

Wik'uuyám Heeta'

"Friend, Away from Here"

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



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

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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 (and next day)

September -- Labor Day

October -- Columbus/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

Anvil Northwest Awarded Contract with City of Roseburg, Oregon

On June 11th, Tribally-owned graphic design company Anvil Northwest was awarded a 3-year contract by the City of Roseburg. Among the competition for the contract were 4 other agencies, including AHM Brands and the Roseburg Area Chamber of Commerce.

At the deciding meeting of the Roseburg City Council, Community Development Director Stuart Cowie played the video that Anvil Northwest had produced to demo their vision for promoting Roseburg. This video, which can be found here: www.facebook.com/AnvilNorthwest/videos/1291312517689195/, has already garnered a lot of enthusiasm from locals on social media platforms.

Anvil Northwest will be working to organize the marketing direction, brand development and visitor information services for Roseburg. They will also be integral in directing the renovation and modernization of the Roseburg Visitor Center.

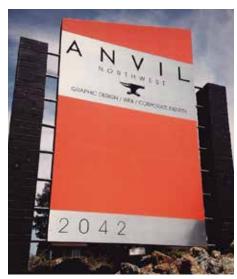


Image courtesy of Anvil Northwest

According to local news radio KQEN, "Councilor Andrea Zielinski said she was so excited about the move that she was 'getting goosebumps'."

Tribe Plans Revolutionary Approach to Managing New Reservation Land

With over 27,000 acres now falling under the Tribe's responsibility, the Natural Resources and Forestry Departments have been working hard with Tribal leadership to develop a forest management plan that will fulfil the Tribe's values and provide reliable revenue and improved hunting, fishing, gathering, and recreational opportunities for Tribal members.

The first goal of this plan, however, is to make sure that the forests are healthy and safe from the threats of insect invasion and wildfires. The contemporary "hands-off" approach to forest management over the last 30 years has led to large reserves that are overgrown to the point where there is not enough water and resources for the trees to be healthy. This weakens natural defenses, allowing insects to invade and multiply their numbers to epidemic levels. The fallen trees, branches, slash, and so forth lay down dangerous levels of fuel for wildfires on the forest floor. In studying recent devastating wildfires, it is shown that over 80% of the heat of a wildfire comes from the excessive fuels accumulated on the forest floor.

By combining Tribal values with cutting-edge science and technology, Tribal leadership has crafted a unique and revolutionary plan that will create healthy forests capable of resisting insect invasion and, through prescribed low-intensity burns that clear the forest floor of fuels, stopping forest fires in their tracks. This plan will not only improve opportunities for Tribal members, but will also protect and grow the forests to be profitable for the Tribe for generations. When the plan is complete, Tribal leadership plans to open it up to Tribal members for feedback and improvement.

"The historic gift of these lands is the result of a lot of hard work, dedication, and sacrifice by Tribal leadership," says Tim Vredenburg, Director of Forest Management. "As we move forward with this forest management plan, we are really looking at developing something that is wholly Cow Creek, that will improve the lives and opportunities of Tribal members today, and even more so for the generations of the future."

Tribal Artist's Work to Be Featured In Senate Bill 13 Curriculum

The development of our "Tribal History/ Shared History" Senate Bill 13 curriculum is nearing completion, and the Education Department is very grateful to Cow Creek Tribal artist Sarah Thompson-Moore. Sarah responded to a newsletter call out for artists to help with developing culturally and historically accurate renditions of pre-contact Cow Creek life. Sarah graciously put herself into a position to prioritize this work in order to meet the project time line. Sarah also worked very closely with the Cultural Program staff, taking feedback and making changes to her work as needed, in order to develop the most accurate renditions of pre-contact Tribal life possible.

Sarah is a descendant of the Rainville family on her maternal side. She was born in LaGrande, Oregon, and moved with her family to Coeur d'Alene, Idaho, when she was 12. Sarah studied art in Florence, Italy, for a semester after she graduated from high school. When she came back from Italy, she went to work for an art bronze foundry. As a trained bronze foundry artisan and master mold-maker, Sarah's early work involved comprehensive study of the figure. Sarah graduated from the Pennsylvania Academy of the Fine Arts in Philadelphia in 2015 with a Bachelor of Fine Arts in Sculpting. She has created multiple public art sculptures that are

currently located in the Florida Keys Sculpture Trail. Her training and areas of expertise can be seen in her depictions of early Cow Creek life.

Sarah Thompson-Moore was eager to share her talents with the Cow Creek Education Department in developing the drawings for the



Sarah Thompson-Moore

SB13 curriculum. As she says: "I want to give back to my Tribe." We are grateful for Sarah and her talents, and look forward to more partnerships in the future. Sarah currently works out of her home studio in Coeur d'Alene, Idaho. You can view more of Sarah's work at www.sarahthompsonmoore.com.



Artistic depiction of a camas harvest

Board Members Attend LCIS Spring Celebration of American Indian Week

On Thursday, May 16th, representatives from all nine Federally Recognized Tribes gathered at the Rotunda in the State Capitol Building for the Spring Celebration, hosted by the Legislative Commission on Indian Services (LCIS). Tribal Board Member Robert Van Norman carried Cow Creek's flag as members of each Tribe presented their flags to the sound of Tribal drumming and singing.

The festivities included display tables for each Tribe, youth dancers, Governor Brown signing a declaration of American Indian Week, and leaders from each of the nine Tribes speaking to the attendees, closing with a delicious meal catered by Grand Ronde's Spirit Mountain Casino. It truly was a symbol of the State of Oregon's continued dedication to maintaining a healthy government-to-government relationship with the Tribes native to this area.



Leaders of the nine Federally Recognized Tribes applaud as Governor Kate Brown signs the proclamation of American Indian Week

Cow Creek Tribe Gifts \$500,000 to the Asante Foundation for Their Behavioral Health Initiative

As announced in the Tribal General Council meeting in May, the Tribal Board of Directors has approved a donation to Asante Behavioral Health Center in Medford. Asante has made a commitment to the behavioral health needs of southern Oregon and northern California. The Behavioral Unit will have 24 rooms available for treatment. This is clearly not enough to meet the needs of southern Oregon, but it is a step in the right direction. Being located in Medford will provide another option for Tribal members in need. Currently, the option for Tribal Members is NARA in Portland with a few other locations throughout the state that are usually at capacity.

Each year, the Tribe has a number of requests for in-patient treatment for Tribal Men, Women and Children for behavioral and/or substance abuse issues. With limited in-patient options, timing is an issue. By the time a bed is available, circumstances most likely have changed for the member and the opportunity for treatment is missed.

One in five persons will suffer from mental illness at some point during their life. The Behavioral Health Initiative will transform the way Asante cares for those afflicted. Currently, there is limited in-patient residential behavioral health resources and with the addition of beds in southern Oregon, the burden can be somewhat lightened. More options of resources must continue to be sought out.

The Cow Creek Health and Wellness Clinic continues to offer out-patient behavioral health care for members of the Tribe and their families for counseling, addiction, abuse and prevention.

According to Cow Creek Chairman Dan Courtney, "The Tribal Board thought investing in the Asante Initiative was an investment in the health and well-being of the Cow Creek Tribe and the communities in which so many of our members live. Mental health is critical to a productive life. Those troubled with mental illness need treatment. Asante's vision is important for all of us."

Tribe Participates in Life-Saving "Respect the Water" Initiative

Three years ago, the Cow Creek Tribe joined a committee of concerned citizens and organizations which pushed for spreading awareness of dangerous water temperatures. This group calls itself the "Respect the Water Committee," and has spread awareness that water below 60 degrees Fahrenheit can kill even seasoned swimmers via shock, hypothermia, and drowning by loss of motor skills.

Their efforts have lead to water safety equipment and water temperature monitoring stations in many popular recreation areas. The *News Review* newspaper of Roseburg, Oregon, now runs a water temperature notice on their front page each day, and the current water temperature can be found at www.541radio.com.

Always wear a life jacket in or around the water, and check the water temperature before jumping into a river; it could save your life.

Vacancy on Youth Activities Committee

The Youth Activities Committee has a vacant position. The committee hosts fun activities for our Tribal Youth throughout the year. Here is an outline of the commitments involved, as well as important dates to keep in mind:

- Monthly meetings from 5:15 7:15 PM on Mondays, usually held at the Tribal Government Offices in Roseburg.
 - Remaining 2019 meeting dates:
 July 8th, August 5th, September 9th, October 7th, November 4th, December 2nd

- Major Remaining 2019 Events:
 - Summer celebration, Fall Family Gathering (around Halloween), Youth Pow Wow (Veteran's Day Weekend), and Winter Family Gathering (December).

If you are interested in being a part of this committee, please contact K'Ehleyr McNulty for an application and more information. Submissions must be e-mailed to K'Ehleyr McNulty, Youth Development Specialist, at KMcNulty@cowcreek.com. Submissions will be accepted until noon on July 31, 2019.

UCC STEAM Extravaganza

On Saturday, May 18th, we were lucky enough to take a handful of youth with us to the STEAM (Science, Technology, Engineering, Art and Math) Extravaganza hosted by Umpqua Community College. We were able to explore all kinds of science. Some favorites were: the robotics station, video game programming with the Boys and Girls Club (wouldn't you love to make music with bananas?!), learning about circuitry, watching drones race through the trees, and building using magnetic stacking plates. The kids were troopers through the light rain showers and enjoyed testing their balance at the National Guard play area as well. We had a blast and would love to be able to take more youth with us next year!



A balance battle at the National Guard play area

Chief Miwaleta Day 2019

The Cow Creek Tribe celebrated Chief Miwaleta Day again this year in honor of one of the Tribe's historical figures, held at the park in his name near the Galesville Reservoir. The event was catered and organized by the Seven Feathers Casino, who did an incredible job at providing good times and good food to everyone who came out to the event.

There was exciting games and events, such as a bean bag toss, a sack race, a raffle with some great prizes, a booth from the Behavioral Health department, a Tribal drumming circle, and the traditional stick game Shinny, but the primary draw came from the free boat rides and (thanks to the free fishing weekend) the chance to catch a fish out on the water.



An exciting catch for a Tribal family



Group shot of the attendees

Tribal Chief Health Officer Meets with United States Surgeon General

While speaking at a public health conference in Albuquerque, New Mexico, Tribal Chief Health Officer Sharon Stanphill had the opportunity to both listen to and speak privately with the current Surgeon General of the United States of America, Rear Admiral Doctor Jerome Adams. According to Stanphill, he spoke on four key topics: the importance of vaccinations, oral health improvement, military eligibility, and the prevalence of opioids, commercial tobacco, and e-cigarettes. One key point was that carrying Narcan (Naloxone) is entirely risk-free, and can help you save the life of someone who has overdosed on opioids.



Tribal Chief Health Officer Sharon Stanphill and U.S. Surgeon General Jerome Adams

Tribal Garden Hours of Operation 2019

Beginning June 3rd this year, the Tribal Garden (located just off I-5 exit 101) will be open for Tribal Members. This year, the garden is only producing Berries and Fruit. The hours of operation will be Monday – Friday 8 AM to 12 PM. We encourage Tribal Members to come on down and start picking your berries for canning and freezing. We hope to see you there.

If there are any questions or concerns, please feel free



The produce is free for Tribal members

to contact Justin Mathison at 541-677-5575 or info-landandrealty@cowcreek.com.

Tribal Hunting Rules and Regulations Posted Online

On May 19, 2019, the Tribal Board approved the 2019 Tribal Hunting Rules and Regulations. Tribal members may view the adopted rules at www.cowcreek.com/natural-resources/tribal-hunt/. You will need to log in to your account or make an account to access this page; click the "login" button on the top right corner of the screen. The deadline for applying for a 2019 Tribal hunt tag ended on May 15, 2019. The lottery selections process took place at the Natural Resource office on June 5, 2019. All successful hunters in this year's drawing will receive a postcard notification in the mail.

Leftover Hunting Tags Available to Tribal Elders

The Natural Resource Department currently has two (2) Elder "Antlerless Elk" tags available for the Dole Road Hunt. The dates of the hunt are Sept. 28th - Dec. 31st. Tribal Elders may re-enter their name into a drawing for the leftover tags even if you have received a tag in the past 3 years, and provided you were not selected for any elk tag in 2019. Tribal Elders who may need assistance for their hunt may have a Tribal member hunt for them. Contact the Natural Resource office at 541-672-9405 to enter your name in the drawing. The deadline to re-enter is August 1, 2019.

Tribe Recognized for Student Support Efforts at Golden Pear Awards 2019

Every year, the Medford School District celebrates excellence in teachers and support staff, those who improve the lives of students every day. Three teachers and one support staff member were



Golden Pear Awards logo courtesy of Medford School District

chosen to receive the Golden Pear Award at the award ceremony on May 10, 2019. The Cow Creek Tribe was recognized by the school district for its continued support of education and student care not just in Medford, but in all the state of Oregon.

Government and Programs

Student Rental Assistance (SRA) Program

The Cow Creek Tribal Housing Program provides rental assistance to eligible low-income Tribal members attending an accredited college, university, or trade school full time. The program runs from September to May each year (assistance isn't available from June to August). Students anywhere in the United States are encouraged to apply at any time during the school year for future monthly payments.

When accepted into the program, the Housing Department will pay \$300 per month toward a student's housing costs on or off campus. Payments are made directly to the landlord or school housing department; payments cannot go to the Tribal member, a family member, or a mortgage company. Some schools combine room and board costs. In this situation, the housing-only costs must be separated out.

SRA is federally funded through the Indian Housing Block Grant (IHBG). Participants must meet and maintain eligibility criteria. Eligibility is based on income, household size (for off-campus housing only), rent amount, and grades for each term. SRA participants cannot pay more than 30% of their total household income for rent. Approval is subject to available funding.

We are now accepting applications for the 2019-2020 school year.

For more information, contact Mel Johnson, Housing Programs Coordinator, at 541-677-5575 or MJohnson@cowcreek.com. You may also contact Sarah Thompson, Housing and Self-Sufficiency Director at 541-863-3730 or SThompson@cowcreek.com. The application is available for download at www.cowcreek.com through the Tribal Members' portal. Just click on the Login option at the top.

High School Students Ride Free on U-Trans This Summer

U-Trans is allowing students through high school to ride for free during the summer. High school students are required to show their student ID card. UCC students should be getting their bus passes through the school for \$50/3 months.

For Tribal members, there are several monthly passes available, including senior passes. If you run out of monthly passes, please contact Mel Johnson or Sarah Thompson at 541-863-3730.

Expanded Outpatient Lab Hours

New Hours: 7:30 a.m. - 4:30 p.m.

Beginning Monday, June 10th Monday to Friday, labs open at 7:30 a.m. North & South Clinics

Walk-ins are welcome, no appointment necessary.

For more information, call: North Clinic: 541-672-8533 South Clinic: 541-839-1345



Messages from the Clinic

7 Secrets to Summer Sun Safety

Warmer weather and lots of sunshine often means spending more time outdoors. But while that additional sun may feel good, it can be dangerous to your skin and raise your risk of skin cancer. Here are seven steps from the American Academy of Dermatology and the Centers for Disease Control and Prevention for safely enjoying the summer sun.

- 1. <u>Slip on some sunglasses</u>: Your eyes also need protection from the sun. Choose sunglasses with UVA and UVB protection. Wraparound glasses will do the best job of blocking stray ultraviolet rays.
- 2. Stay in the shade as much as you can: The sun's ultraviolet rays are strongest from 10 AM to 2 PM. If you head outdoors during that time, try to find some shade. Set up an outdoor umbrella, or sit under a tree and enjoy the weather.
- 3. <u>Use sunscreen, even if it's overcast</u>: The sun can damage your skin in just 15 minutes, even on a cloudy day. Apply a broad-spectrum sunscreen with an SPF of 30 or more whenever you're going to be outside. Make sure to use it on any exposed skin. Reapply every two hours, or more frequently if you've been swimming or working up a sweat.
- 4. <u>Cover up as much as you can</u>: Wearing long-sleeved shirts and pants is the best way to protect your skin from ultraviolet rays. Even if you're at the beach, always put on a T-shirt or a beach cover-up.
- 5. Wear a wide-brimmed hat: One with a full brim can shade your face, ears and neck. If you wear only a baseball cap, be sure to slather sunscreen on your neck and ears.
- 6. <u>Be particularly careful around reflective surfaces</u>: These include water, sand, and concrete. They reflect the sun's rays and can increase your risk of sunburn.
- 7. Teach your kids about the dangers of tanning:
 Start talking to them when they're young, and keep the conversation going as they get older. Teens often take up sunbathing and indoor tanning, which 10 can damage skin too. By repeatedly explaining

the risks of tanning—even if it's just once before a special event like prom—you can help your children reduce their chances of getting skin cancer.



Be safe so you can have fun this summer

Mediterranean Chickpea Salad

Lauren Haddock, RDN, LD, Cow Creek Health & Wellness Center Looking for a healthy and fresh summer recipe? Try this Mediterranean Chickpea Salad, perfect for a light lunch or a dish to share at a potluck.

Ingredients (6 Servings)

1 red bell pepper, seeded and diced

2 (15 oz) cans chickpeas, drained and rinsed

1 cucumber, sliced and quartered

½ red onion, sliced

½ cup Kalamata olives, halved

½ cup feta cheese

1 Tbsp fresh parsley, chopped

1 Tbsp lemon juice

2 tsp black pepper

2 tsp salt

1/4 tsp red pepper flakes

½ cup olive oil

1/4 cup white wine vinegar



In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives and feta cheese. To make the dressing, add remaining ingredients in a jar fitted with a lid and shake until well blended. Pour the dressing over the salad and mix well. Refrigerate one hour before serving. Enjoy!

Calories 210, Carbs 24g, Protein 10g, Fat 9g

Blue Zones Project Corner

BLUE ZONES® POWER 9: Plant Slant

Kara Dressler, Cow Creek Health and Wellness Center, Clinic Communications Coordinator

PUT A PLANT SLANT ON YOUR PLATE

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.

Healthy Eating on the Run

We all know that watching what and how much we eat helps us feel better and prevents costly health conditions and illnesses. We also know that actually enjoying nutritious and delicious meals on a busy schedule is easier said than done. Use these quick tips to make healthier choices when you're in a hurry:

- Skip the fries and go for a baked potato or side salad. Forget the butter and sour cream and top your potato with salsa, olives, hummus, or a cup of vegetarian chili.
- Boost nutrition by adding tomatoes, lettuce, peppers, and other veggies to your sandwich.
 Try a plant based meat or grilled tofu on whole grain bread and a low-fat spread like mustard or ketchup.
- Pass up on the all-you-can-eat specials, buffets, and unlimited salad bars. If you do choose the buffet, fill up on salads, soups, and veggies first. Use a small plate.
- Like wraps? Choose fillings like rice and/or beans mixed with grilled veggies or tofu with flavorful toppings and sauces.
- Grabbing dinner at the supermarket deli? Select veggie sandwiches, bean burritos (microwave there in the store), salad-in-a-bag, freshly baked bread, and fresh fruit.

TOP 5 WAYS TO THINK OUTSIDE THE BROWN BAG

Your brown bag lunch doesn't have to be boring. Try adding more brightly colored veggies and fruits for flavor and nutrition.

- Pack a salad: Start with dark, leafy greens, which contain vitamins, including iron and folate, as well as cancer-fighting antioxidants. Top your salad with a healthy, low-fat dressing. Make your own by using sesame or olive oil mixed with a flavored vinegar or lemon juice.
- 2. <u>Eat fresh</u>: Try a different color each day each has a variety of vitamins and minerals that work together to protect your health.
 - <u>Red</u>: Tomatoes, watermelon, strawberries, red grapes, raspberries, red peppers
 - Orange: Apricots, cantaloupe, carrots, papaya, peaches, oranges
 - <u>Green</u>: Broccoli, lettuce and other greens, spinach, chives, peas, kiwi fruit, green peppers
 - White: Cabbage, cauliflower, onions, garlic, scallions, leeks, potatoes
 - <u>Purple/Blue</u>: Blueberries, blackberries, red cabbage, raisins, eggplant
 - Yellow: Corn, yellow peppers, bananas, squash
- 3. Add a protein punch: Foods high in protein, like beans, tofu, and lentils, give you important folate and minerals, plus an energy boost.
- Don't forget whole grains: cooked rice, millet or whole wheat pasta to add extra fiber, vitamins, and minerals to your lunchtime meals.
- 5. Throw in a hot potato: Add a hot potato to your lunch bag, with broccoli for quick energy on the go.

Emergency Preparedness

Wildfire Season Approaching: Know the Evacuation Levels

Presented by Tracy DePew, Cow Creek Emergency Management Director, via the Oregon Office of Emergency Management

Parts of Oregon are already heading into wildfire season, and given the serious season that Oregon and other parts of the West Coast experienced last year, Oregon's Office of Emergency Management offers an important reminder about evacuation levels. The statewide "Ready, Set, Go" system is used to notify communities that they are facing a threat and are used for floods, fires, and other hazards.

"An important part of wildfire preparedness is familiarity with statewide evacuation levels," says OEM Director Andrew Phelps. "Wildfires can come without warning and move quickly, so residents need to prepare now in case they have to leave their home."

Oregon Evacuation Levels

LEVEL 1:

"BE READY" for potential evacuation.

LEVEL 2:

"BE SET" to evacuate.
YOU MUST PREPARE TO LEAVE AT A
MOMENTS NOTICE

LEVEL 3:

"GO" Evacuate NOW, LEAVE IMMEDIATELY!

- Level 1 Evacuation means "BE READY" for potential evacuation.
 Residents should be aware of the danger that exists nearby, and monitor emergency services websites and local media outlets for information. This is the time for preparation and precautionary movement of persons with special needs, mobile property and (under certain circumstances) pets and livestock. If conditions worsen, emergency services personnel may contact you via an emergency notification system.
- Level 2 Evacuation means "BE SET" to evacuate.
 You should be ready to leave at a moment's notice, as this level indicates there is significant danger to your area, and residents should either voluntarily relocate to a shelter or with family/friends outside of the affected area. Residents may have time to gather necessary items, but doing so is at their own risk.
- <u>Level 3 Evacuation means "GO" Evacuate NOW leave immediately!</u>

 Danger to your area is current or imminent, and you should evacuate immediately. If you choose to ignore this advisement, you must understand that emergency services may not be available to assist you further. DO NOT delay leaving to gather any belongings or make efforts to protect your home.

OEM partners with the Department of Forestry, the Office of the State Fire Marshal, Keep Oregon Green, and other state agencies each year to promote wildfire awareness and preparedness, and urges all Oregon communities to always follow the directions of emergency officials during evacuations.

"We want to make sure every Oregonian is safe this fire season and that you are prepared for any hazard we face," says Phelps.

Red Cross Trains Volunteers to Make a Difference in Community

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

The Red Cross, with support from volunteers, makes a difference in our communities. Whenever disasters strike, the Red Cross is there to help. Every day in Oregon and Southwest Washington, the Red Cross responds to home fires, floods, wildfires and other disasters; provides blood to patients in need; trains Oregonians in CPR and First Aid; and supports military families before, during and after deployment. If you are interested in volunteering with your local Red Cross, visit redcross.org/local/oregon/volunteer.

Emergency Preparedness

Fire Season Begins on DFPA Protected Land

Presented by Tracy DePew, Cow Creek Emergency Management Director, via the Douglas Forest Protective Association

The 2019 fire season officially began Tuesday, June 11th at 12:01 AM on all lands that are protected by the Douglas Forest Protective Association. The declaration of fire season imposes certain fire restrictions on both the general public and industrial operators to help prevent wildfires.

With the declaration of fire season, the use of exploding targets and tracer ammunition are prohibited within the Douglas District. In addition, the use of Sky Lanterns are prohibited year-round in Oregon.

The start of fire season also means the end of unregulated outside debris burning for rural Douglas County residents. Due to poor burning conditions which have come earlier this year than normal, burn permits for debris piles and burn barrels will not be issued. In addition, fire officials recommend checking any debris piles that were burned earlier this spring. If not properly extinguished, burn piles have the potential of smoldering for weeks, or even months, before popping back to life on a warm, windy day.

The declaration of fire season also means the start of industrial fire regulations. On the 11th, the entire Douglas District went into Industrial Fire Precaution Level I (one.) During IFPL I, smoking is prohibited while working on, or traveling through, an industrial operation. In addition, specified fire tools and suppression equipment must be on site and ready for use at all industrial operations taking place within the Douglas District. A fire watch is also required once work has completed for the day.

As fire season progresses, additional public and industrial fire restrictions may be imposed as fire conditions become more severe. An interactive map with state wide fire restrictions can be viewed online at https://gisapps.odf.oregon.gov/firerestrictions/PFR.html

To date, DFPA has suppressed 14 fires that have burned 111 acres.

Beach Fire Safety

Presented by Tracy DePew, Cow Creek Emergency Management Director, via Oregon State Parks

Planning on going to the beach? Place your beach fires on open sand, away from driftwood and vegetation. Use water to extinguish the fire, not sand. Covering the fire with sand will insulate the coals, keeping them hot enough to burn



Be safe using fires on the beach

unsuspecting beach-goers hours or even days later.

Use Fire Rings in Oregon State Parks

Presented by Tracy DePew, Cow Creek Emergency Management Director, via Oregon State Parks

Camping in an Oregon State Park? Only build campfires in the existing fire ring in your campsite. Fire ring locations are carefully picked and park rangers clear vegetation around rings to create a safe buffer zone for camp fires.



An example of a fire ring

Culture Corner

Blackcaps

Rubus leucodermis
The blackcap is a berry that ripens in July to August. The berries can be eaten fresh or dried for later use. The root and leaves are used to treat diarrhea and sore throats.



Blackcaps

For harvesting, look for disturbed sites, clear cuts, or burn sites. The stems are covered with a whitish film. The plant has white, pinkish small flowers in clusters. I always bring sukuníthkh (my basket) when I pick blackcaps.

Prince's Pine

Chimaphila menziesii
You can find this plant
blooming from June to
August, depending on the
growing season. Most of us
will recognize the evergreen
leaves and are lucky when
we see it flowering. The plant



Prince's pine

is described as a low plant with 1 - 3 shallow bowlshaped, pink, pinkish-white, or pinkish-green flowers hanging at ends of branches above leathery, dark green leaves. The root is used in tonics to cleanse the blood and to treat kidney and bladder trouble.

Do You Need a Basket for Picking *Kélex* (Huckleberries)?

Berry Basket Weaving with Kathey Ervin When: July 13-14, 2019; 9AM - 2PM

Where: Government office

Join us this weekend to create a small cedar basket for picking berries. Kathey Ervin will teach us techniques to weaving with cedar. All supplies and materials will be provided.

Please RSVP by June 27, 2019 to Jennifer Bryant at 541-677-5575 or jbryant@cowcreek.com.

Cow Creek Tribal Pow Wow 2019

The 42nd Annual Cow Creek Tribal Pow Wow will be held July 19 - 21, 2019. There will be a salmon dinner & potluck on Friday at 7 PM: bring your favorite dish to share! The Grand Entry will begin at 7 PM on Saturday, and the raffle will begin at 10 AM on Sunday.

Please remember this is dry camping only. Water is available during the event. No alcohol, drugs, or weapons are allowed. Volunteers are needed for: fish, fry bread, raffle, garbage, and kid's games. For more information, contact Tammy Anderson at tammy.anderson@cowcreek.com or 541-672-3861, or Lottie Hamrick at lottiehamrick@hotmail.com.

Archaeology: the Cache

One important type of archaeological site that has provided a lot of insight to traditional lifeways is the cache. A cache in archaeological terms is like any other cache. People would dig out a hole and place items within the hole so that they could come back later, dig up the items and use them. If a person was intending to revisit an area, it would have been much easier to leave the items than to pack them around everywhere they went. Archaeologists have found many different types of objects in caches, including stone tools, ceremonial items, and even caches of dried fish.



Cache found on the Oregon coast

Culture Corner

Language Is Culture: the Civet-Cat

Have you ever wondered what causes thkwá (thunder)? It might be a civet-cat. It is said that thunder is caused by the drumming of this raccoon-like animal, and that the lightning is his fire.



A civet-cat

The ringtail is a mammal of the raccoon family. Even though it is not a cat, it is also known as the ringtail cat, ring-tailed cat, or miner's cat, and is also referred to as a "civet cat."

Much like the common raccoon, the ringtail is nocturnal and solitary. It is timid towards humans and seen much less frequently than raccoons. Despite its shy disposition and small body size, the ringtail is arguably the most active carnivorous animal of its species. The ringtail also eats a larger portion of fruits, insects, and refuse.

In Southern Oregon and Northern California, the regalia of men and boys commonly exhibits the civet-cat's fluffy, ringed tail. More specifically, the ring-tail is noted for its prominent use in ceremonies and is not used in "pow wow dancing" regalia.

Takelma Language Classes to Go on **Short Break**

Language classes will be taking a short break this summer. The final class will be on Thursday, July 11, 2019, from 10 AM - 12 PM. Classes will be picking up again on August 15th and will be held at the new location in Myrtle Creek. Stay tuned for additional information, or call Rhonda Richardson at the Natural Resources Department at 541-677-5575 extension 5513.

As summer approaches, stay safe and remember when you hear thkwá (thunder), keep watch for fires as the Civet-Cat throws arrows of lightning.

Womens' Traditional Pow Wow Dress

Women's traditional pow wow dancers wear long, beautiful buckskin or cotton cloth dresses, adorned with meaningful designs made from beads, animal teeth. quillwork, shells and/or ribbon.

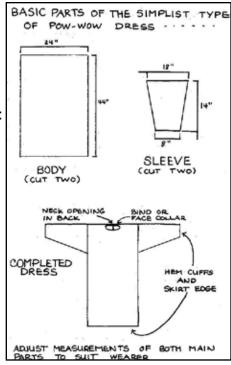
The women carry a shawl draped over their arm and a feathered fan in their hand as they move in a stationary manner on the outside of the circle. During the song, the stronger, louder, and slower beats (known as honor beats) will cue the women that they need to lift their feather fan to

show their pride and appreciation for the Creator's blessings.

Always remember: when we dance. we dance for our ancestors, new and old.



A finished woman's pow wow dress



Education Corner

Summer 2019 Expanding Horizons Youth Center Summer Activities

Please join us again this summer for a variety of 3 day STEAM themed classes offered to our Cow Creek youth and their siblings. Students going into 4^{th} -12th grades are welcome.

Class times will be from 11 AM to 3 PM, Monday to Wednesday, at various locations throughout Southern Oregon. Lunch, snack, and transportation will be provided to and from Canyonville, Cow Creek Government Offices in Roseburg and Wili Tribal Housing. We can accommodate 10 youth per class. If less than 4 participants RSVP for a workshop, it may be canceled.

Watch the mail for a registration form that will need to be completed before your child's first day of class. For more information, or to RSVP, call 541-860-7296 or email alomascola@cowcreek.com.
All RSVPs must be confirmed by the Thursday before each class begins.

Cooking Class: June 24 - 26, all three days will be spent at TCC learning to cook healthy meals and snacks.

<u>Silkscreen Printing at T.Walk Studios</u>: July 1 - 3, students will learn how to create silk screen images and make T-Shirts with Takelma greetings.

<u>Tribal Forestry Exploration and K-Bar Ranch "Cow's Eye View"</u>: July 8 - 10, Students will take a two-day guided tour around Tribal reservation land near Myrtle Creek, learning about using GPS and timber scaling, then will explore daily operations at the K-Bar Ranch.

EHYC Summer Program Closed: July 12 - 26

<u>Wild Animal Week:</u> July 29 - 31, students will travel to a bear museum, and the Wildlife Images animal rehab facility in Merlin, and then will attend a canvas art class. NOTE: on July 30th, this class will start at 10:30 AM, half an hour earlier than on other days.

<u>Takelma Exploration:</u> August 5 - 7, students will learn Takelma greetings, get a Takelma shirt, will tour local places of importance to our Tribe, will travel to Grants Pass Art Museum to learn about the Rogue Wars, and will learn to process pine nut beads to use in necklaces.

<u>Build Your Own V8 Engine:</u> August 12 - 14, students will build a 100-piece model of a running V8 engine.

<u>Tribal Best Practices, Ceremonial Tobacco</u>
<u>Pouches:</u> August 19 - 21, students will learn about traditional uses for tobacco, and will make their own rawhide pouches and rattles.



EHYC Students during 2018 Summer Activities

Education Corner

Educational Advocacy – IEP and 504 Support Program

The Education Department is excited to be able to offer additional support to students and families navigating an IEP and/or 504 plan. This might be sitting in on meetings as a partner, advocating for access to services or mediating contact between the school, district, and families. We are excited to help in whatever capacity is most useful to you! Here is some helpful information provided by the University of Washington to familiarize us with these two programs:

What Is the IEP?

The Individualized Educational Plan (IEP) is a plan or program developed to ensure that a child who has a disability identified under the law and is attending an elementary or secondary educational institution receives specialized instruction and related services.

What Is the 504 Plan?

The 504 Plan is a plan developed to ensure that a child who has a disability identified under the law and is attending an elementary or secondary educational institution receives accommodations that will ensure their academic success and access to the learning environment.

Little Free Libraries Updates Coming

After many recent changes in the Education Department, we are glad to announce that regular book updating will start again at our three Little Free Library locations! You can expect book inventory at the locations below to be updated weekly:

North Clinic South Clinic Taylor St. Park

Until further notice, kiosks will be refilled on Mondays. If you have suggestions for new books or favorite authors, feel free to contact K'Ehleyr McNulty at kmcnulty@cowcreek.com or 541-677-5575. We are always looking for exciting new recommendations!

Subtle but Important Differences

Not all students who have disabilities require specialized instruction. For students with disabilities who do require specialized instruction, the Individuals with Disabilities Education Act (IDEA) controls the procedural requirements, and an IEP is developed. The IDEA process is more involved than that of Section 504 of the Rehabilitation Act, and requires documentation of measurable growth. For students with disabilities who do not require specialized instruction, but need the assurance that they will receive equal access to public education and services, a document is created to outline their specific accessibility requirements. Students with 504 Plans do not require specialized instruction, but, like the IEP, a 504 Plan should be updated annually to ensure that the student is receiving the most effective accommodations for his/her specific circumstances.

Please contact Sandra Henry for further information at shenry@cowcreek.com or 541-677-5575.



Little Free Library at Taylor St. Park

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Chief Miwaleta Day Celebration 10 AM - 2 PM @ Chief Miwaleta Park, 8399 Upper Creek Road, Azalea, OR
2	3	4 Senior Meal	5	6 Senior Meal	7 Elders Monthly Culture Items Class @7F 10 - 11:30 AM	8
					Elders Monthly Luncheon 12 PM @ 7F	
9	10	11 Senior Meal	12	13 No Senior Meal	14 Culture Camp 9 AM - 5 PM @ Bare Park	15 Culture Camp 9 AM - 5 PM @ Bare Park
				Takelma Classes	Senior Meal	
				Elders Trip to Hellgate jet boats	Elders Trip to Hellgate jet boats	
16	17	18 Senior Meal	19	20 Senior Meal Takelma Classes	21	22
		Food Bank Open 9 AM - 11 AM		EHYC Cooking Class RSVP Deadline		
23	24	25 Senior Meal	26	27 Senior Meals	28	29
	EHYC Cooking Class @TCC	EHYC Cooking Class @TCC	EHYC Cooking Class @TCC	Takelma Classes EHYC Silkscreen Printing Class RSVP Deadline Basket Weaving RSVP Deadline		

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

Youth: 2 PM @ TCC

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.

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Senior Meal	3	4 GO Closed	5 GO Closed	6
	EHYC Silkscreen Printing Class	EHYC Silkscreen Printing Class	EHYC Silkscreen Printing Class	Veterans Dinner @7F EHYC Forestry Exploration Class RSVP Deadline		
7	8 EHYC Forestry Exploration Class	9 Senior Meal Food Bank Open 9 AM - 11 AM EHYC Forestry Exploration Class	EHYC Forestry Exploration Class	11 Senior Meal Takelma Classes (Last Class until August 15 th)	12 EHYC Closed until July 26 th	13 Berry Basket Weaving @GO 9 AM - 2 PM
14 Berry Basket Weaving @GO 9 AM - 2 PM	15	16 Senior Meal	17	18 Senior Meal	19 Cow Creek Tribal Pow Wow @ South Umpqua Falls Salmon Dinner & Potluck 7PM	20 Cow Creek Tribal Pow Wow @ South Umpqua Falls Grand Entry 7 PM
	TCC Closed	TCC Closed	TCC Closed	TCC Closed	TCC Closed	
21 Cow Creek Tribal Pow Wow @ South Umpqua Falls Raffle @ 10 AM	22	23 Senior Meal Food Bank Open 2 PM - 4 PM	24	25 Senior Meal EHYC Wild Animal Week RSVP Deadline	26	27
28	TCC Closed 29	TCC Closed 30 Senior Meal	TCC Closed 31 Youth Activities Committee Application Deadline	TCC Closed	TCC Closed	
	EHYC Wild Animal Week	EHYC Wild Animal Week	EHYC Wild Animal Week			

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

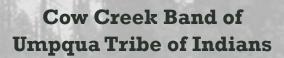
Youth: 2 PM @ TCC

GO: Government Offices, Roseburg, OR

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