ceremonies, and would have been buried with the chiefs and shamans that carried them. Other individuals rarely had access to the raw lithic material for wealth blades.

Trade

The Cow Creek people established a large system of trails that they used for travel and trade. These trails primarily followed the ridgelines and connected people from the coast to the east side of the Cascades as well as from the Willamette Valley to what is now northern California.

Cow Creek people traded for many different resources along these trails and established vast trade networks with neighboring groups. One of the main trail systems was the “coast highway”, which ran from Cow Creek west along the ridgelines above the Glendale/Hungry Hill area. Marine shells and pinenuts would have been the primary trade items sought from the coast, however, many other resources would have been sought as well.

Another trail system ran from Cow Creek and the South Umpqua River along the ridgelines of the Rogue/Umpqua divide. This trail went over the Cascade Range to Crater Lake and Klamath Lake as well as to many of the significant areas important to the Cow Creek people including Huckleberry Patch and South Umpqua Falls. Along this trail obsidian, wives, and slaves were traded for.

Additional trails connected the Cow Creek people with their neighbors to the north and south. These routes again followed the ridgelines or within the lowland valleys. Many of these trails also connected to other trade systems, including all the way to the Columbia River and The Dalles.



Trade Network Area

Culture and Education



Clapper Sticks

PERCUSSION MUSIC

Did you know that the Drum is a fairly new addition to the percussion music instruments used by the Cow Creek Umpquas?

Before the drum was introduced, percussion music was made in various ways, from stomping on the ground in rhythm, or clapping against thighs when in a sitting position.

Another way our Cow Creek ancestors used percussion when making music was a clapper stick. These clapper sticks are among the oldest known musical instruments in the Pacific Northwest, and are made from the shoots of the elderberry bush.

JOIN US FOR A VIRTUAL CEDAR WEAVING CLASS

Cultural Resources is hosting a virtual cedar weaving class on how to make a cedar pendant or ornament. Class should last about an hour.



**December 11, 2021
10 AM**

**Please RSVP by
December 1st in order
to receive materials
in time for class**

RSVP to info-culturalresources@cowcreek.com

Takelma Language Corner

Takelma Books



Each Tribal Household has been gifted Takelma books 3 (Colors) and 4 (Numbers). These books are both inspired by traditional stories that can be found on the Education website. "How a Takelma House was Built" inspired the Numbers book (and appears in the book). Scenes from "Coyote and Fox" provide visuals for the Colors book. Make sure to visit the education website to hear the words spoken aloud in the online audiobooks. The Language Team is already working on the next two books, so stay tuned for those!

Attend a Takelma Language Class!



Takelma words

autumn
rain
it is raining
it is cold outside

tayoowkàm
nóox
nóox lop'ót^h
pait^hkunuukiyaù'

November Language Classes

Topic: Places in Takelma

Nov. 4th

2:00 to 3:00 pm

Nov. 16th

2:00 to 3:00 pm

Email info-education@cowcreek-nsn.gov
to reserve your spot!



The October class group having a laugh! During October, we learned how to introduce ourselves in Takelma. A total of 12 people participated in the first class of the month.



Career Corner

COW CREEK CAREER CENTER

Important Dates

November 15, 2021

NEW Winter Term &
Spring Semester
Student Applications
DUE

<https://www.surveymonkey.com/r/cowcreekeducationbenefits>



It's College Admission Time!

The following are Oregon's University deadlines to apply and all applications are available now on their website. All are for incoming freshman to attend in the fall of 2022-2023 school year:

- Southern Oregon University
 - www.sou.edu/admissions/apply/
 - Priority Deadline: 2/1/2022
 - Regular Admissions: Rolling
- Western Oregon University
 - www.wou.edu/admission/apply/
 - Priority Deadline: 1/15/2022
 - Regular Admissions: Rolling
- Eastern Oregon University
 - www.eou.edu/admissions/freshman/
 - Priority Deadline: 2/1/2022
 - Regular Admissions: Rolling
- University of Oregon
 - www.admissions.uoregon.edu
 - Early Action: 11/1/2021, college will notify acceptance by 12/15
 - Regular Admission: 1/15/2022
- Oregon State University
 - www.admissions.oregonstate.edu
 - Early Action: 11/1/2021
 - Regular Admission: 2/1/2022
- Portland State University
 - www.pdx.edu/admissions/first-year
 - Regular Admissions: Rolling (Open until filled): 8/1/2022

HOT JOBS

- News Review – Customer Service Representative, go to www.nrtdaily.com/classifieds/careers/
- YMCA of Douglas County – Childcare Teachers, go to www.ymcaofdouglascounty.org/employment
- Applebee's, Roseburg, OR – Host, Server and Carside to-go Specialist, \$20-\$30/hr., go to www.indeed.com
- Ashley Home Store, Roseburg, OR – Furniture Sales Associate, \$40,000 - \$80,000/year

contact us at info-education@cowcreek-nsn.gov

cowcreekeducation.com

Culture and Education

Orange Shirt Day 2021

On September 30th, Tribal youth at the Expanding Horizons Youth Center (EHYC) participated in Orange Shirt Day. The event recognizes and raises awareness about the history and legacies of the residential school system in Canada, and “honors survivors, their families, and communities, and ensures that public commemoration of the history and legacy of residential schools remains a vital component of the reconciliation process”.

In the days leading up to the event, the youth dyed shirts orange, decorated them with the words “Indigenous Youth” and “#everychildmatters,” and created a board with messages of remembrance, which now resides in a permanent station on the main floor of the Tribal Community Center.

The day of the event, they watched “Nolan: Here Nor There,” a film about a young man who meets a residential school survivor who helps him navigate his grief and find his place in history and the treaty relationship. The film was shot in the territory of Okanese First Nation, Peepeekisis First Nation, Star Blanket First Nation, and Ft. Qu’Appelle, Moose Jaw, and Saskatoon.

“Nolan: Here Nor There” is available to watch online at: vimeo.com/441616226.



Tribal youth pose in front of the remembrance board in their dyed orange shirts



Tribal youth watching “Nolan: Here Nor There” on Orange Shirt Day

A Virtual Tour of the Intel® Offices

On October 7th, Tribal youth at the EHYC participated in a virtual tour of the Intel® offices in Oregon. While eating popsicles from the comfort of their chairs, they learned about what goes into making microchips, careers of Intel® staff, and more. They finished with a game of Kahoot and a question-and-answer session with the scientists. EHYC staff hope to hold several more events like this throughout the school year.





Tribal Youth Rally for Afterschool Programs

Local Art featured at the Tribal Community Center during “Lights on Afterschool”

On Thursday, October 28, Expanding Horizon Youth Center (EHYC) joined the 22nd annual “Lights On Afterschool,” a nationwide series of rallies for afterschool programs organized by the Afterschool Alliance.

The Lights On Afterschool rally, held at the Tribal Community Center, features drive-by displays of youth artwork and the results of a question and answer session with after school participants, staff, and parents.

EHYC staff and youth also teamed up with the Myrtle Creek Chamber of Commerce and South Umpqua Tribal Attendance Promising Practices to host a special activities booth at the Myrtle Creek Halloween festival at Millsite Park on Saturday, October 30th. Program youth passed out candy, hosted small game activities, and presented the public with culturally rich topics included in the books *Thunder Hair*, by Jessie-Taken-Alive-Rencountre and *I’m Not A Costume! (Atika’s Medicine)*, by Maria White Cedar Woman DesJarlait. The booth was decorated with artwork created by the students at the EHYC.

Millions of Americans have participated in “Lights On Afterschool” events over the years, and thousands of events are in the works this year.

These events give youth a chance to showcase the skills they learn and talents they develop at their afterschool programs, and to send the message that millions more children and youth need quality afterschool programs. The Afterschool Alliance (www.afterschoolalliance.org/) organizes “Lights On Afterschool” to underscore the need to invest in afterschool programs, which provide homework help, mentors, healthy snacks and meals, computer programming, and opportunities to think critically, collaborate and communicate with peers and adults. Other opportunities include job and college readiness,



Tribal youth work on art at the EHYC

sports and fitness activities, robotics, art, dance, music, and continuous opportunities for hands-on, team-based learning.

During the pandemic, afterschool and summer learning programs have stepped up to provide virtual educational activities, deliver meals and enrichment kits, help families bridge the digital divide, check in with children to ensure their social and emotional needs are being met, connect families to social services, care for the children of essential workers and first responders, and much more.

Expanding Horizon Youth Center Program Manager Amber Lomascola is one of just 18 afterschool leaders named this year to serve as an Afterschool Ambassador (www.afterschoolalliance.org/ambassadors.cfm), chosen by the Afterschool Alliance – a nonprofit public awareness and advocacy organization working to ensure that all children and youth have access to quality afterschool programs.

Culture and Education

Halloween Drive-Thru at the Tribal Gardens

Cow Creek Behavioral Health, the Tribal Youth Council, and the Youth Activities Committee partnered to present a Drive-Thru Halloween event at the Tuú Yap'a Xumá Tribal Gardens. Dressed in costumes, they provided treats, toys, games, and lunch to everyone who attended.

They plan to have another event in December.



Electrician Apprenticeship Available for Tribal Members

The Cow Creek Band of Umpqua Tribe of Indians is looking for a Tribal member who wants to start a career path with an apprenticeship to become a General Journeyman Electrician.

Our Electrician Apprentice will learn directly from a Supervising Electrician while working for Umpqua Indian Utility Corporation (UIUC), and complete 8000 hours of on-the-job training in addition to 576 hours of related classroom training. During that on-the-job training, they will go along with licensed UIUC electricians every day to different work sites across our Tribal businesses, learning to install, maintain and repair electrical systems. The Electrician Apprentice will also learn about reading diagrams, troubleshooting loose connections or faulty circuits, and how to use the best tools for quick and safe results.

This position pays according to a progressively increasing wage schedule based on specified percentages of the average journey-level wage consistent with skills acquired.

Does this sound like a career path you're ready to start on? Maybe you have some questions you need answered first. We do require a high school diploma/GED with a minimum GPA of 2.0, as well as some basic algebra-math skills.

Kelly Warner, our Cow Creek Career Center Manager, is available to talk the process through with you, and answer any questions you may have. She can be reached at (541) 677-5575 ext. 5222, or kwarnar@cowcreek-nsn.gov. You can also visit our Employment page on our website, www.cowcreek-nsn.gov/employment, to view more 20 job opportunities.

2021 Tribal Member Graduates

Grayson Dick

Grayson Dick graduated from the Northwest Lineman College's Electrical Lineman Program on October 8th.



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 all celebrate their accomplishment with you.



A Blue Zones Certified Community

Native American Power Plate

By Juliete Palenshus, Community Engagement Director, Thrive Umpqua

Centenarians in Blue Zones® areas across the world don't eat a lot of meat or processed foods. But they do eat plenty of beans, whole grains, and veggies, which are usually grown in their own gardens. Sardinian shepherds eat flatbread made from wheat, while Nicoyans in Costa Rica serve corn tortillas with each meal. Beans, whole grains, and garden vegetables are at the heart of longevity diets.

Dr. Neal Barnard of the Physician's Committee for Responsible Medicine (PCRM) partnered with the Indian Pueblo Cultural Center in Albuquerque, N.M., the Navajo Nation Special Diabetes Project in Window Rock, Ariz., and the Center for Lifelong Education at the Institute for American Indian Arts in Santa Fe, N.M., in hosting multi-week Food for Life classes

based on the Power Plate foods to prevent and treat diabetes. Together they created "My Native American Power Plate" from PCRM's original "Power Plate".

Chef Walter Whitewater, Diné/Navajo from Pinon, Arizona says he loves sharing healthy foods with other natives. "I want my people to be healthy. I'm just sharing a little portion of these healthy foods for all of you. Food is our Medicine. These ingredients will help us to be more healthy."

You can find Chief Whitewater's Native Power Plate recipes here: <https://pcrm.widen.net/s/dkftfrnhzf>.

To learn more about Thrive Umpqua, email connect@thriveumpqua.com, visit thriveumpqua.com, or look for us on Facebook and Instagram.

MY NATIVE AMERICAN POWER PLATE

Powerful plant food for a long and healthy life

A return to food from Mother Earth

When you eat Power Plate food, go for color and variety. Eat enough to be comfortably full, 3-4 times a day.

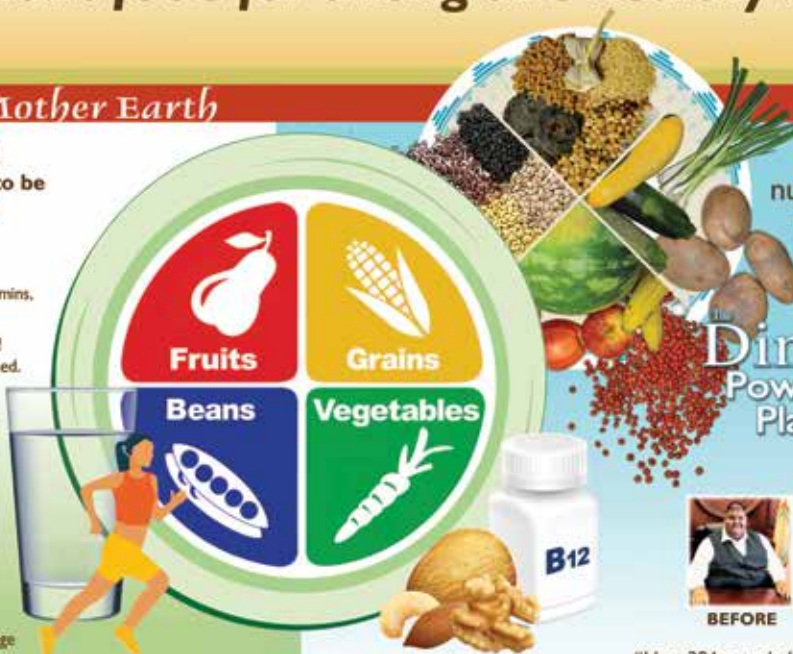
ENJOY:

- **FRUIT:** Mother Earth's candy! Packed full of energy, vitamins, and fiber. Enjoy fresh, frozen, canned in water, or dried.
- **VEGETABLES:** Mother Earth's vitamins and minerals! Enjoy fresh, frozen, steamed, roasted, baked, dried, or canned.
- **BEANS:** Packed with protein, no cholesterol!
- **CORN, POTATOES, AND WHOLE GRAINS:** (not processed). These fill us up without filling us out!
- **NUTS or SEEDS:** About a handful a day
- **WATER**
- **PHYSICAL ACTIVITY**
- **ADEQUATE REST**

AVOID:

- **ANIMAL PRODUCTS** – not needed for health at any age
- **HIGHLY PROCESSED FOOD** – products with white flour, added sugar, or added fat like lard or oil
- **CIGARETTE SMOKING**

INCLUDE VITAMIN B-12 for healthy blood and nerves.



Here's how nutritionists of one tribe created a Power Plate.

Diné Power Plate



BEFORE



NOW

"I lost 284 pounds, I reversed my diabetes, and now I am without medications. It's the power of Diné (Navajo) plant-based food."

Lyle Essity—Navajo Nation

Powerful for:

- Weight Control ■ Diabetes ■ Heart Disease
- Cancer Prevention & Survival

Healthy Living

Healthy Recipe: Buffalo Chicken Stuffed Spaghetti Squash

by Elisa Moore, CCH&WC Diabetes Prevention Lifestyle Coach, adapted from Jessica Beacom at therealfooddietitians.com

Prep Time: 15 minutes **Cook Time:** 45-60 Minutes **Servings:** 4

Nutrition Facts per serving: 308 calories, Total fat: 14g, Saturated Fat: 3g, Total Carb: 13g, Fiber: 3g, Protein: 36g

Ingredients:

- | | |
|--|--|
| 1 ¼ pounds chicken breast, cooked and shredded | ½ cup diced red bell pepper |
| 1 teaspoon avocado or olive oil | ½ cup buffalo sauce |
| ½ cup water | ¼ cup creamy ranch dressing (optional) |
| 1 medium spaghetti squash, halved (about 2 – 2 ½ pounds) | ¼ cup crumbled bleu cheese (optional) |
| 2 ribs celery, thinly sliced | |
| 2 green onions, white and green parts thinly sliced | |

Tools:

Parchment paper
12x17 sheet pan

Directions:

To Roast the Squash:

1. Preheat oven to 350 degrees Fahrenheit. Line a baking sheet with parchment paper and set aside.
2. Slice both ends from squash and discard.
3. Stand squash up on one of its cut ends and use a large knife to cut the squash in half lengthwise.
4. Scoop seeds and stringy insides out using a large spoon, and place squash cut-side down on the baking sheet.
5. Bake for 30 to 40 minutes or until squash is tender. While squash is roasting, cook the chicken.
6. When squash is tender, allow it to cool slightly before using a fork to gently scrape the squash flesh into a large bowl. Reserve the squash shells.

To Assemble the Stuffed Squash:

1. In a large bowl, place squash shreds, shredded chicken, celery, green onions, red bell pepper, and buffalo sauce. Toss until well mixed and coated.
2. Spoon the squash-chicken mixture into the reserved squash shells.
3. Place the stuffed shells on the baking sheet and bake for 10 to 15 minutes at 350 degrees Fahrenheit.
4. Serve with ranch dressing drizzled on top and crumbled bleu cheese, if desired!



Image courtesy of
therealfooddietitians.com

To Cook the Chicken:

1. Place a medium skillet over medium-high heat.
2. Add 1 teaspoon avocado or olive oil and swirl the pan to coat.
3. Add chicken and ½ cup water.
4. Once the water begins to simmer, reduce heat and cover.
5. Cook chicken for 15 to 18 minutes or until cooked through.
6. Move chicken to a cutting board to cool slightly before shredding with two forks.

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Online Takelma and Culture Class	5	6
7	8	9 Food Bank Open	10	11 Veterans Day	12	13
14 General Council 10 AM @7F Food Bank Open After Meeting	15	16 Online Takelma and Culture Class	17	18 Virtual Cooking Demonstration 11 AM - 12 PM	19	20
21	22	23 Food Bank Open	24 GO Closes at 2 PM for Thanksgiving	25 GO Closed for Thanksgiving	26 GO Closed for Thanksgiving	27
28	29 Last day to use Veteran Dinner Ticket at K-Bar	30 Emergency Backpack Request Deadline				

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Online Takelma and Culture Class	3	4
5	6	7 Food Bank Open	8	9	10	11
12	13	14 Online Takelma and Culture Class	15	16	17	18
19	20	21 Food Bank Open	22 GO Closes at 1 PM for Christmas	23 GO Closed for Christmas	24 GO Closed for Christmas	25
26	27	28	29	30	31 GO Closed for New Years Day	

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

Regular Events Times/Places

Online Takelma and Culture Class: 2 PM - 3 PM each first Thursday and third Tuesday of the month, streamed via Zoom. RSVP for the link at info-education@cowcreek.com.

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

**Now on Instagram
@CowCreekUmpqua**



More ways to follow:

Cow Creek Umpqua Official
Private Facebook Group

Cow Creek Band of Umpqua Tribe of Indians
Public Facebook Page

Email info@cowcreek-nsn.gov for help

DON'T FORGET:

WE'VE MOVED!

**The Cow Creek Health and
Wellness Center's North
Clinic has moved to a new
location in Roseburg, Oregon**

541-672-8533
WWW.COWCREEK-NSN.GOV

2589 NW EDENBOWER BLVD
ROSEBURG OR