



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Stocked for Families in Need

See Pages 14-15 for More on the Tribal Food Bank

Volume 32, Issue 2
February 2022

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

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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 5 PM

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

Canyonville Clinic Hours

Monday - Friday 8 AM to 5 PM

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

Office Closures

January – New Year's Day

January – Martin Luther King Jr. Day

February – Presidents' Day

May – Memorial Day

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)

2022 Tribal Elections Coming Up

The Tribal General Council Nominations Meeting is scheduled for Sunday, May 15th at 10 AM. All 2022 General Council meetings will be held at the Seven Feathers Casino Resort, Grape and Huckleberry rooms.

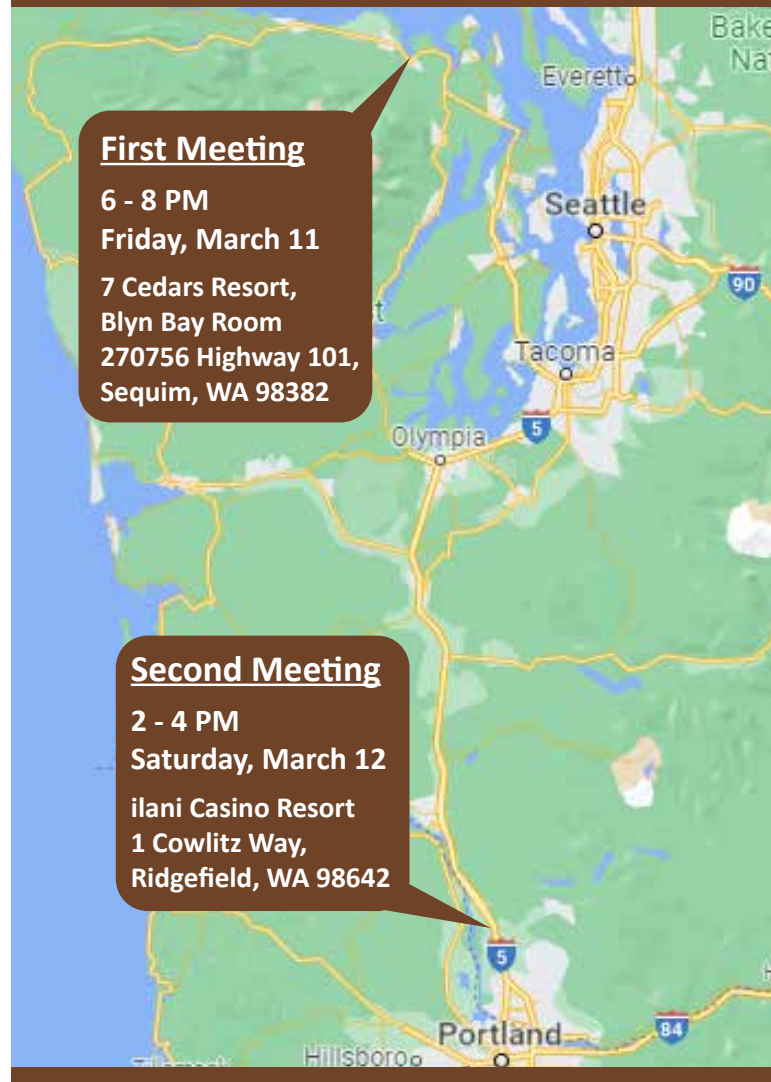
Procedures for the nominations for the Tribal Board of Directors Election are as follows: any registered voter of the Tribe present at the May meeting is allowed to make a nomination.

Each person may nominate one individual for the election in August. Reminder: nominees must be present at the Nomination Meeting to accept their nomination. When nominations are closed, no other nominations will be accepted. Nomination acceptance forms will be furnished to all candidates present at the meeting. A nomination will be considered complete when the nominee has accepted the nomination in writing.

Candidate names will be placed on the ballot in alphabetical order by last name with the incumbents listed first, followed by any other nominees. Tribal members are encouraged to maintain an updated registration card including a signature, as well as keeping an up-to-date address on file. Any new or updated voter registration applications need to be completed and turned in to the Government Office by 5 PM on May 12th. Reminder: Voter Registration will be closed from May 14th thru August 14th and will reopen on August 15, 2022.

The Tribal General Council Elections Meeting is scheduled for Sunday, August 14th at 10 AM at the Seven Feathers Casino Resort. Check our website, www.cowcreek-nsn.gov, and future editions of the newsletter for updates. As with Federal, State and local elections, Tribal members must register to vote in the Tribal Board of Directors Elections. Registration is only required once. If you have been married, divorced, or have changed your name, a new registration form needs to be completed and turned in to the Government Office. If you would like to register to vote, call the Government Office to request an application. Applications have also been included in this edition of the newsletter.

Washington Informational Meetings



Please note that the General Council meeting on February 6th will now be held at Seven Feathers Casino Resort Grape and Huckleberry rooms, not at the Tribal Offices. The meeting begins at 10 AM.

DEATH NOTICE

Craig Allen Yeust

Rondeau Family

Date of Birth: 07/03/1958

Date of Death: 12/26/2021

Age at Death: 63

This Month in Tribal History

February

This monthly snapshot features some of the important milestones and changes that our Tribe has undergone many milestones and changes as we've developed and grown. Reflecting on our past helps us to move forward with purpose and hold the issues that matter most to us close to our hearts.

You can read any of our past newsletters by logging on or registering on our website, then going to www.cowcreek-nsn.gov/tribal/tribal-services/newsletters/. Do you think we missed an important occasion or happening? Let us know about it! Email us at info@cowcreek-nsn.gov and we may publish your feedback.

1991

The Official Tribal Roll, recording the names of the members of the Tribe, was accepted by the Federal Register.

The Tribal Board of Directors officially accepted the wording of the Tribal Constitution.

1997

The Tribe broke ground at 2371 NE Stephens Street in Roseburg, Oregon, for the Tribal Government Offices. This consolidated several different offices for government, businesses, and health, and allowed for owning rather than renting office space.



1992

The Tribal Board made an official statement opposing the Siletz Tribe's plans to open a casino on the I-5 Interstate near Donald, Oregon; they also adjusted plans for the Bingo Hall to lay the foundation for the Seven Feathers Casino Resort.

2002

The Bureau of Indian Affairs placed the McNeil Ranch property of 200.73 acres into Trust for the Cow Creek Tribe.

2010

The Tribe opposed an investment group's plans to build a non-Tribal Casino in Wood Village, near Portland, Oregon.

The Tribal Emergency Food Program, now called the Food Bank, first became available.

1993

Video terminals were introduced at the Bingo Hall, which was open seven days a week for the first time.

2006

Tribe worked with the Oregon Department of Fish and Wildlife to complete a watershed assessment of Jordan Creek, laying the foundation for the Jordan Creek Restoration Project which would help restore habitats and fish populations.



This Month in Tribal History

February

Correction to January's timeline:

The Child Care program has been in place since the late 1990s, and has helped many families over the years.

2011

In response to budget-related closures of the rest areas north of Glendale and Myrtle Creek, the Tribe pursued a public/private partnership with the BIA and ODOT to develop the Creekside Rest Area on Exit 99.

The Tribe announced plans to construct a second Cow Creek Health and Wellness Center clinic in Canyonville, Oregon.

The Tribal Board authorized development of the Tribal Gardens Project on the Tribal-owned Ravenswood Ranch riverside property.

2021

The Tribe's Natural Resources and Forestry Departments replanted over 500,000 saplings across 1,700 acres in burn areas from recent fires.



The Tribe's Public Health team opens a second vaccine site at Seven Feathers Casino Resort to accommodate the demand for COVID-19 vaccines.

The Tribe's Housing Department begins offering IHBG CARES Act Emergency Rent and Utility Assistance funds to those financially impacted by COVID-19.

2015

The Tribe introduced the Cultural Arts Revitalization Project, in order to increase access to traditional cultural arts for Tribal members.

2020

Tribal youth honored missing indigenous women by wearing a red handprint and Tribal regalia for photos featured in an art show at the Umpqua Valley Arts Gallery.



2017

The Tribe's Natural Resources Department attended the National Congress of American Indians to discuss a farm bill from Congress that would impact Native American farms and ranches.

Flying Lark Owner Seeks Partners to Avoid Layoffs

The billionaire coffee stand owner behind the Flying Lark in Grants Pass says he thinks Oregon's Tribes could co-partner with him in sustaining the horse racing track and entertainment facility.

Referring to himself and the project as a "bridge-builder" during a recent radio interview on Oregon Public Broadcasting, Dutch Bros. co-founder Travis Boersma said he's not against working with Tribes to get the Flying Lark to succeed.

"This has never been about money...This is about impact for community," Boersma said in the January 14 interview. "I think Tribes actually could benefit by this. I think there could be a deal to be had to where they could own, invest, be a part of it."

Umpqua Indian Development Corporation's President, John McCafferty, disagrees, arguing that the Flying Lark would divert patrons away from Seven Feathers Casino Resort and other casinos, resulting in an estimated initial loss of \$20 million.

"All he's doing is entering a market that's already being served," said McCafferty. "If we partner with him, we won't make up that loss. It would just cannibalize the gaming business that already exists."

The contention behind the Flying Lark hinges on historic horse racing machines (HHRs) that Boersma wants to install on site at the track, and whether the state will allow those types of betting terminals. Oregon's Tribes, including Cow Creek, argue HHRs at the Flying Lark amount to a private casino, violating an agreement with the State of Oregon and potentially disrupting crucial revenue streams into Tribal Governments and the Oregon Lottery, both of which support programs that uplift communities in need.

Tribal leaders hope either Oregon Governor Kate Brown weighs in on the matter, or that Oregon's legislature takes up a bill in the coming weeks to pause all gaming expansion in the state in order to study its true impact on local economies. McCafferty believes a comprehensive study will reveal that there are issues that need to be dealt with in Oregon's

⑥ gaming industry besides just finances.

"The economic impact is really important. But the security and the integrity of the gaming landscape is even more important," said McCafferty. "All those things need to be regulated at the same level and that's not happening today."

Boersma also recently announced that due to the delay over HHRs, he would be forced to lay off more than 200 people at the Flying Lark at the end of February.

"It's heartbreaking," he said, recalling telling the news to his employees. "A lot of these people are second chance people, veterans, people that are very diverse. We have the second largest unemployment rate in Josephine County."

"What do you say to the people in Douglas County who are working for the Tribe and lose their jobs because a billionaire came in?" said McCafferty. "He went ahead with this project and turned the speed up knowing there was an issue. He did it anyway."

Boersma was also asked to comment directly on testimony from Cow Creek Gaming and Regulatory Commission Executive Director Alicia McAuley spoken back in October to the Oregon Racing Commission as they discussed the Flying Lark's HHR application.

"The market in Oregon is already saturated," McAuley told the Oregon Racing Commission at the time.

"The Flying Lark will not attract new gamblers, it will take from the Lottery retailers and patrons of Tribal casinos. Any jobs created will come at the expense of other jobs and ultimately other local business, and they won't be new. Revenues won't be a net benefit for the state, they will be a net loss, and only a benefit for the operator and owner of the Flying Lark."

When asked for his response, Boersma replied that he heard "a lot of inaccuracies," and that the HHR machines he's seeking to install are the same as those that were at Portland Meadows.

Find links to the complete interview with Oregon Public Broadcasting's "Think Out Loud" on our website, www.cowcreek-nsn.gov.

Tribal Member Highlight: Cindy Grizzle

By Kelly Warner, Career Center Manager

With Valentine's Day around the corner, it is only fitting that this month we highlight Cindy Grizzle, the proud owner of Cindy's Flowers and Gifts, located on the corner of First Avenue and Oak Street in downtown Myrtle Creek, Oregon.

Cindy's passion for flowers started at an early age with hobbies in silk flower arrangements and flower gardening. She moved to Douglas County in 2010, where she worked for the Tribal Government Offices in various programs. Part of the George Rondeau family, she connected with her Tribe through various cultural traditions and activities, but never lost sight of her dream of owning a floral shop.

While making ends meet, she found herself working as an elderly caregiver alongside a part-time job at the Good Dog Bakery. With guidance and funds from the Tribe's Education Department and Career Center, she obtained her Basic Floral Design Certification (and will soon complete her Advanced Certification). She also signed up for the Small Business Development Center, which offered classes that built her confidence and helped her pre-launch her own business.

She offers this guidance to other Tribal members who want to be self-employed:

"Reach out to the Tribe to see how they can provide assistance and guidance. Don't be afraid to do your due diligence by visiting other like-businesses in or around your area, there's always something to learn. Network in your community, you'll be amazed by the support of your local people who support you to succeed in small business entrepreneurship."

Think about stopping by Cindy's Flowers & Gifts in Myrtle Creek to pick up something for your loved one this Valentine's Day! Cindy will be there creating beautiful floral arrangements and living her dream.



CULTURE IS WELLNESS

Unity: Emotional, Mental, Physical & Spiritual Wellness

Walking the Red Road "one day at a time" is all it takes!

Open Women's/Men's Recovery Healing Circle

The Medicine Wheel and 12-step program was developed to provide a culturally appropriate 12-step program for Native American people. This program was developed by White Bison, based upon teachings of the Medicine Wheel, the Cycle of Life, and the Four Laws of Change.

Join us: Wednesdays 7:00pm at the Block House in Canyonville
Please observe social distancing and pandemic regulations while attending to protect those who are seeking healing.

Directions: Turn right on Wartahoo Lane behind Seven Feathers Casino Resort and left down the driveway in between the employee parking lot and dry parking lot. Look for the big brown two-story house.

For any questions please contact: Roger Buchman - (458) 802-3828



Messages from the Clinic

We Need Your Help!

The Cow Creek Health & Wellness Center (CCH&WC) will be conducting the 3rd BRFSS health and Tribal programs survey. We are asking each Tribal member over the age of 18 to please help us begin planning for our next five years of programmatic development, revisions, and healthcare delivery.

It has been five years since we last asked our Tribal members to complete a survey regarding their health status. This data has been used to develop new programs and services within the Cow Creek Health & Wellness Center. Examples of feedback-inspired services include: adding dental to future services, the new clinic in Canyonville, radiology services, cancer prevention, cooking classes, clinical tobacco cessation programs, and possible future clinical expansion of specialty care, like chiropractic and massage therapy, physical therapy, and pharmacy.

This survey will once again be administered by staff

Cow Creek Behavioral Risk Factor Surveillance System (BRFSS) Project

from the Northwest Portland Area Indian Health Board (NPAIHB), and all information will remain confidential: no names or other identifying data will be given. Their staff will first call and set up an appointment to conduct the survey within the following week.

Our plan is to contact everyone by phone to conduct a 45-60 minute survey. Surveying will begin April 1st, 2022, with plans to conclude by the end of June 2022.

Each Tribal member who participates will receive a \$100 gift card. Results will be highlighted in the September 2022 newsletter, and preliminary highlights will be available at the August 2022 General Council meeting.

Please be watching for a letter from the Tribal Chairman explaining the survey process in detail. Your input and information is VITAL to the planning of future healthcare programs and clinical services.

Vaccine Clinic

**1409 NE Diamond Lake Blvd.
(across from Public Library)**

Every Day, 10 a.m. - 5 p.m.



All three vaccines available
(includes booster and pediatric doses)



Walk-in Only
(no appointment needed)



No cost
(insurance not required)

Protect yourself against COVID-19 by getting vaccinated and getting a booster. Vaccines are safe, effective, and the best tool to beating the pandemic.

www.umpquavallehealthcarecoalition.com



Need a COVID-19 Vaccine or Test?

**Cow Creek Public Health
Latest info and site
schedules:**

**[www.cowcreek-
nsn.gov/public-health](http://www.cowcreek-nsn.gov/public-health)**

(541) 677-5535

Messages from the Clinic

IS MY CLOTH MASK GOOD ENOUGH? 2022 EDITION

By Victoria Knight



The highly transmissible Omicron variant is sweeping the U.S., causing a huge spike in COVID-19 cases and overwhelming hospital systems. Besides urging Americans to get vaccinated and boosted, public health officials recommend that people upgrade from their cloth masks to higher-quality medical-grade masks.

Questions, debate and opinions on the level of protection against COVID that masks provide — whether cloth, surgical or higher-end medical grade — continue with each new variant, but multiple experts agree on one point: Wearing a cloth mask is better than not wearing a mask at all, but if you can upgrade — or layer cloth with surgical — now is the time.

“From the perspective of knowing how COVID is transmitted, and what we know about Omicron, wearing a higher-quality mask is really critical to stopping the spread of Omicron,” said Dr. Megan Ranney, academic dean for the School of Public Health at Brown University.

One easy strategy to improve protection is to layer a surgical mask underneath cloth. Surgical masks can be bought relatively cheaply online and reused for about a week.

Ranney said she advises people who opt for layering to put the better-quality mask, such as the surgical mask, closest to your face, and put the lesser-quality mask on the outside.

If you’re really pressed for resources, Dr. Stephen Luby, a professor specializing in infectious diseases at Stanford University, said surgical masks can be washed and reused, if finances are an issue.

Still, experts maintain that wearing either a KN95 or an N95 respirator is the best protection against Omicron, since these masks are highly effective at filtering out viral particles.

So, if you have the resources to upgrade to an N95, a KN95 or a KF94 mask, you should absolutely do so, said Dr. Leana Wen, a professor of health policy and management at George Washington University.

10 Although these models are more expensive



and can be more uncomfortable, they are worth the investment for the safety they provide, she said.

“[Omicron is] a much more contagious virus, so there is a much lower margin of error in regards to the activities you were once able to do without getting infected,” Wen said. “We have to increase our protection in every way, because everything is riskier now.”

Wen also said that though these masks are characterized as one-use, unless you are in a health care setting, KN95s and N95s can be worn more than once. She uses one of her personal KN95s for more than a week at a time.

And remember, the risk of transmission depends not just on the mask you wear but also the masking practices of others in the room — so going into a meeting or restaurant where others are unmasked or wearing only cloth masks increases the odds of getting infected, no matter how careful you are.

Even with a mask upgrade, if you are still worried about omicron and, in particular, a serious case of COVID, the No. 1 thing you can do to protect yourself is get vaccinated and boosted.

KHN (Kaiser Health News) is a national newsroom that produces in-depth journalism about health issues.

Messages from the Clinic

Order Free COVID-19 At- Home Tests Now from the U.S. Government



Every American household can now order four at-home COVID testing kits per month, free of charge, from the U.S. Government.

Anyone who wants to order should visit www.covidtests.gov, and click on "Order Free At-Home Tests." The link directs to a U.S. Postal Service site, where each family can place an order with a simple name and shipping address. The site does not take any billing information.

The site says test kits ship within 7-12 days of ordering.

Cases of COVID-19 are exponentially increasing across Oregon with the highly-contagious Omicron variant. Many families are now finding themselves with household members either infected or exposed to COVID, and unable to find a test at a local store.

The Food and Drug Administration has approved several companies to produce and sell at-home COVID tests (see complete list on our website: www.cowcreek-nsn.gov/public-health).

Most cost around \$25 for two tests, which can add up quickly for large families. Stores are having trouble keeping COVID tests in stock, and online sellers are either quickly selling out, or promising far-off shipping dates.

To avoid forcing the extra cost on families already strained financially, and helping stores to keep testing kits in stock, the federal government created the website and launched it a day early.

Have you tested positive for COVID-19?



Visit Oregon.gov/positivecovidtest

- Need more health information?
- Questions about isolation or quarantine?
- Wondering how to tell your close contacts they may have been exposed to COVID-19?
- Fill out the COVID-19 Case Survey to help public health.

Talk to a Public Health Representative.
Call: 866-917-8881 toll free

Oregon
Health
Authority

ORCA HEALTH/12/2022

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

Messages from the Clinic



Comparing Cold, Flu, Allergies & COVID-19

Prepared by the Northwest Portland Area Indian Health Board (NPAIHB)



| Symptoms | Cold | Flu | Airborne Allergy | COVID-19 |
|------------------------|------------------|---|---|---|
| Fever | Rare | Usual, high (100–102 °F), sometimes higher, especially in young children); lasts 3–4 days | Never | Common |
| Headache | Uncommon | Common | Uncommon | Common |
| General Aches, Pains | Slight | Usual; often severe | Never | Common |
| Fatigue, Weakness | Sometimes | Usual, can last up to 3 weeks | Sometimes | Common |
| Extreme Exhaustion | Never | Usual, at the beginning of the illness | Never | Common |
| Stuffy, Runny Nose | Common | Sometimes | Common | Common |
| Sneezing | Usual | Sometimes | Usual | Rarely |
| Sore Throat | Common | Sometimes | Sometimes | Common |
| Cough | Common | Common, can become severe | Sometimes | Common, dry cough |
| Chest Discomfort | Mild to moderate | Common | Rare, except for those with allergic asthma | Common; can cause trouble breathing or persistent pain or pressure in the chest that calls for immediate emergency care |
| Loss of Taste or Smell | Rarely | Rarely | Rarely | Common |



Messages from the Clinic

| | Cold | Flu | Airborne Allergy | COVID-19 |
|----------------------|--|---|---|--|
| Treatment | Get plenty of rest. Stay hydrated. (Drink plenty of fluids.) Decongestants. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches and pains | Get plenty of rest. Stay hydrated. Aspirin (ages 18 and up), acetaminophen, or ibuprofen for aches, pains, and fever Antiviral medicines (see your doctor) | Avoid allergens (things that you're allergic to) Antihistamines Nasal steroids Decongestants | NIH has developed guidance on treatment of COVID-19, which is regularly updated. Consult with your medical provider on treatment options. |
| Prevention | Wash your hands often. Avoid close contact with anyone who has a cold. | Get the flu vaccine each year. Wash your hands often. Avoid close contact with anyone who has the flu. | Avoid allergens, such as pollen, house dust mites, mold, pet dander, cockroaches. | Get the COVID-19 vaccine, recommended for everyone age 5 and older. Wear a mask in indoor public places. Avoid crowds. Wash your hands often and avoid touching your eyes, nose, and mouth. Get tested if you think you might have COVID-19. |
| Complications | Sinus infection middle ear infection, asthma | Bronchitis, pneumonia; can be life-threatening | Sinus infection, middle ear infection, asthma | Pneumonia, respiratory failure, acute respiratory distress syndrome (fluid in lungs), sepsis, cardiac events (e.g., heart attack and stroke), multiple organ failure, inflammation of the heart, brain, or muscle tissue, death |

The only way to know your illness is to get tested

It's always a good idea to isolate if you have a viral illness to protect the people around you



For more information please visit <https://newsinhealth.nih.gov/2022/01/it-flu-covid-19-allergies-or-cold>

Government and Programs

GIVING A FRIENDLY HELPING HAND

"Do you have any more bread coupons over there?"

"You guys need a little Christmas candy for the road!"

"Oh don't worry, we always have extras, it's all good."

"Are these all the noodles we have?"

Pleasant snippets of conversation like these are heard chit-chatting back and forth on most pickup days for the Cow Creek Tribal Food Bank. Tribal members and their family catch up in the parking lot, while Sophia Gosselin and Joy Sewall stride up and down the Food Bank's tall wooden shelves, stacked high with canned food and pantry staples, holding each Tribal member's Food Bank shopping list. Smiles are all around. They roll up the Food Bank doors and a radio on a nearby table plays hits from the 80's.

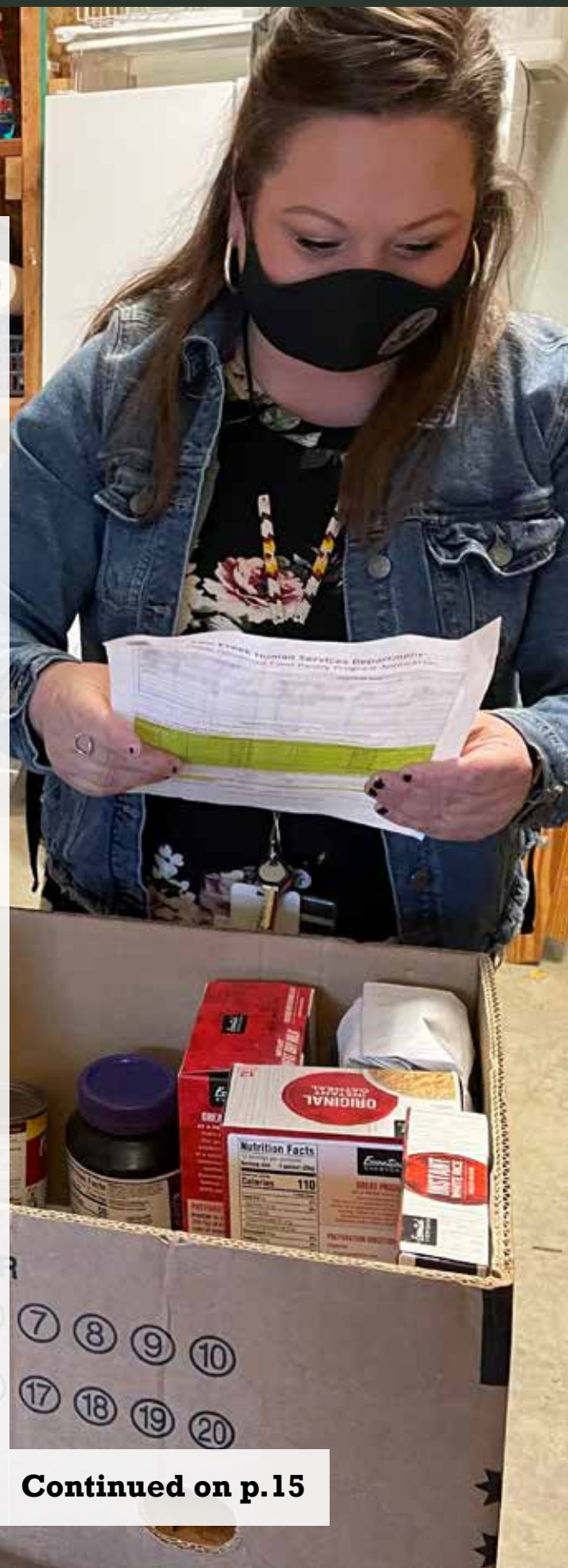
"I bring music out to keep it light and make people feel comfortable," says Sophia, Programs Assistant for Cow Creek Social Services, and the Food Bank manager. "I want people to feel good about coming here, not scared. Food Bank is here for a reason."

Whatever that reason is, Sophia and Joy say they're there to help. Cow Creek's Food Bank provides groceries and nutritious food to Tribal members under financial stress all year long, helping to alleviate monthly grocery bills when food prices are increasing, some are unable to work, or others are taking care of family members. Winter months tend to mean more folks visiting the Food Bank.

"[After] Christmas, maybe they're low on money," says Sophia. "People are in a difficult situation and need that lifeline to get them through."

"A lot of times they don't utilize the amount of food they can get," adds Joy, a Transitional Case Manager in Social Services, while packing a reusable grocery bag with flour and sugar.

In Douglas County, recent statistics show 46% of households are in financial hardship, and almost 15% of households have food insecurity. To avoid those devastating effects on a family, the Tribe's Food Bank was started in 2010 with the intention of **14** reducing insecurities.



Continued on p.15

Government and Programs

GIVING A FRIENDLY HELPING HAND, CONTINUED

“Eating healthy can lead to a better quality of life,” says Sophia.

Taking advantage of the program is easy. Food Bank days are regularly scheduled every second and fourth Tuesday of the month. Tribal members drive up (located behind the main Tribal Government Offices in Roseburg), fill out a quick and simple form that testifies to their income and household members, and then select their preferred groceries. Versatile foods, as well as kids’ favorites, like macaroni and cheese, peanut butter and jelly, and ramen noodles, are always among the top choices.

“It’s a wonderful service,” said one recipient recently while waiting for her groceries. “It’s life changing. You cannot live without food. Our grocery bill is so low now because all we have to get is milk and fresh veggies.”

Despite the COVID pandemic disrupting shipping and causing unexpected shortages, Tribal members won’t see those changes impact the Food Bank.

“Our supplier for the Food Bank does an excellent job of really ensuring we’re getting the items we’ve ordered so we don’t see a lot of unavailable items,”

says Sophia. “We just substitute what we can to really ensure our Tribal members are being taken care of when in need.”

Even when that need extends outside the regularly scheduled pickup days. Sophia says Tribal members can call her to schedule an alternate day or time that fits their schedule, and Joy says she also uses Food Bank for Tribal members moved into transitional housing.

“There a lot of times an emergency box is necessary,” says Joy. “We’ve had people set up in a hotel and they have no food.”

Many Tribal members admit they aren’t aware of the program, or have questions about how it works. Though Sophia knows that it can be difficult for others to accept help, she offers the reassurance that this program is here to provide a little extra support in times of need.


“I just want everybody to feel good about coming to the Food Bank,” she says. “It’s nice to know you’re sending people away with food in their house, and knowing they’re going to eat and be okay for the month.”


FOOD BANK IN FEBRUARY


February 8, 2022
9AM–11AM

February 22, 2022
2PM–4PM



 2nd & 4th Tues.
every month

 Fill out simple
form on site

 Groceries for
your family

541-672-9405



cowcreek-nsn.gov

CAREER CORNER

COW CREEK CAREER CENTER

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



Important Dates

NEW Spring Term Student
Applications DUE
February 15, 2022

Winter Term / Spring
Semester Book
Reimbursements DUE
February 15, 2022

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

WHAT WE CAN DO FOR YOU THROUGH THE CAREER CENTER

- Obtain specialized certifications such as HIPAA, Oregon Food Handlers, First Aid/CPR/AED, OLCC..(*other licenses and training programs can also be covered through your educational Tribal benefits
- Inquire about our Successful Employment Workshop series. Prep, connect, and get hired!!!
- Not sure what career your best suited for? Start by taking a personal assessment that helps identify your personality, communication style, work & productivity, working with others, and find your best-fit career & pathways.

HOT JOBS!!

- Custodian, Adapt Integrated Health Care - Roseburg, OR \$15.14/hr
- Library Aide, City of Roseburg \$13/hr
- OR Assembler, NW Service Enterprises, Inc. \$15-\$28/hr F/T & P/T
- Go to www.cowcreek-nsn.gov/employment to see the complete listing of current job opportunities

Culture and Education

NEWSLETTER VIDEO LESSONS

Sneak peak of video lesson



Pée Túu! The Takelma Language Team has been working on a new set of lessons for Tribal citizens interested in the language. This month, we show you a simple question/answer exchange. Scan the QR code below to access the supplemental video and printout for other useful variations. This series will progress as the year goes on to help you learn more Takelma in an easy and logical way!

Preview of webpage



LANGUAGE LESSON

K^hàti yowò'?

What is it?

[KAH-dih yoh-WOH]

(Mená) yowò'.

It is (a bear).

[meh-NAH yoh-WOH]

aká

this

[ah-GAH]

ká

that

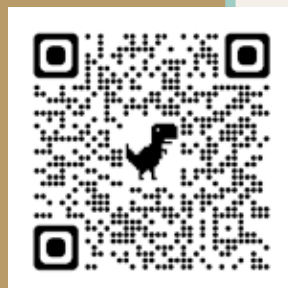
[GAH]

TO HEAR THESE WORDS SPOKEN ALOUD, SCAN THE QR CODE FOR A VIDEO LESSON!



QR code link:

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



CLASSES

Family Language Classes

February 3th

&

February 17th

2pm-4pm

Learn Colors in Takelma! Culture will follow with a necklace making class. Sign up to get your kits mailed to you.

All dates and times subject to change.

Get the zoom link by emailing

info-education@cowcreek-nsn.gov





Culture and Education

PLACE: THE HUCKLEBERRY PATCH

Continuing from the article featured in the December 2021 newsletter, we will start to look at places that are significant to the Cow Creek people, both in our traditional lifeways and today. This month we'll look at the Huckleberry Patch.

The Patch is an area that is located along the Rogue-Umpqua Divide Wilderness, and includes such geological features such as Butler Butte, Huckleberry Lake, Whaleback Ridge, Huckleberry Gap, Donegan Prairie, and Abbott Butte. The Huckleberry Patch was a place of berry gathering, hunting, and a host of social activities.

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

Huckleberry Patch Special Interest Area

The Huckleberry Patch area is extremely important to the Cow Creek Tribe today. In 2006, the U.S. Forest Service agreed to designate the area as a "Special Interest Area" for the Tribe. This designation "will allow for the Forest Service to propose projects in the future that focus on maintaining and enhancing huckleberries, so that traditional, historic and present day uses may continue". The Cow Creek Natural Resources Department has also invested resources during the 2017 and 2018 fires, with fire personnel on the ground, to help battle the fires and protect the resources of the Patch.

Traditional Cultural Properties

Even though many Cow Creek people could not see the high slopes of the Cascade Range, they watched for the presence of a particular type of white moth that appeared in large numbers high in the trees near their homes. "When this happened, they knew that the huckleberries would be ready soon, and it was time to go." – Sue Shaffer

Huckleberries were traditionally picked by hand, with no use of specialized tools, and then placed in woven burden baskets that freed up the individual's hands. A less often used method was when woven mats were placed underneath a berry brush when it was hit with a stick to gather the fallen berries. Then Tribal Elder, and now ancestor, Tom Rondeau, makes mention that each family carried out "as much as three or four horses could carry" and often filled wagons with berries and other resources from the area. Many Elders also talked about how, during their childhood, they were required to fill a container in the morning before they could play in the afternoon.

It is said that the richest berry patches were in areas with a lot of coarse woody debris; along edges of downed and decomposing trees due the longer moisture retention and nutrient availability. Women maintained loose rights to preferred berry patches in the general area of their campsites, which were also associated with certain families. Others that occupied or picked within another family's berry patch, even if those sites had been long abandoned, encountered considerable disapproval from others. Indeed, non-kin could only make use of a site if invited, or if there were no more living relatives. Children were even told to "never walk through other people's camps" when traveling. Huckleberry patches were inherited maternal lines. Men would hunt or fish in "secret spots." These seemed to have the same loose rules and rights by each family as the berries patches. "Every man had their hunting grounds, their fishing spots."

Culture and Education

PLACE: THE HUCKLEBERRY PATCH, CONTINUED

Once gathered, berries would have been dried so that they could have been taken back to the villages in the lower valleys. Some Elders have suggested that berries were ground before drying, and sometimes mixed with other ingredients to produce a “pemmican” or “fruit leather.” To dry the berries, traditionally they would have been placed on woven mats and left in the sun along ridgetop meadows where there was a slight breeze. Placing these berries by a fire also helped accelerate the drying process.

Traditionally, berries were redistributed within Tribal communities. Huckleberries also appear to have been an important component of the Tribes’ barter economy at different times in history, as were the meat and fish collected in the course of the Huckleberry Patch visit.

Then Tribal Elders, and now ancestors, Sue Shaffer and Tom Rondeau recalled that burning was an important activity that occurred into the late 1800s. Fires would be set at the end of the huckleberry season as people were heading back down the mountain to their valley homes. People in the valley below could tell that their families were returning home because they could see the smoke from the numerous small fires set to manage vegetation along the way growing closer. Burning was important because burning “needed to be done right to keep

[the huckleberries] going.” This helped reduce overall danger of catastrophic fire on the site as well: “when they burned, there was only berries and grass under the trees - there was no threat of a big fire.”

Social and Ceremonial Elements

When asked what was traditionally gathered at the Huckleberry Patch, Tribal leader Michael Rondeau exclaimed “gossip!” This is because numerous villages, bands, and Tribes would congregate along the Rogue-Umpqua Divide, particularly the Cow Creek, Klamath, Takelma, and Modoc. While at the patch, there was the opportunity to interact freely and exchange news and stories. Even when certain Tribes or villages were not on the best of terms, everyone gathered together peacefully at the Patch.

Several social activities took place during the summer. These included games of chance, dances, and later horse races, primarily within the meadow areas. Inter-Tribal exchange was prominent and seemed to foster intermarriage between peoples. All of these activities continued up into the late 19th and early 20th centuries.

As people first started to reach the Huckleberry Patch, a “first huckleberry ceremony” would have been performed to enhance that year’s gathering. As per many Tribal Elders, “the old Indians used to tell us that you had to take the first berries that you

gathered up and throw them to the ground, and give them back to Mother Earth.” Women were responsible for conducting this ceremony with the first berries picked. Vision quests were also a vital part of the trip up to the Huckleberry Patch, with numerous spiritual sites having been identified through archaeology along the ridgelines.





Culture and Education

Full STEAM Ahead at the Expanding Horizons Youth Center

Amber Lomascola and the other EHYC staff not only help provide STEAM activities for students at the EHYC, but also provides hands-on help with homework and nutrition

Cow Creek Education has committed to a new STEM/STEAM grant-based learning program that will be incorporated into learning at the Expanding Horizons Youth Center after-school program and their summer programming.

STEM/STEAM is an acronym -- science, technology, engineering, arts, and mathematics -- that use the connection among the disciplines and everyday life as an educational approach for guiding student inquiry, dialogue, and critical thinking. The goal is to create thoughtful students who persist in problem solving and engage in critical thinking, taking their education to a lifestyle-like level in preparation for careers.

Cow Creek Education will participate in the STEM Beyond Schools program funded by an Oregon Department of Education STEM Innovation grant. It provides plentiful training that enhances teachers' connections with students and STEAM through "social-emotional learning, youth development and culturally inclusive and community-based programs."

As one of the new participants in this specific program, Cow Creek's EHYC Program Director Amber Lomascola says the Tribal Community Center and EHYC have been early adopters of STEM/STEAM.

"Our students explored and reviewed the curriculum materials and facilitated a family STEAM night for Tribal youth," she said. "Our awareness of the STEM Beyond School Program and the decision to be involved was the result of the Leap Into Science program and the subsequent family STEAM night held by our students."

Lomascola is especially looking forward to the STEM Beyond Schools training and passing that



"I believe [the training] will expand my ability to provide hands on STEAM learning relevant to EHYC Tribal youth through monthly trainings and peer support from local certified STEAM educators," she said.

Other STEM Beyond School participants in Douglas County include: Umpqua Valley Arts Association, YMCA of Douglas County, C. Giles Hunt Memorial Public Library in Sutherlin, Boys & Girls Club of the Umpqua Valley and Wildlife Safari.

The STEM Beyond Schools program is also in partnership with the Umpqua Valley STEAM Hub and the Oregon STEM Hub network, the Douglas County Partners for Student Success (DCPSS) and Oregon State University Extension.

Culture and Education

SAVE THE DATE: SPRING BREAK CULTURE DAYS

Food will be provided all three days.
Please RSVP by March 7th to:
info-culturalresources@cowcreek-nsn.gov.

MARCH 22: TRADITIONAL GAMES

Shinny, Dice, Stick Game, Atlatl shooting
(at a distance) with prizes

MARCH 23: BLOCK PARTY

Flint knapping with Jesse Jackson, archaeology box,
presentation, booths from tribal programs

MARCH 24: TRADITION AND CULTURE

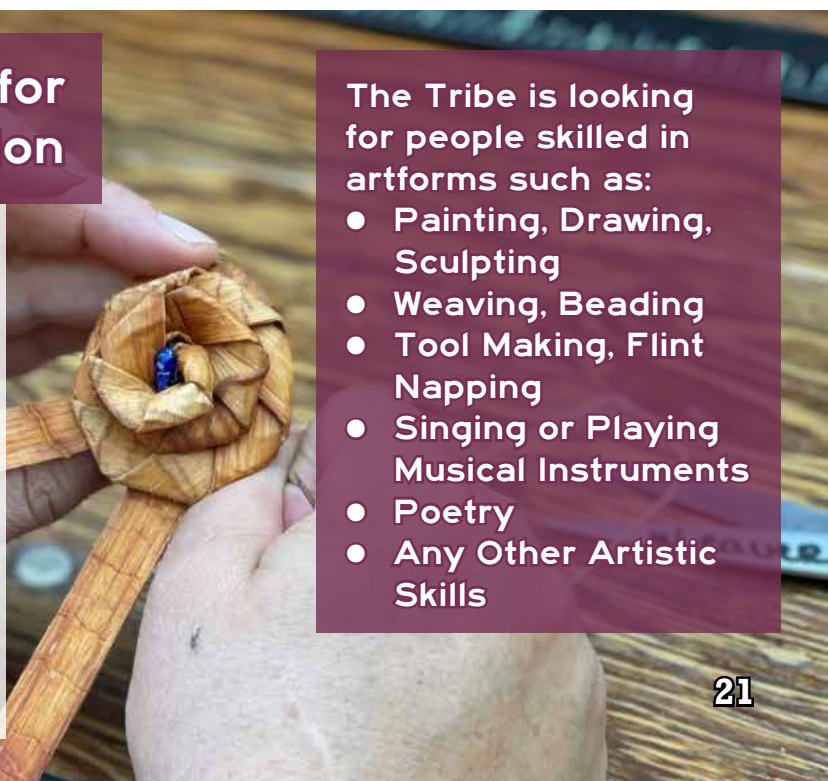
AM: Traditional and Contemporary Arts
PM: Language Class with Elizabeth Bryant



Cow Creek Artists Wanted for 40th Anniversary Celebration

As Cow Creek Tribal leadership prepares this year for the 40th Anniversary celebrations of federal recognition, we would like to reach out to our Tribal membership to inquire about anyone who may be a skilled artist. The Tribe is preparing a number of events that would include artistic Tribal elements. Leadership would like to know about those Tribal members who are artists for possible contracts and paid work.

If you would like us to know about your artistry, let us know by contacting Ryan Bochart at (541) 677-5551 or emailing RBochart@cowcreek-nsn.gov.



The Tribe is looking for people skilled in artforms such as:

- Painting, Drawing, Sculpting
- Weaving, Beading
- Tool Making, Flint Knapping
- Singing or Playing Musical Instruments
- Poetry
- Any Other Artistic Skills

Culture and Education

NATIVE AMERICAN HABITAT RESTORATION TRAINING OPPORTUNITY PAID INTERNSHIP

Our Mission: Elderberry Wisdom Farm provides opportunities for Native Americans, communities of color and public audiences to raise awareness of the rich cultural heritage and traditional knowledge of America's First Peoples.

We work with diverse partners to provide educational workforce opportunities so Native people can accomplish meaningful career pathway plans, health and wellness, and prosperity.



A \$2,000 stipend will be paid for those completing training. Ongoing training will equip them with tools needed to meaningfully and successfully create career pathways into agriculture/horticulture fields.

Interns have opportunities to develop their own conservation career or business and an opportunity for a \$7,200 grant for microenterprise development through a MercyCorps NW IDA savings program. Partners are Chemeketa Community College, USDA, Meyer Memorial Trust, and The Collins Foundation

YAC REGALIA

Join us to create, update, or add to
your regalia

SATURDAY, March 5, 2022
Cow Creek Government Offices
Board Room

9:00 a.m. to 3:00 p.m.

RSVP TO: Tammy Anderson

tammy.anderson@cowcreekgrc.com

541-672-3861

YOU MUST RSVP BY: Friday, February 18, 2022

To obtain materials for this class.

Event is for Families with
Children 3 – 18
YAC events are alcohol
& drug free



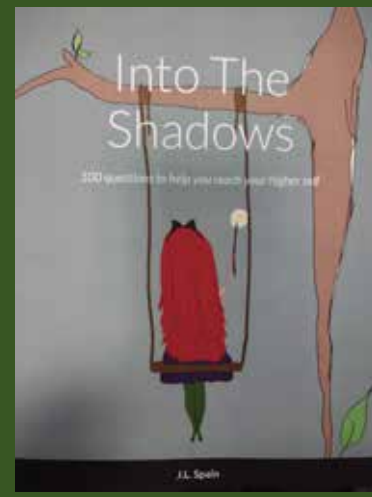
Students at the Yimisa' Preschool love reading the Takelma language books! Thanks to teacher Gretja for capturing this moment.

Book Publication

Congratulations to Jess Spain on her new book, *Into the Shadows: 100 Questions to Help You Reach Your Higher Self*.

To learn more, please visit
www.twomoonscraftspdx.com/.

Want to highlight someone in the Tribal newsletter? Email
info@cowcreek-nsn.gov.



February 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|--|--------------------------|--|-------------------------------------|--|---|
| | | 1 | 2 Culture Is Wellness | 3 Online Takelma and Culture Class | 4 | 5 YAC Diamond Lake Tubing |
| 6 General Council 10 AM @7F | 7 | 8 Food Bank 9 - 11 AM | 9 Culture Is Wellness RSVP Deadline for Pine Nut/Necklace | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 Culture Is Wellness | 17 Online Takelma and Culture Class | 18 RSVP Deadline for YAC Regalia Class | 19 Pine Nut and Necklace Class 10 AM - 2 PM @GO and online |
| 20 | 21 GO Closed for Presidents' Day | 22 Food Bank 2 - 4 PM | 23 Culture Is Wellness | 24 | 25 | 26 |
| 27 | 28 | | | | | |

March 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|-------------------------------------|--|--|
| | | 1 | 2 Culture Is Wellness | 3 Online Takelma and Culture Class | 4 | 5 YAC Regalia Class 9 AM - 3 PM @GO |
| 6 | 7 RSVP Deadline for Spring Break Culture Days | 8 Food Bank 9 - 11 AM | 9 Culture Is Wellness | 10 | 11 Washington Informational Meeting 6-8 PM @ Sequim, WA | 12 Washington Informational Meeting 2-4 PM @ Ridgefield, WA |
| 13 | 14 | 15 | 16 Culture Is Wellness | 17 Online Takelma and Culture Class | 18 | 19 |
| 20 | 21 | 22 Food Bank 2 - 4 PM Spring Break Culture Days | 23 Culture Is Wellness Spring Break Culture Days | 24 Spring Break Culture Days | 25 | 26 |
| 27 | 28 | 29 | 30 Culture Is Wellness | 31 | | |

Location Abbreviations

GO: Government Offices, Roseburg, OR
SC: Cow Creek Health & Wellness Center, Canyonville Clinic
7F: Seven Feathers Casino Resort, Canyonville, OR
BH: Block House, Behind Seven Feathers, 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 - 4 PM each first and third Thursday of the month, streamed via Zoom. RSVP for the link at info-education@cowcreek.com.
Culture Is Wellness: Women's/Men's Healing Circle, 7 PM at brown, two-story Block House behind Seven Feathers

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

WEEKENDS OFF

**WORK / LIFE
BALANCE**

HIRING BONUS



HEALTHCARE POSITIONS
OPEN AT THE

**COW CREEK HEALTH
& WELLNESS CENTER**



SCAN THIS QR CODE WITH
A SMARTPHONE TO VISIT
OUR WEBSITE

COWCREEK-NSN.GOV/EMPLOYMENT
541-672-9405
INFO@COWCREEK-NSN.GOV



JOURNEY *THROUGH THE GENERATIONS*

CELEBRATING 40 YEARS OF TRIBAL RECOGNITION

APRIL 30, 2022
TRIBAL FAMILY NIGHT

SAVE THE DATE

SEVEN FEATHERS CASINO RESORT