

# Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 29, Issue 4 April 2019

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

# Inside This Issue

## Weathering the Storm

The week-long snowstorm in March took its toll on Douglas County (Pages 5-6)

## **Tribal Election Nominations Reminder**

If you are not registered to vote in Tribal elections, please do so soon (Page 6)

## **US Department of Justice Awards Grant to Cow Creek Tribe**

This grant will help provide transitional housing to Tribal members in need (Page 7)

## **Spring Break Culture Days 2019**

Tribal members young and old learned traditional lifeways and had tons of fun (Pages 8-9)

## **Blue Zones Project Corner**

Form a moai to help you have a longer, healthier life (Page 10)

## Messages from the Clinic

April is Alcohol Awareness Month (Page 11)

#### **Culture Corner**

These articles and upcoming events can put you in touch with our traditions (Pages 12-13)

## **Emergency Preparedness Corner**

Be careful in the forest; areas with trees are still dangerous due to snow damage (Page 14)

## **Education Corner**

The Expanding Horizons Youth Center are full of opportunities for Tribal youth (Page 15)

## **Government and Programs**

Learn about summer job opportunities, new Elder Repair Assistance, and more (Pages 16-17)

## **Schedules**

#### **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

July -- Independence Day

September -- Labor Day

October -- Columbus/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

# Letter from the Chairman

# Implementation Update on the Western Oregon Tribal Fairness Act and the Indian Trust Asset Reform Act

Western Oregon Tribal Fairness Act (Cow Creek Umpqua Land Conveyance)

The year 2018 will always be remembered by Cow Creek Tribal members as the year the Tribe was finally restored its Reservation. The Western Oregon Tribal Fairness Act placed 17,519 acres of federal land previously managed by the Bureau of Land Management (BLM) into trust for the Cow Creek Band of Umpqua Tribe of Indians, and 14,742 acres of federal land into trust for the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians. It would also amend the Coquille Restoration Act to require the Interior Department to manage the Coquille Indian Tribes' forest lands in the same way as other tribal forest lands.

The Bill restoring Tribal land was signed by the President on January 8, 2018. Before the Tribe can begin managing this tremendous resource, they must first complete a BIA Forest Management Plan. The Tribe's Forest Management and Natural Resource Departments are currently working with Tribal leaders in a Forest Management planning effort that is drawing in some of the world's

and forest management
planning. The planning
process will secure
a Forest Resource
Management Plan as
required by the National
Indian Forest Resource
Management Act
to allow forest
management
activities to occur
on Tribal trust
lands. The plan

is expected to be

completed in the

foremost experts in forestry

summer of 2019. The Tribe's goal is to be able to begin addressing the high fire risk areas of the Reservation by the fall of 2019.

The Tribe will immediately begin creating forest conditions that will provide revenue, while creating opportunities for fishing, hunting,



Improving forest conditions is a top priority for the Tribe

recreation and other cultural resource uses. Ensuring that forest lands are healthy and well managed into perpetuity and that the Tribal forest lands contribute to the general health and welfare of the Tribe and its members is important. The Tribe will develop and apply forest practices and achieve outcomes that are consistent with its vision of a healthy forest and a healthy community, utilizing an adaptive management approach that incorporates monitoring and innovation to evaluate and inform future decision making. Immediately, the Tribe will work to achieve healthy forests that are resilient from fire, insects, disease, and/or other threats.

Every forest management action taken by the Cow Creek Umpqua Tribe is founded in Cow Creek Umpqua culture: its business decisions, its government-to-government outreach and interaction, and its service orientation to its Tribal members and their families, the Tribe's employees and their families, and the broader community. The Tribe strives to understand traditional knowledge and technology, as wealth that is collected by the government and distributed back to the community.

# Letter from the Chairman

# Implementation Update on the Western Oregon Tribal Fairness Act and the Indian Trust Asset Reform Act, Continued

The conversion of public BLM lands to Tribal lands is proving to be a very complicated and involved process. One of the most complex aspects of the conveyance is the transfer of valid existing rights from the BLM to the Tribe. The valid existing rights include rights to minerals, utilities, telecommunication sites, energy development, monitoring sites, road right of way agreements, and access to private water sites and properties. In order to provide a smooth transition, we have assembled a team that draws from the Legal, Forest Management, and Natural Resource Departments within the Tribal Government.

#### Indian Trust Asset Reform Act (ITARA)

For many years, the Bureau of Indian Affairs (BIA) has struggled to fulfill their Trust responsibility to Tribes. This has become a particular problem for timber Tribes, due to the many layers of required bureaucratic approvals of the BIA to conduct forest management activities. On October 1, 2018 Assistant Secretary of Indian Affairs, Tara Sweeney, sent a letter to Tribal leaders announcing establishment of the ITARA Title II Ten-Year Demonstration Project, and providing guidance for Tribes to submit letters requesting to participate.

On February 22, 2019, the Cow Creek Tribe was approved to participate in the ITARA Demonstration Project. The Cow Creek, along with the Coquille Tribe, are the first Tribes in the country to move forward on this momentous step toward fulfilling Indian Self Determination, Tribal Sovereignty and Self Sufficiency.

Title II of ITARA directs the Secretary of the Interior to establish a Ten-Year Demonstration Project and requires Tribes who have requested and been approved to participate in the Project to submit a proposed Indian Trust Asset Management Plan (ITAMP). Trust assets involving forest land management and/or surface leasing activities may be included in the ITAMP as well as a provision authorizing the Tribe to carry out forest land management activities under Tribal forestry regulations without further approval of the Secretary once the ITAMP is approved. Participation in the Demonstration Project is entirely voluntary for Tribes. Tribes indicating interest view managing Tribal trust forests under an approved ITAMP as an opportunity to strengthen Tribal sovereignty and advance self-determination. This will enable the Tribe to exercise sole Tribal approval for many forest management actions that currently require approval of the BIA.

I look forward to seeing those that can attend our General Council Nominations meeting on May 19, 2019 at 10 AM at the Cow Creek Government Office in Roseburg, OR.

Sincerely,

Daniel Courtney, Cow Creek Tribal Chairman

## **Tribal Member/Spouse Death Notices**

Billy Faye Rondeau: 1/02/1940 - 2/22/2019

## **Cow Creek Tribal Properties Endure Devastating Snowstorm**

What was originally predicted by weather forecasters as a rain event for Douglas County on March 24<sup>th</sup> turned into several days of heavy snowfall, catching the county unprepared. Most of south-west Oregon was only lightly affected, but in central and northern Douglas County, the snows were heavy enough to down trees, collapse weak structures, and cripple daily life for thousands of residents. For many, power was out for anywhere from three days to several weeks.

Though this was a cause for panic for many residents and local businesses, the Cow Creek Tribe weathered the storm well. As stated by Emergency Preparedness Director Tracy DePew, Tribes—by their very nature—are resilient.

The Cow Creek Government Offices and clinics were closed for three days during the worst of the storm, and power was out for the Tribe's Canyonville businesses for almost 6 hours before backup generators could turn on. The Tribal Housing in Tri-City lacked power for almost three days. Although the Umpqua Indian Utility Cooperative has their own underground infrastructure that remained undamaged during the storm, it is fed by Pacific Power substations, which suffered damage from downed trees. Even though trees were felled by heavy snowfall all over Tribal properties and conveyance lands, the worst financial loss that the Tribe incurred was a barn collapsing at the K-Bar Ranch, damaging a tractor and other contents inside the structure.

Aside from the barn and the downed trees, there was no real damage to any of the Tribe's commercial or business interests. Even though the residents of Tribal Housing were without power for a few days, they seemed to take it in stride. As far as Government Office staff are aware, there were no individual emergency requests or needs expressed by Tribal members during the state of emergency. The rest of the county, however, seemed woefully under-prepared for the disaster, according to an



The Cow Creek Government Office campus during the early snow flurries

emergency manager from Douglas County.

"Each family should be planning to be independent and self-sufficient for a minimum of two weeks," says Tracy DePew. "That means being able to keep ourselves fed, clothed, and sheltered. When the Cascadia event happens, life as we know it is going to change for a long time."

This weather event, however, has demonstrated how the Tribe's recent steps toward emergency preparedness have been largely effective. Since 2015, the Tribe has been laying emergency plans and measures in place, including a mass-notification system. Throughout the crisis, Tribal Government staff were communicating with local authorities and sending notifications of office closures, maintaining situational awareness, sharing of information, and measuring risk to life and property. The only difficulty in trying to help too much, however, comes from how wide-spread the Cow Creek Tribe is.

"The Cow Creek Tribe is unique in that we have no reservation and all of our members live in some other jurisdiction," says Tracy DePew. "If someone contacts us needing help, we will do everything we can to help, but it is better to allow local officials to provide the most accurate information. A mass

# **Tribal News**

#### Cow Creek Tribal Properties Endure Devastating Snowstorm, Continued

broadcast of emergency information sent to all Tribal members may not be accurate for their local area, so they need to be heeding the direction and information they receive from their local officials."

Lonnie Rainville, Government Operations Officer, agrees with that assessment. "We do have a plan in place for those who live in Tribal Housing, and we will do all we can to assist our Tribal population in an emergency, but it's hard to do much with how geographically widespread our members are."

The Tribe is adding its list of damages to that of Douglas County, in hopes that the county's report will cause the Federal Government to declare the storm a disaster, thus drawing Federal funds to support repair efforts throughout the county.

The Tribe's property on Safari Road, near Winston Oregon, suffered quite a few downed trees that will require ongoing cleanup. If any Tribal members would be interested in harvesting any of this downed wood for firewood purposes, please contact Sarah Thompson at 541-677-5575.

#### Tribal Hunting Applications Due May 15, 2019

Tribal hunting applications were sent out in the February edition of the Tribal Newsletter. All applications must be returned to the Natural Resources Department by May 15, 2019. Applications may also be picked up at the Natural Resource Department during the new hours: Monday - Thursday between 8 AM and 5 PM. Please contact Crystal Haaby or Janet Perkins at 541-672-9405 for more information.

#### 2019 Tribal Elections Are Almost Here

The Tribal General Council Nominations Meeting is scheduled for Sunday, May 19<sup>th</sup> at 10 AM.

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 3 PM on May 17<sup>th</sup>. Reminder: Voter Registration will be closed from May 18<sup>th</sup> thru August 11<sup>th</sup> and will reopen on August 12, 2019.

The Tribal General Council Elections Meeting is scheduled for Sunday, August 11<sup>th</sup> at 10 AM. All General Council Meetings will be held at the Cow Creek Tribal Government Offices. 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 and 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 with this newsletter.

#### **Cow Creek Tribe Receives Justice Department Grant**

The Cow Creek Band of Umpqua Tribe of Indians was recently awarded \$714,783 to offer long-term transitional housing to Tribal members, which will provide stability for families and individuals while they receive restorative services.

According to the press release from the Department of Justice: "These grants will provide significant resources to bring critical services to those who suffer the effects of crime and violence."

The Tribe will use this grant in a partnership with NeighborWorks Umpqua to set up 6 houses near Newton Creek for Tribal members who require transitional housing. Instead of paying for rent, residents of these houses will put regular deposits into a fund for saving up for a down payment. NeighborWorks Umpqua will match all of these payments three-to-one, to help residents prepare for purchasing their own home. More details on this program will be released soon.

#### Tribal Staff Attend FEMA "Tribal Training Week"

Every year, the Federal Emergency Management Agency (FEMA) hosts a "Tribal Nations Training Week" at their Center for Domestic Preparedness (CDP) in Anniston, Alabama. The facility is a repurposed federal hospital facility that now delivers healthcare-specific training and programs. Tribal representatives from Federally Recognized Tribes all over the nation attend each year, with the Federal government paying for training, travel, lodging, and meals. Attendees not only receive instruction in the latest emergency management procedures, but they also have a chance to network and share best practices with other Tribes.

This year, the Cow Creek Tribe was fortunate enough to send five Tribal staff to participate: Erran Dulaney, David Masters, Roger Singer (all three of which are Security Shift Managers at Seven Feathers), Chief Health Officer Sharon Stanphill, and Clinic Manager Linda Hogan.

"I feel very fortunate to have been a part of this training," says Linda Hogan. "I participated in the Health Care Leadership module where we were taught incident organizational planning, resources, command, and action for emergency preparedness within our community. I feel I now have a grasp of how to plan for and respond in a systematic manner in the event of an emergency."



The Cow Creek staff in front of the CDP building

"It was well organized and professional, also usable in many different scenarios," says Erran Dulaney. "I got a lot out of the Incident Command class with applications for both planned events and unplanned emergencies."

"I participated in the Protective Measures Course track," says David Masters, "which focused on three different areas: Complex Coordinated Attacks, All Hazards Response, and Radiological WMDs. The feedback provided by the instructors and other participants was extremely valuable in assessing our own Tribal capabilities to respond in many incident types. The networking also provided many opportunities to see how other Tribes are handling similar issues we face, and new ideas for ways to handle those issues."

7

# **Tribal News**

## **Spring Break Culture Days 2019**

This year's Spring Break Culture Days featured four days of exciting and informative events for Tribal members of all ages, running from March 26 - 29, 2019, at a number of Tribally-owned locations.

Day one was Drum Day, where the attendees built their own hand drum and drumsticks from hide stretched over circular wood frames. John and Jordan Warren, from the Karuk Tribe in northern California, and Gary Jensen, who helps with drumming at the Roseburg AA meetings, taught drum construction, drumming etiquette, cultural traditions about drums, and a few drum songs. To thank the Tribal Board for allowing them to use the Board Room, the youth all helped make a drum to gift to the Board.

Next was Traditional Plant Day. Those in attendance learned about many of the Tribe's traditional plants through a tour of all those plants at Bare Park, as well as through exciting games that taught about plant life cycles and the Takelma names for things. The Tribe's dieticians showcased a healthy meal made from traditional foods.

The third day was Basketry and Swimming Day. Kathy Urban, a Tribal member from Sequim, Washington, showed attendees how to prepare cedar bark for weaving, and helped them with weaving patterns in a mat with different-colored strips. The Behavioral Health Department had plenty of activities for kids in attendance as well, including a time to create prevention-themed art for the 2020 Cow Creek Prevention Calendar.

Finally, Traditional Games Day was held at the Tri-City Housing Playground. The event kicked off with Takelma Pictionary and Takelma Bingo, which taught words in our traditional language. Other games included "Sweep the Teepee," a game that focused on imitating activities central to traditional lifeways, and a group hula-hoop pass race. After lunch catered by Rolling Thunder BBQ, attendees learned a traditional dice game called "Tayawánt'ixi, **8** Tetulápxtaa, Soow," meaning "Left, Right, Center."



Jordan Warren demonstrates hand drumming



Each attendee took home the hand drum they made



Gary Jensen taught respect for the drums and drumming leader, as well as a few songs

# Tribal News

## Spring Break Culture Days 2019, Continued



Attendees counted tree rings to find the age of the tree



Youth learned the different parts of trees by acting out what each part of a tree does



Kathy Urban demonstrates weaving cedar bark



An alphabet sheet helped guessing in Takelma Pictionary



"Unicorns, not Tobacco" by Jenna Bright

# Blue Zones Project Corner

#### **BLUE ZONES® POWER 9: Build a Healthy Moai**

By Juliete Palenshus, Blue Zones Project® Umpqua, Engagement Lead and Kelly Audiss, Cow Creek Health and Wellness Center, Health Educator

#### Create a strong social support network

Did you know that having a social support network of loyal friends is good for your well-being and may add more healthy years to your life?

Okinawans maintain strong social connections by regularly spending time with their moais – groups of lifelong friends. A moai offers the support and security of knowing someone will always be there for you, especially in times of need.

Residents living in the original Blue Zones areas share common principles called Power 9®—these are healthy lifestyle habits that help them live longer, healthier, happier lives. Social connectedness is a common thread for people living in the world's Blue Zones® areas.

#### Grow a garden of friends

Good friends can pick you up when you are feeling blue, and vice versa. Sometimes just a simple phone call, e-mail, or text message from a friend can brighten your day.

#### Nurture Healthy Friendships

Friends provide more than good times, memories, and companionship – they also share habits. Did you know that if your friends have healthy habits, you are more likely to adopt these same traits?

Nourish friendships with people who will support your healthy habits, challenge you mentally, and be there for you when you're in need. Friends don't just grow on trees. They have to be carefully cultivated to bloom and grow. No matter how you build your relationships, healthy friendships have a profound, positive impact on everyone involved.

Maintain and nurture your friendships by showing sincere care and interest in them. Establish a time every day to meet with members of your inner circle,

whether it's just to talk, share a meal, or take a daily walk. It's good for your well-being! Look for people who are positive and upbeat, and who make you feel good about yourself and will accept you for who you are.

#### Ways to grow your Moai

An easy way to spend time with your Moai is finding a time each week where you can share healthy habits and encouragement by walking together. A walking Moai is a group of 8-10 individuals who regularly gather together to walk. Ideally, the group commits to walking together 1-2 times per week over the course of ten weeks.

Why Participate in a Tribal Member Walking Moai?

- Make new friends and get to know your community better.
- Receive support and motivation to get regular movement in.
- Build a weekly routine that includes exercise and create lasting friendships while doing so.

Here is how you can participate in a Tribal Blue Zones Project Walking Moai this May:

- Find a group of 8-10 family members or friends.
- Set a time to walk with each other each week.
- Begin walking with your groups the week of May 6<sup>th</sup> and continue walking each week for ten weeks, until July 15<sup>th</sup>.
- You can track your Moai's progress at this link https://www.surveymonkey.com/r/NHPZDHY.
- Results will be shared in this Newsletter at the end of the ten weeks.

# Messages from the Clinic

#### **April is Alcohol Awareness Month**

This year's theme is "Help for Today, Hope for Tomorrow."

Alcohol Awareness Month was established in 1987 to help reduce the stigma associated with alcohol addiction. During the month of April we are encouraged to bring attention to alcohol addiction and recovery.

Alcohol addiction is a chronic, often genetically predisposed illness that produces not only immediate negative health effects for the individual, but it also is a significant source of generational trauma for children and families affected by it. Parental alcohol abuse is one of the most significant sources of childhood trauma. That trauma alone contributes to poor health outcomes such as diabetes, heart disease and suicide under the Adverse Childhood Experiences (ACEs) model. Studies indicate that over 50 percent of all suicides are associated with alcohol/drug dependence and at least 25 percent of those who are addicted commit suicide.

"Alcohol prevention is suicide prevention." – Dr. Paul Quinnett

The Cow Creek Health & Wellness Center Behavioral Health Department is committed to alcohol/drug abuse prevention. If you or someone you love is affected by substance abuse, please contact our Behavioral Health team.

#### Sources:

https://www.facingaddiction.org/resources/alcoholawareness-month

https://www.ncbi.nlm.nih.gov/pubmed/1932152

https://www.cdc.gov/violenceprevention/ childabuseandneglect/acestudy/index.html?CDC\_ AA\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolen ceprevention%2Facestudy%2Findex.html

## **Diabetes Prevention Program - New Class Starting Summer 2019**

Begin the summer with a fresh start!

Are you worried about developing diabetes? Do you want to become as healthy as you can be? If you answered yes to any of these questions, the Cow Creek Health & Wellness Center's Diabetes Prevention Program (DPP) is for you!

This 16-week intensive program has had over 60 people with pre-diabetes see results. Since we first began this program, over 400 pounds have been lost, blood sugars have returned to normal, and cholesterol dropped by an average of 20 points!

Take off the pounds and keep them off with customized weekly classes from your own personal Registered Dietitian and Lifestyle Coach!



To join the upcoming Diabetes Prevention Program, please contact Erin Audiss, RD, at 541-672-8533 or Lauren Bentley, RD, at 541-839-1345. Classes will begin this Summer!

The Cow Creek Health and Wellness Center's Education Department would like to congratulate the DPP Class of Winter 2019 for completing the 16 week course, losing 105 pounds together, and taking steps to improve their health!

# Culture Corner

#### **Language Is Culture**

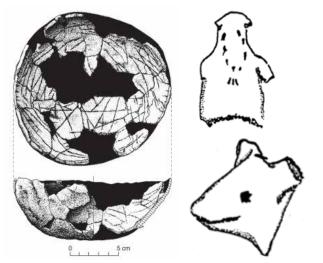
Wik'uuya'mhan!

Did you know that we, as a Tribe, did not traditionally call ourselves Cow Creek Indians? We called ourselves Nahankhuotana. The Cow Creek stream was a location on a map, not a people. The Cow Creek location name did not show up until the European settlers began to homestead in the Cow Creek area. They began to call us Cow Creek Indians because many of our people lived along this stream.

The language group meets on Thursday's at the Tribal Community Center (TCC) in Tri-City, Oregon, from 10 AM - 12 PM.

#### **Archaeology: Pottery**

Pottery was an important technology for native people, and is commonly found within the archaeological record. Through the use of tempered clay, vessels could be made for carrying water, cooking, ceremonial purposes, and other such uses. Within the Tribe's ancestral territory a pottery style called Siskiyou Utility Ware is the predominate style. About 400 to 500 years ago, Cow Creek ancestors also made clay figurines in the shapes of animals or human-shaped.

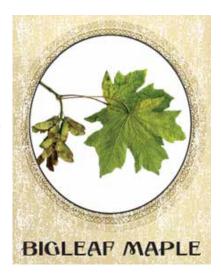


Reconstructed Siskiyou bowl & two clay figurines, all found in Jackson County

#### **Big Leaf Maple**

Common name:
Big Leaf Maple
Scientific name:
Acer macrophyllum

Traditional Use: The cambium layer of the big leaf maple was harvested to make everyday clothing, including capes and skirts. The young limbs were used for pipe stems.



<u>Planting instructions:</u> Propagation by seeds is best when seeds are sown as soon as they are ripe in a cold frame. Pre-soak the stored seeds for 24 hours, then stratify for two to four months at 1-8° C. Seedlings should be placed into individual pots when they are large enough to handle and grown there until they are twenty centimeters or taller before planting them into their permanent positions.

#### Kinnikinnick

Common name:
Kinnikinnick
Scientific name:
Arctostaphylos uvaursi

Traditional use:
The leaves of the kinnikinnick was mixed with tobacco to smoke. The small berries are edible.

# KINNIKINNICK

#### Planting instructions:

Plant seeds in full sun in sandy soil in spring. These plants will spread, so choose a spot with room to grow as a ground cover. Water moderately.

## Chief Miwaleta Day—Save the Date

Date: June 1, 2019

Hours: 10am – 2pm Location: Chief Miwaleta Park, 8399 Upper Cow Creek Road,

Azalea, OR 97410



Join us for picnic style games, a great lunch, and free fishing provided by Mid Oregon Bass Club. Look to next month's newsletter and Facebook for more information.

Any questions contact Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com



# Save the Date Culture Camp 2019



Date: June 14-15, 2019 Time: Friday 9AM-5PM Saturday 9AM-5PM

Location: Bare Park









# **Emergency Preparedness**

#### **Storm Damage Causes Hazardous Conditions in Some Areas**

Presented by Tracy DePew, Cow Creek Emergency Management Director, via the USDA Forest Service, Umpqua National Forest

The Umpqua National Forest would like to inform our visitors of potentially hazardous conditions throughout the forest, due to this past winter's severe storms and downed trees, which may have created potentially dangerous road and trail conditions.

"Due to the heavy snowfalls this February, many trails and roads are simply inaccessible," said Alice Carlton, Umpqua National Forest, Supervisor. "With the large number of downed trees and heavy snows, we are still working to assess the full impact to the forest."

Currently, the two most heavily impacted areas we have identified are located in the Cottage Grove and North Umpqua Ranger Districts. Barriers and barricades have been placed as warnings to the public of known hazardous roads and trails. The lack of a barricade or barrier should not be construed to mean an area is without hazards. Please be especially careful as there are many snags, downed trees, and damage throughout the forest.

Should you encounter Forest Service work crews clearing roads or trails, please do not approach them as the work can be dangerous for both them and you. Also, under no circumstances should the



Photo courtesy Umpqua National Forest

general public cut, clear or remove any downed trees from the roads in these heavily affected areas as this can be extremely dangerous.

As usual, when recreating in the forest, it is important to be well prepared with emergency equipment, water and food. Always let someone know where you are going and when you will be back.

The Umpqua National Forest will release more information once we have had the opportunity to assess the work needing to be done. Please continue to follow our Facebook page: https://www. facebook.com/UmpquaNationalForest/ for the most up-to-date information available.

#### Be Careful While Cooking

Presented by Tracy DePew, Cow Creek Emergency Management Director, via the American Red Cross

Cooking fires are the #1 cause of home fires. The leading cause of kitchen fires is unattended cooking, such as frying, according to the National Fire Protection Association. More than 55% of non-fatal, home-cooking fire injuries occur when people try to fight the fire themselves. The American Red Cross recommends that you never leave food unattended on the stove and keep a fire extinguisher in your kitchen. For more information, visit www.redcross.org/content/dam/redcross/atg/PDF s/ Preparedness Disaster Recovery/Disaster Preparedness/ 14 Home\_Fire/FireCookingFactSheet.pdf



Better to be safe than to be sorry

# **Education Corner**

#### Get One, Give One Giveaway

The Education Department was excited to be chosen as recipients of the Get One Give One Program. This program provides communities with Passion Planners, a unique and uplifting planner to keep your days, weeks and months focused and organized. The planners feature goal setting and reflection pages as well as daily 'good things that happened today' entries. Our EHYC youth, language learning Elders, and Youth Council were able to receive the planners thanks to the Passion Planner team!



The youth of the EHYC show off their new planners

#### **Afterschool Professionals Week Celebrated at Expanding Horizons Youth Center**

April 22<sup>nd</sup> - 26<sup>th</sup> is Afterschool Professionals Week!

The Expanding Horizons Youth Center, a program offered at the Tribal Community Center, is a traditional Afterschool program free of charge to all Cow Creek Tribal members and their immediate households. Youth in grades 4-12 living in South Douglas County are able to attend. Transportation is provided from South County Schools via First Students Busses. Attendees receive a free snack and nutrient rich dinner daily. Homework support is provided by qualified staff specializing in all levels of math, science, language arts, and reading support. EHYC operates every day the South Umpqua School District is in session. Parents are required to pick up their youth by 6 PM daily.

Over the last several years of operating, staff has tracked a steady incline of students grades and study skills. Youth attending the Center 3 or more times a week are more likely to be on the honor roll, have outstanding school attendance, and enter high school ready to succeed.

For more information, please contact our staff, Amber or Kayla at 541-860-7296 with any questions about our program. Enrollment packets are available for pick-up at 213 S. Old Pacific Hwy, in TriCity or email: alomascola@cowcreek.com. Summer program is available and more information will be released in May.



Youth at the EHYC weave cedar bark and beads

# Government and Programs

#### **Water Aerobics Are Back!**

Tribal Elders, the Water Aerobics classes are back! Staring on April 9<sup>th</sup>, this activity is held at the RV Resort in Canyonville, Oregon, on Tuesdays and Thursdays from 9 to 9:45 AM. All Tribal Elders are welcome. For more details, please contact AOA Coordinator Adrionna Brim at 541-677-5575.



Water aerobics is a fantastic exercise for Tribal Elders, as it provides aerobic activity with reduced stress on joints



# Yimìsa' Preschool Promise

Free Quality Preschool
In Myrtle Creek

By The Cow Creek Band
Of Umpqua Tribe of Indians
Mon-Fri 8:30-2:30

Open to all Douglas County families with 3 or 4 year olds (Tribal priority) Income qualification for most spots

Enrolling Now for September 2019

Due May 31st

Contact Sherri Hu

shu@cowcreek.com (541)677-5575





## **Summer Employment Opportunities for Tribal Students**

The following positions are available for Tribal students and Tribal college students coming home for the summer. These positions are short-term: no more than 10 weeks, and less than 30 hrs/week. Application deadline to apply is April 29<sup>th</sup>. If anyone is interested, or has any questions, please contact Tribal Workforce Development Manager Kelly Warner at 541-677-5575.

Expanding Horizons Youth Center Program Aide

Housing Department Administrative Support

Floating Government Office Assistance (Front Reception/Clerical, Emergency Management, Human Services)

Office Assistant at the Umpqua Indian Utility Cooperative

Limited Laborer, Housing Department

Limited Laborer, Maintenance Department

Takelma Roasting Event Assistant

Takelma Roasting Production Specialist

Accounting Assistant, Umpqua Indian Development Corporation

Tribal Youth Work Study, Umpqua Indian Development Corporation

# Government and Programs

## New Employee Spotlight: Charity McSperitt, Behavioral Health Manager/Licensed Clinical Social Worker

Charity comes to us from the Roseburg VA, where she worked for the past 7 years as the Chief of Social Work Services, and also the Deputy Chief of Mental Health. Prior to the VA, she worked at Douglas County Mental Health and Adapt. Charity received her Master's in Social Work from Portland State University, and a Master's in Business Administration from Northwest Christian College. Charity is very excited to become a part of the Cow Creek Health & Wellness Center Family.



#### **New Elders Repair Benefit Now Available to Tribal Elders**

A new Elder Emergent Home Repair Benefit program has been created to assist Elders with significant repairs to their homes that may not otherwise be covered by their homeowners insurance policy, or if Tribal Housing Repair Assistance program funds have already been utilized. This one-time per lifetime benefit of up to \$10,000 will be made available to be used on home repairs that, if not addressed, would create a life safety concern or could lead to home failure. If the repair is covered by insurance, this funding would also be available to help pay deductibles.

Eligibility for the program includes being over the age of 60 at the time of application, must have already used Repair Assistance funding or used the Repair Assistance funding in full in addition to requesting these funds, and must have legal ownership of the property. This benefit is available inside and outside of the service area. For more information regarding the program, or to see if an existing project would qualify for assistance, or to request an application, please contact Sarah Thompson, Housing Director, or Mel Johnson, Housing Programs Coordinator at (541) 677-5575.

## Promotions and New Responsibilities at the Cow Creek Health & Wellness Center

The Cow Creek Health & Wellness Center is pleased to announce the promotion of Sharon Stanphill to the position of Chief Health Officer. Sharon has worked for the Tribe for 19 years in many roles within the Health & Wellness clinic, and has played an integral role in the development of clinic operations.

In this new position, Sharon will be in charge of government-government relations regarding health issues, and will be responsible for developing local and regional Tribal health organization relationships. She will work with Indian Health Services and will play an instrumental role in State and Federal policy issues.



Sharon Stanphill



Dennis Eberhardt

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Senior Meal	3	4 Senior Meal	5 Elders Monthly Culture Items Class @7F 10 - 11:30 AM	6
					Elders Monthly Luncheon 12 PM @ 7F	
7	8	9 Senior Meal	10	11 Senior Meal	12	13
		Food Bank Open 9 AM - 11 AM		Takelma Classes		Spring Family Gathering at Bare Park 12:30 - 2:30 PM
		Water Aerobics		Water Aerobics		12.30 2.30 I W
14	15	16 Senior Meal	17	18 Senior Meal	19	20
				Takelma Classes		
		Water Aerobics		Water Aerobics		
				RSVP Deadline		
				for Ceremonial Regalia Class		
21	22	23 Senior Meal	24	25 Senior Meals	26	27
		Food Bank Open 2 PM - 4 AM		Takelma Classes		
		Water Aerobics		Water Aerobics		
		Ceremonial	Ceremonial	Ceremonial		
		Regalia Class 5 - 7 PM @ GO	Regalia Class 5 - 7 PM @ GO	Regalia Class 5 - 7 PM @ GO		
28	29	30 Senior Meal	10-71 WI @ GO	10-71W @ GO		
	Application Deadline	Water Aerobics				
	for Summer					
	Employment					
	Opportunities					

# Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

Water Aerobics: 9 - 9:45 AM @ RV Resort, Canyonville, OR

**GO:** Government Offices, Roseburg, OR

**TCC:** Tribal Community Center (formerly the Education and Workforce Center), Tri-City, OR

7F: Seven Feathers Casino Resort

BH: Block House, Canyonville

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

# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Senior Meal Water Aerobics	3 Elders Monthly Culture Items Class @7F 10 - 11:30 AM	4
					Elders Monthly Luncheon 12 PM @ 7F	
5	6	7 Senior Meal	8	9 Senior Meal	10	11
		Water Aerobics		Water Aerobics		
				Takelma Classes		
12	13	14 Senior Meal	15	16 Senior Meal	17	18
		Water Aerobics	Application	Water Aerobics	Tribal Voter Registration	Tribal Registration Closed through
		Food Bank Open 9 AM - 11 AM	Deadline for Yimisa' Preschool Promise	Takelma Classes	Applications Due by 3 PM	August 11
19 General	20	21 Senior Meal	22	23 Senior Meals	24	25
Council Meeting 10 AM @ GO Lunch Provided		Water Aerobics		Water Aerobics		
Food Bank Open after meeting				Takelma Classes		
26	27 GO Closed for	28 Senior Meal	29	30 Senior Meals	31 Application	
	Memorial Day	Water Aerobics		Water Aerobics	Deadline for	
		Food Bank Open 2 PM - 4 AM			Tribal Hunting Applications	

## Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

Water Aerobics: 9 - 9:45 AM @ RV Resort, Canyonville, OR

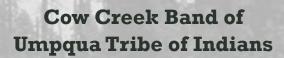
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