

Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 29, Issue 8 August 2019

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

September -- Labor Day

October -- Columbus/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

The Tribal Board Election Results are In

The Quarterly General Council Meeting was held on Sunday, August 11th. The Tribal Election Committee presented the results of the 2019 Tribal Board of Directors Election. Incumbents were George T. Rondeau, Thomas Cox, and R. Steve Jackson (who retired). After all ballots were counted, there are two new Board Members: Kathleen (Susie) Steward, and Carla Keene. Thomas Cox retained his seat on the Board. All three elected officials will serve a 4 year term.

Following the announcement of the election results, the Board of Directors re-elected officers of the Board. The results are shown in the photos below.

The Tribal Board of Directors and the Election Committee would like to thank all members that participated in the 2019 Election and would like to remind Tribal members who are not registered to vote in the Tribal Election to contact the Tribal Office at 541-672-9405 and request a Tribal Voter's Registration Form.



Daniel Courtney Chairman



Gary Jackson Vice Chairman



Yvonne McCafferty Secretary



Robert Van Norman Treasurer



Tessica Bochart - Leusch



Tom Cox



Robert Estabrook



Kathleen Susan Steward



Carla Keene



Luann Urban



Gerald Rainville

Fire over Canyonville: Tribe Works with Response Teams to Contain Wildfire

On the night of July 24th, a wildfire was reported near Milepost 97 on I-5, very near the city of Canyonville, Oregon. The steep terrain and dry conditions of late summer both contributed to the speed at which the fire spread, reaching over 13,000 acres before firefighters could slow its progress. While the cause of the fire is still under investigation by the Douglas Forest Protection Agency and the Oregon State Police, it is believed to have been started by an illegal campfire.

"It was a scary sight to stand at Seven Feathers or drive down the highway and see the fire just above Forest Glen," said Tracy DePew, Cow Creek Emergency Preparedness Coordinator.

The Cow Creek Tribe was quick to react, working with their partners in the Bureau of Land Management, the Oregon Department of Forestry, the Oregon Health Authority, local County Governments, and others. The Douglas Forest Protection Agency was the first to battle the blaze, but handed control of the operation to a Type-1 team from the Oregon Department of Forestry; the team that had worked well with local authorities in the past on the Horse Prairie Fire. The Tribe contributed in communicating between departments, and offered a section of the Seven Feathers Truck & Travel Center as a staging area for fire equipment. The Umpqua Indian Utility Cooperative also worked with fire teams to provide safe dumping areas for contaminated "gray" water.

Thanks to their quick response, and the merciful wind from the northwest that pushed the fire in a southeastern direction, the blaze was kept away from Canyonville and other populated areas nearby. The fire was also prevented from crossing the I-5 highway, which would have complicated things immensely. Even so, the fire's path has become a complex tangle of property ownership rights, involving forests in Roseburg resource lands, BLM lands, Tribally-owned lands, Trust lands, and more.



Tracy DePew, Director of Emergency Management (left) and Tim Vredenburg, Director of Forest Management (center), cooordinate with BIA Fire Management Officer for the Portland Regional Office Darron Williams (right) at a fire camp

As of this writing, the fire has been 75% contained, and there have been no homes destroyed by the fire, with only 20 injuries and fire-related sicknesses.

Despite the frightening reality of wildfire, a positive result has been the good government-to-government relationships that are developing between the Tribe and Local, State, and Federal governments.

"The relationships we have with our partners has just been great," says DePew. "We had not previously had a relationship with the Branch of Wildland Fire Management from the Bureau of Indian Affairs. They have been on point in supplying assessment and resources for emergency stabilization."

Tracy DePew urges Tribal members, particularly those living in rural parts of Oregon, to maintain a constant "Level 1," meaning that they are ready for a potential evacuation.

"I encourage all Tribal members to be prepared for any kind of disaster," he says. "We are going to be continuing to live with wildfires for the foreseeable future. Please offer your prayers for the safety of those fighting the fires."

Tribal Youth Council Travels to Orlando, Florida, for UNITY Conference

In early July, the Tribal Youth Council traveled to Orlando, Florida, for the 43rd annual United National Indian Tribal Youth (UNITY) National Conference. Lead Advisor Kelly Warner took 10 Youth Council members to the conference, along with Tribal parent chaperones Robert and Melissa Lowell. UNITY is a national organization that promotes personal development, citizenship, and leadership among American Indian and Alaska Native youth between the ages of 14 – 24.

The Seminole Tribe of Florida was this year's title sponsor for the widely attended event. This year's UNITY conference was held at Gaylord Palms Resort and Convention Center, which welcomed 275 Tribal affiliations from 34 states. Our Youth Council walked in the parade of nations, wearing their ribbon skirts, shirts, and traditional beaded necklaces while proudly displaying Cow Creek's flag and representing the Pacific Northwest Tribes. At this conference every year, our Council is exposed to the traditions, languages, and history of Native America.

The six-day conference was inspirational, with keynote speakers, activities, UNITY fire, and breakout sessions that focus on mental, physical, spiritual, and social development. Our students were positively empowered to want more for their own Youth Council. When not at the conference, the students were also able to enjoy their time at Disney World and Universal Studios, where they endured humid heat and torrential downpours while thrill seeking at the theme park rides.

"I am proud so incredibly proud of the Tribes' youth and where they are heading with the mission of their Council," says Kelly Warner, Lead Advisor to the Youth Council. "We have true leaders in our midst. Next year's annual conference will be in Washington D.C.!"



(Left to right, back) Melissa Bryant, Alyssa Rainville, Aubrey Rainville, Hannah Lowell, Madison Fife, Elizabeth Bryant, Kellee Gearin, Kelly Warner; (Left to right, front) Lance Gipson, Monte Sertain, Nicholas Lowell



The Youth Council carried the Tribe's flag in the parade of nations



At the Animal Kingdom's Tree of Life

Cow Creek Tribal Pow Wow 2019

Once again, the Cow Creek Pow Wow was held at South Umpqua Falls, a historically special place for our Tribe. Many attendees spent two weeks or more camping out, spending time catching up with family, and swimming in the falls and river.

For the third year, Allen Mata has excellently served as Arena Director for the Grand Entry, which he has done since the passing of the previous director, Delbert "Red Hawk" Ansures.

Many thanks to all those who spent so much time organizing the event, preparing the grounds, transporting equipment, securing raffle items, and all the other efforts that made this such a great Pow Wow.



Many Tribal members wore their regalia for the Grand Entry



South Umpqua Falls has been a gathering place since time immemorial



Ceremonial dancers perform a smudge on the arena to cleanse it of bad energy and spirits before the Grand Entry



The flags are presented along with a special song to honor veterans and warriors

Tribe's New Hemp-Growing Venture will Benefit Tribe Far into the Future

The Tribe is proud to announce our latest business venture: Seventh Gen Farms, alongside existing K-Bar Ranch operations, will be growing industrial hemp on select parcels of ranch land.

Last year in the 2018 Farm Bill, the United States Congress established a definition between industrial hemp and marijuana, ruling that any cannabis plant that had less than or equal to 0.3% THC was industrial hemp. While both hemp and marijuana stem from the cannabis plant, they are essentially different "breeds" of the species. THC, or delta-9-tetrahydrocannabinol, is the psychoactive component that gives marijuana users a high. By contrast, the CBD, or cannabidiol, in hemp has more medicinal effects; it has been shown to be a natural pain reliever and anti-inflammatory, and has been used to treat epileptic seizures, among other uses. Due to the cannabis plant being (until recently) on the list of the Controlled Substances Act, not a lot of research has been done into the positive effects of CBD, but that is looking to change.

As an industry, hemp-growing is just as heavily regulated as casino gaming, if not more so. Very stringent testing and regulations ensure that the plants being grown are non-THC producing. If a plant does go over the threshold, it is destroyed in a very thorough manner to stay in compliance.

While the Tribe will be growing hemp, as well as implementing a facility to extract the oils to sell, a great deal of care is being taken to ensure that the land is respected and treated with care.

"We are taking a holistic approach when it comes to the ranches," says Kyle Kennington, Director of Business Development for Umpqua Ventures. "While we are looking to be a big player in the hemp industry, the ranch is a very valuable asset for the Tribe, and we don't want to exploit it in the name of making a quick buck for a couple of years. We won't be eliminating our existing operations on the ranches to just grow hemp there."



In managing the ranches, the Tribe uses the effective technique of rotating which crops are planted on which stretches of land. Planting the same crop on the same land over and over would strip the land of nutrients; but switching out crops, or even putting the cattle on that land for a period, fertilizes and diversifies the nutrients in the soil, leading to better crop production. As such, industrial hemp is simply going to be increasing the variety of crops that are rotated through the ranches' farmlands. While most hemp producers focus on quantity over quality, Seventh Gen Farms is aiming for a more 'boutique' or 'top-shelf' approach, where a better, smaller crop will fetch a higher price per pound, and will keep the land healthy.

"Looking to the future is the only sustainable way of doing things," says Kennington. "That's why we decided to call it 'Seventh Gen Farms.' As a Tribe, we look seven generations deep when thinking about our actions. That's the approach we want to take with this: a holistic way of doing things that will have positive effects for seven generations from now, and even further than that."



A holistic approach to growing industrial hemp will ensure the land will be healthy for future generations **7**

Anvil Northwest Confidently Tackles Roseburg Contract

As reported in the June 2019 edition of the newsletter, the Tribally-owned graphic design company Anvil Northwest was awarded a contract with the city of Roseburg. This contract will last for three years, and covers all ad campaigns, print collateral, online and social media advertising and content, and renovating the visitor's center.

To get the contract, Anvil competed with three other groups who answered the city's Request for Proposal: AHM Brands, the Roseburg Chamber of Commerce, and a group of graphic designers based out of Portland. After several rounds of interviews, Anvil was chosen over AHM for the final spot.

"I didn't think we would beat them out," says Cam Campman, Anvil Northwest's General Manager and Creative Director. "They are a legit marketing firm, with a big crew. I was shocked to find out that we won the contract. We were high-fiving all around."

Their creative plan incorporates a lot of the Roseburg area's "natural resources," such as the trail systems, rivers, waterfalls, the wine country, camping sites, and more. When the city's redesigned website launches in March, there will be monthly videos on these various things unique to Roseburg.

"You can literally go up the North Umpqua and be the only person in a swimming hole!" says Campman. "That's unheard of in bigger metropolitan areas. The outdoors here are really unspoiled. You can go out into the woods and have complete privacy. That's pretty rare these days."

With the small staff that Anvil Northwest has at their disposal, everyone will have their hands busy.

"It's going to be all hands on deck," says Campman. "We'll be taxed, but you can always find a way to cram more work in. Even though we have a small crew, I think we have it in us to do this and then some. It will be a good test for us."

This is a huge opportunity for Anvil, and for the Tribe.

"We get the privilege of giving the city we live in a voice," says Campman. "For me as a designer, being in charge of branding your town is one of the coolest things I could do. I would hope that the Tribe is stoked. If anyone is curious, or wants to see behind the scenes, people are always welcome to stop by the studio."

Anvil Northwest can be found at 2042 NE Airport Road, Roseburg, Oregon.

Cow Creek Gaming & Regulatory Commission Board Opening

The Cow Creek Gaming & Regulatory Commission is currently seeking qualified candidates to fill a vacated position on the board through the remaining term (December 31, 2020). Board members may be reappointed to serve an additional five (5) year term. The Cow Creek Gaming & Regulatory Commission is responsible for the regulation of Seven Feathers Casino Resort and extends over all gaming operations within the Tribe's jurisdiction. The Commission is an arm of Tribal government, independent from the gaming

operation, and charged with the task of protecting the fairness, integrity, security and health of the operation and administration of all gaming activities. To apply, send your resume to the Cow Creek Gaming & Regulatory Commission office at 2058 NE Airport Road, Roseburg, OR 97470, or via email to amcauley@cowcreek.com. Resumes must be received by September 9th, 2019. Please note: all applicants will be required to have preliminary background check completed in order to confirm eligibility for the position.

Seven Feathers Surplus Furniture and Equipment Giveaway

The Seven Feathers Casino Resort is offering Tribal members a chance to take some of their surplus furniture and equipment at no cost on a first-come, first-serve basis. This opportunity is available only to Tribal members; the items are not yet available to the public.

As of this writing, there are assorted desks, tables, headboards, a couch, and other items of furniture. There is also a large amount of melamine shelf boards, a large dropdown screen, some woodshop tools, a large fountain unit, and some glasses.

They are available for pickup Monday through Friday, 7 AM to 3 PM. Tribal members will be asked to show their Tribal ID and to sign for the items to be taken.

For more information, please contact either Glenn Schwabauer at 541-839-1262 or the main warehouse desk at 541-839-1361.



Melamine shelving



Assorted furniture



Drop-down screen



Fountain unit



Assorted desks



Glasses



Assorted furniture

Government and Programs

What Does Stalking Look Like?

by Andrea Davis, Adult & Family Services Manager, via loveisrespect.org

You are being stalked when a person repeatedly watches, follows, or harasses you, making you feel afraid or unsafe. A stalker can be someone you know, a past boyfriend or girlfriend, or a stranger.

While the actual legal definition varies from one state to another, here are some examples of what stalkers may do:

- Show up at your home or place of work unannounced or uninvited.
- Send you unwanted text messages, letters, emails and voicemails.
- Leave unwanted items, gifts or flowers.
- Constantly call you and hang up.
- Use social networking sites and technology to track you.
- Spread rumors about you via the internet or word of mouth.
- Make unwanted phone calls to you.
- Call your employer or professor.
- Wait at places you hang out.
- Use other people as resources to investigate your life. For example, looking at your Facebook page through someone else's page or befriending your friends in order to get more information about you.
- Damage your home, car or other property.

What if I'm being stalked?

If you're being stalked, you may be feeling stressed, vulnerable or anxious. You may also have trouble sleeping or concentrating at work or school. Remember, you are not alone. Every year in the United States, 3.4 million people are stalked and youth between the ages of 18-24 experience the highest rates. Most people assume that stalkers are strangers, but actually three in four victims are harassed by someone they know.

If you are in immediate danger, call 911 and report everything that's happened to the police. Get additional support by obtaining a protection order that makes it illegal for the stalker to come near. Know that the person harassing you may also get arrested and convicted in the criminal justice system.

Remember to save important evidence such as:

- Text messages
- Voicemails
- Videos
- · Letters, photos and cards
- · Unwanted items or gifts
- · Social media friend requests
- Emails

You should also write down the times, places, and dates all incidents occurred. Include the names and contact information of people who witnessed what happened.

Stalking is traumatic. You may experience nightmares, lose sleep, get depressed, or feel like you're no longer in control of your life. These reactions are normal. It can help to tell your friends and family about the stalking and develop a safety plan. You can also chat with a peer advocate for support.

We can offer help and support in safety planning, and protection orders. For more information, please call Andrea Davis and/or Julie Zuver at 541-677-5575.

Government and Programs

New Location for Elders/Senior Meals

The Elders/Senior Meals will no longer be held at Seven Feathers; instead, they will now be held at 12 PM on Tuesdays and Thursdays at the Tribal Community Center, located at: 825 NE Leon Ave, Myrtle Creek, Oregon.

Due to the Elders Trip on August 15th, there will be no Senior Meal that day.

The monthly Elders Luncheons will still be held at Seven Feathers on the first Friday of the month, as usual.



The new TCC is a great space for Tribal events, such as the Senior Meals

Notice of Public Hearing

This is to inform the public of the opportunity to attend a public hearing on the Cow Creek Band of Umpqua Tribe of Indians Child Care and Development Fund (CCDF) program for the Fiscal Year 2020 - 2022.

The hearing will be held at the Cow Creek Government Office Boardroom located at 2371 NE Stephens, Roseburg, Oregon on Thursday, August 22, 2019 at 6:30 PM.

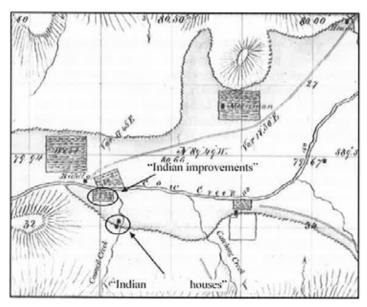
The public is invited to attend and provide input on the proposed Tribal Plan. Please contact Amy Holmgren with any questions at 541-677-5575 ext. 5579.

Treaty Day Celebration Is Combining with the Tribal Family Picnic!

Date: September 21, 2019

Time: 10 AM - 2 PM Place: Bare Park

Treaty Day is a day to celebrate the signing of the treaty that was signed on September 19, 1853. This event has been merged with the annual Tribal Family picnic to make one fun and meaningful activity for the whole family. Please join us for talks about the treaty, sovereignty, and celebrate who we are today. There will be fun and kids games, and don't miss out on the raffle! We will also be honoring the Tribal Board Members for all they do for us. Lunch will be provided. RSVP to Jennifer Bryant at jbryant@cowcreek.com or 541-677-5575 by September 6th.



Map of temporary reservation that was inhabited from Sept. 1853- Oct. 1855. Only the lower left hand corner of the map has part of the temporary reservation. The map is part of the 1855 General Land Office survey. The added call outs of "Indian improvements" and "Indian houses" were derived from the GLO surveyors notes and show that the two houses and the five acre plowed and fenced field as stipulated in the treaty were actually provided to the Tribe.

Emergency Preparedness

Things to Put in Your Emergency Kit

Presented by Tracy DePew, Cow Creek Emergency Management Director, via ready.gov

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. Headed to the store? Download a printable version to take with you. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets, or seniors.

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water one gallon of water per person per day for at least three days, for drinking and sanitation
- Food at least a three-day supply of nonperishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- · First aid kit
- · Extra batteries
- · Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery



Image courtesy of mentalfloss.com

Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lense solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- · Books, games, puzzles or other activities for children

Blue Zones Project Corner

BLUE ZONES® POWER 9: 80 Percent Rule

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

Residents living in the original Blue Zones® areas share common lifestyle habits called Power 9®. Eating wisely is one of them. People who live in Okinawa, Japan, have a wise strategy when it comes to maintaining a healthy weight. They call it "hara hachi bu", which means to stop eating when you are 80% full. Studies show that cutting back on calories can lead to better heart health, longevity, and weight loss. In fact, losing just 10% of your body weight offers significant health benefits, such as lower blood pressure and cholesterol.

DRINK UP!

Did you know that our bodies are made up of 50 to 75% water? The average adult loses about 10 cups of water every day. Replenish your water supply by trying to drink at least eight cups of water each day. If you're being moderately active, increase that amount by one or two cups. For strenuous activities lasting more than an hour, increase your average water intake by two to three cups for every hour of activity.

SMART SNACKING STRATEGIES

Well-chosen snacks can offer you nutrients and an energy boost to power you through a busy day. They can also satisfy hunger so you can keep your meal portions in check. The next time a snack attack strikes, refuel with these tasty, nutritionpacked snacks:

- Peel a banana, dip it in low- fat or plant-based yogurt, roll it in crushed cereal, and freeze.
- Stuff a whole-grain pita pocket with nut butter and apple slices. Add a dash of cinnamon.
- Wrap up rice in a seaweed snack and add sliced avocado.
- Toast a slice of whole grain bread and top with sliced tomato and a dash of salt and pepper.
- Mix ready-to-eat cereal, dried fruit, and nuts in a sandwich bag for an on-the-go snack.
- Smear a scoop of nut butter on graham crackers or apples and add banana slices and carob chips for a yummy sandwich.

TOP 5 EASY WAYS TO SHED SOME POUNDS

Many of us tend to gain weight not by stuffing ourselves too full, but by eating calorie-rich foods each day without even thinking about it. Use these easy tips to help you cut back on calories and eat more mindfully:

- Downsize your dinnerware. The size of the plates and glasses we use has an impact on how much we eat. Try using smaller plates and tall, narrow glasses. You're more likely to eat significantly less without even thinking about it.
- Enjoy soup-er nutrition! Nutritious soups can boost your health and your weight-management efforts. Fiber-rich veggies help you feel fuller so you eat less, while giving your body the nutrients it needs.
- 3. Snack on nuts. Enjoying a handful of nuts can be healthy. They're a source of important vitamins and minerals and heart-healthy fats. Studies have shown that eating nuts may reduce your risk of heart disease and could even increase your longevity.
- 4. Eat an early, light dinner. Eat a light dinner early in the evening to give your body plenty of time to digest the food before going to bed. This practice may promote a lower BMI and better sleep during the night.
- 5. Slow down and be mindful of your food. Many of us eat while on the run, or sitting in front of the computer or the TV. This often means we don't notice what we're eating or how fast we're consuming it. Make it a habit to sit down and savor the tastes and textures of the food that you're eating.

Messages from the Clinic

Youth Center Cancer Prevention Cooking Series

by Lauren Haddock, RDN, LD, and Becky Johnson, MS, RDN, LD

This past June, Cow Creek Health and Wellness Center's Nutrition Education Department hosted 20 students from Expanding Horizon's Youth Center (EHYC) for a Cancer Prevention Cooking Series. This annual series teaches youth healthy behaviors that are known to help prevent the development of cancer. The youth were able to participate in hands on activities, games and cooking while learning the importance of physical activity, tobacco prevention, healthy cooking, and the importance of sunscreen use and annual physicals. Thank you Tribal Community Center and Expanding Horizon's Youth Center for allowing us to host your awesome group of students!



EHYC students learned healthy behaviors to prevent cancer through activities, games, and cooking

No Cost Eye Exams from OHSU's Casey Eye

Oregon Health Science University's Casey Eye Institute Mobile Eye Clinic will be returning to the Cow Creek Heath & Wellness Center in Canyonville, Oregon on Saturday, November 9, 2019.

Exams are free of cost and open to all Tribal Members, however, preference is given to those with diabetes and those without vision insurance. The eye doctors will be able to provide dilated eye exams and prescriptions if needed.

It is important to get your eyes checked annually for serious problems and get prescription lenses if needed. Casey Eye Institute will help participants get a pair of glasses with a new prescription at low or no cost. If you are interested in signing up or want more information, please contact the Cow Creek Health and Wellness Center at (541)839-1345 or (541)672-8533.

When: Saturday, November 9th

<u>Time</u>: 10 AM – 2 PM (Appointments are needed)

Messages from the Clinic

Physical Exams and Teen Sports

Playing on a community or school sports team is a great way for teens to stay in shape and learn teamwork. That's probably why more than 38 million American children and teenagers play at least one sport.

To avoid getting hurt or sick on the field, court, and track, teens need to be prepared. That preparation starts with seeing a health care provider for a sports physical to make sure their bodies are ready for the season ahead and that there isn't a family history or past medical history that requires further attention. Most times, a sports Physical is not covered by insurance. Cow Creek Health has a solution. See the last paragraph for our Free Teen / Pre-Teen Sports Physicals program information.

What Is a Sports Physical?

A sports physical – also known as a preparticipation physical examination – is a check-up to assess a teen's health and fitness as it relates to a sport. It is not the same as a regular physical. During the sports physical, the health care provider looks for any diseases or injuries that could make it unsafe to participate in sports by reviewing the family's medical history to ensure additional tests are performed if necessary.

Your teen's sports physical should start with a thorough medical history. The medical history will be followed by a physical exam. Additional testing such as blood tests, X-rays, or electrocardiogram may be ordered during the sports physical. At the end of the sports physical, the health care provider will decide whether it's safe for your teen to play the sport.

The health care provider's decision is based on several factors, including the:

- Type of sport and how strenuous it is
- Position played
- · Level of competition
- · Size of the athlete
- Use and type of protective equipment
- · Ability to modify the sport to make it safer

If everything checks out during the sports physical, the health care provider will give the OK to play without any restrictions. Or the health care provider might recommend certain modifications, like using special protective equipment, carrying epinephrine auto injectors for severe insect allergies, or using an inhaler if your teen has asthma.

It's rare for teens to be barred from playing entirely. Most health conditions won't prevent kids from participating in sports, but sometimes they'll need treatment and a follow-up exam in order to play. Even if your teen has a sports physical every season, if it is not a complete physical exam, he should still receive a comprehensive health exam each year. Remember, sports physicals are not just for teens. Adults who play sports should also have one.

Cow Creek Health has a special Sports Physical Program for August. Limited spaces are available, and appointments are needed for Free Teen/Pre-Teen Sports Physicals. You do not need to be a registered patient. Call 541-672-8533 today – the openings are filling fast.



Culture Corner

Archaeology: Heat Treating Stone

Probably one of the most common, and commonly overlooked, artifact type at an archaeological site is heat treated rock. There are two main reasons to find heat treated rocks at a site. The first is that rocks that were used in pit ovens or around fire pits crack due to the heat of



Deliberately heating the rocks changes the stone to a glass-like material

the fire. The other is to intentionally place cores or flakes beneath a fire, like in the photo below. This changes the properties of the stone and makes knapable material that is otherwise unchippable and transforms it to a glass-like characteristic; i.e. more brittle. This heat treated rock could be used to make projectile points or arrowheads. Heat treating rocks makes the color of the rock more vibrant and glossy if used for ornamentation.



Heat treated rocks can be made into tools

First Foods: Huckleberries

Huckleberries are an important first food of the Nahonkhuotana people. Every year we would travel up the sowm (mountain) to pick kelex (huckleberries). Kelex mature towards the end of sáma (summer). We would gather at Huckleberry Lake and meet other tribes at the top of the mountain to celebrate the prosperous year, gamble a little, and visit with friends from neighboring tribes and families from the other side of the mountain. It is said that at the end of the celebration, the last person on the mountain would set small fires to clear the brush as they came down off the mountain. This was one of the many ways that we controlled the underbrush of the forest. By setting non-intense fires, it made gathering materials come back stronger and more desirable.

Cattail Mats (Lep'ees)

What would you use to place on the dirt floor to sleep on? What would you use to insulate your walls? I would use the versatile lep'ees (cattail mats)! Lep'ees are made by collecting the long leaves of the cat tail plant to weave together a flat mat. Now is the prime time to collect our cattail leaves to let dry for the year.

There are several ways to make mats. One way is to use a twill pattern of over and under. This will create a thin flat mat. Another is to twine several rows with only vertical leaves. This is a quick way to make



Example of a twill pattern

a mat but requires some type of string, whether it be sinew or cordage made from cedar. And yet another way to utilize the cattail is to stack the cat tails, twine on top and use a bone needle to string several rows.

Education Corner

Summer 2019 Expanding Horizons Youth Center Activities

There is one more 3 day STEAM themed class left for our Cow Creek youth and their siblings this summer. Students going into 4th -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.



EHYC Students during 2018 Summer Activities

All RSVPs must be confirmed by the Thursday before each class begins.

Tribal Best Practices, Ceremonial Tobacco Pouches:

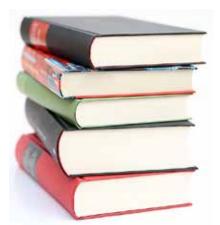
August 19 - 21, students will learn about traditional uses for tobacco, and will make their own rawhide pouches and rattles.

New Program: Book Reimbursement for Higher Education Students

Higher Education students can utilize the new Book Reimbursement Program. These Tribal benefits are on top of the Higher Education Benefits, and can help offset your cost of purchasing books for college. Deadlines for book reimbursement are as follows:

 $\begin{tabular}{lll} Semester Students & Term Students \\ Fall - October 15^{th} & Fall - November 15^{th} \\ Spring - March 15^{th} & Winter - March 1^{st} \\ Summer - July 15^{th} & Spring - May 15^{th} \\ Summer - August 1^{st} \\ \hline \end{tabular}$

Applications and reimbursement packets will be on line at www.cowcreekeducation.com under the Higher Education tab, or interested parties can contact Tammie Hunt at thunt@cowcreek.com.



This program can offset the often expensive cost of textbooks required in higher education

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior Meal	2 Elders Monthly Culture Items Class @ 7F 10 - 11:30 AM	3
					Elders Monthly Luncheon 12 PM @ 7F	
4	5	6 Senior Meal	7	8 Senior Meal	9	10
	EHYC Takelma Exploration Days	EHYC Takelma Exploration Days	EHYC Takelma Exploration Days	EHYC V8 Engine Building Class RSVF Deadline		
11 General Council Elections Meeting 10 AM @ GO Lunch Provided	12	13 Senior Meal Food Bank Open 9 AM - 11 AM	14	15 No Senior Meal today due to Elders Trip Takelma Classes	16	17 Huckleberry Patch Gathering Trip 11 AM @ Huckleberry Lake
Food Bank Open after meeting	EHYC V8 Engine Building Class	EHYC V8 Engine Building Class	EHYC V8 Engine Building Class	EHYC Tribal Best Practices Class RSVP Deadline		Potluck Lunch
18	EHYC Tribal Best	20 Senior Meal EHYC Tribal Best	EHYC Tribal Best	22 Senior Meal Takelma Classes Public Hearing CCDF Program 6:30 PM @ GO	23	24
25	Practices Class 26	Practices Class 27 Senior Meal Food Bank Open 2 PM - 4 PM	Practices Class 28	29 Senior Meal Takelma Classes	30	31

Regular Activity Times and Places

Senior Meals: 12 PM @ TCC

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), Myrtle Creek, OR

7F: Seven Feathers Casino Resort **BH**: Block House, Canyonville

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

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 GO Closed for Labor Day	3	4	5 Senior Meal	6 Elders Monthly Culture Items Class @ 7F 10 - 11:30 AM Elders Monthly Luncheon 12 PM @ 7F	7
8	9	10 Senior Meal Food Bank Open 9 AM - 11 AM	11	12 Senior Meal	13	14
15	16	17 Senior Meal	18	19 Senior Meal Takelma Classes	20	21 Treaty Day Celebration 10 AM - 2 PM @ Bare Park
22	23	24 Senior Meal Food Bank Open 2 PM - 4 PM	25	26 Senior Meal Takelma Classes	27	28
29	30	27 Senior Meal	28	29 Senior Meal Takelma Classes	30	31

Regular Activity Times and Places

Senior Meals: 12 PM @ Seven Feathers

Takelma Class

Adults: 10 AM - 12 PM @ TCC

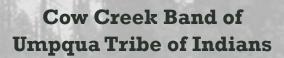
Youth: 2 PM @ TCC

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.



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