



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Cattail Baskets and Doll, by Celeste Whitewolf

Inside This Issue

Seventh Gen Farms Looks Forward

The Tribe's hemp business is going strong with a good plan for the future (Page 4)

Heart Healthy Cooking Demo a Big Success

The clinic put on a great show with heart healthy recipes (Page 5)

Youth Working Hard for the Cow Creek Youth Art Show

Youth at the Expanding Horizons Youth Center worked hard on art for the show (Page 6)

Youth Honor Murdered and Missing Indigenous Women

A group of Tribal youth wore a red hand print to honor victims of violence (Page 7)

Tribal Elections Are Coming Soon

Be prepared to make your voice heard in the annual Tribal Board Elections (Page 8)

Don't Miss the Spring Break Culture Days

This yearly youth activity is coming soon, RSVP now so you don't miss out (Page 9)

Emergency Preparedness Corner

Get prepared for thunderstorms and floods (Pages 10-11)

Government and Programs

Don't miss out on this information on Tribal programs and opportunities (Pages 12-13)

Culture Corner

Learn about traditional lifeways and upcoming cultural activities (Page 14)

Messages from the Clinic

You can live a happier, healthier, and longer life with these tips and programs (Pages 15-17)

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)

Synergy and Opportunity at Klamath Basin Equipment

In June of 2019, the Tribe expanded its business portfolio by purchasing Klamath Basin Equipment (KBE), a supplier of New Holland, Krone, and Polaris farm equipment and recreational vehicles, based out of Klamath Falls, with other stores in Central Point, Redmond, Christmas Valley, and Lakeview. In what Vice President of Business Operations Travis Hill described as “vertical integration,” this supply of farming equipment synergizes very well with the Tribe’s ranching and agricultural endeavors.

“I don’t think I can over-emphasize the synergy between the ranches and KBE,” says Nathan Jackson, Vice President of Agricultural Operations. “It’s just good business.”

Since the purchase, Jackson and other UIDC personnel have reorganized the company from the inside, improving policies, procedures, and the business’ foundation, to ensure that it has solid footing for growth.

“We bought a company that needed some help,” says Jackson, “but because of the way we do business, because of our experience, and because of the management and executive personnel that we have within UIDC, we will be able to make this company a huge success. We are excited about turning this thing around and growing it, to make it a valuable asset in the Tribal business portfolio.”

The experienced managers of K-Bar Ranches can supply KBE’s sales force with a hands-on perspective to any sale of equipment, as they personally use the items, and know what works and what doesn’t, and why. Jackson comments that they are able to “offer solutions to our KBE customers before they even know what questions to ask, because of our experience and depth of knowledge.”

A fine example of this, and of the vertical integration of KBE and K-Bar Ranches, is the Surplus Auction being held on March 7th. Whereas



An example of a New Holland construction compact track loader, offered by KBE

competitors’ product demonstrations may have a buyer drive a tractor around a parking lot, the KBE demonstration will let customers sit in a tractor to pull a disk across a field, dig a hole with a backhoe, move some dirt with a skid steer, or otherwise test the equipment in real-world circumstances.

The Product Demonstration days will be March 5th-6th from 10 AM – 4 PM, and the Surplus Auction will start at 10 AM on March 7th; all will be held at the Central Point K-Bar Ranch at 11161 Table Rock Road, Central Point, Oregon. In addition to GPS-guided tractors and other agricultural equipment, the demo days will show off some of New Holland’s superior construction equipment, a resource that many people don’t know that KBE offers.

Additionally, we are excited to announce that the Tribal Board has approved a 20% discount for Tribal members on all parts purchased at a KBE location, including any auto parts offered at the Lakeview and Christmas Valley locations. This discount does not apply to the purchase of any whole goods (such as full tractors), due to the small margin on those items. Tribal members or their spouses can obtain the discount by presenting a Tribal ID card during their purchase.

Preparation and Experience Keep Seventh Gen Farms Going Strong

One of the big announcements of 2019 was the introduction of one of the Tribe's new agricultural endeavors: Seventh Gen Farms. This hemp-farming business was able to complete their first harvest in the fall, and pulled in a substantial amount of product, despite a record-setting amount of rain. The hemp plant is very large, with tight flower buds that hold moisture. When a day or two of rain then transitions to a day or two of clear, freezing temperatures, as they did last year, the plant can get wet, freeze, fall over, and then mold very easily, ruining the product.

"We were fortunate," says Kyle Kennington, Vice President of Business Development. "We over-built our drying facility by quite a bit, so we were able to mitigate a good portion of our potential loss."

Many of Seventh Gen Farms' competitors weren't so lucky, or as prepared. A common practice in hemp harvesting is to cut down the plant and leave it "wind-row," where it will dry out in the field, but with an early rain, that wasn't possible. For many hemp farmers who invested in the booming industry last year, the weather conditions put an unfortunate end to their business endeavor. Kennington estimates that approximately half of the industry's total product didn't make it out of the field. The drying facility was what saved the Seventh Gen crop, and its climate-controlled facility has allowed them to safely store and maintain the quality of the product.

While many in the hemp industry sold their product as quickly as possible to get an immediate return, likely due to a need for cash, Seventh Gen has the advantage of being owned by the Tribe. This both gives them the advantage of personnel experienced in years of commercial agriculture, and the finances to be patient while the market becomes more favorable.



The drying facility was a key part of the successful harvest

"We can wait out the industry a bit," says Kennington. "We can sell a little here, and a little there, and wait for the market pricing to recover to sell more. Hemp is a commodity market, and we can be patient while the demand goes up. With the Farm Bill as it is, we can sell our product anywhere in the country. We're filling orders all the way from California to Virginia, South Carolina, Texas, you name it."

With Seventh Gen's fill-to-order approach, and their wide variety of buyers, their hemp products can be sold at any of the various stages of production from flower to oil, according to the needs of the buyer. This means that at the end of the supply chain, hemp grown at Seventh Gen could end up in oils, lotions, salves, or other products anywhere in the world.

Some of Seventh Gen's hemp has even contributed to studies at the University of Oregon's Hemp Innovation Center, and other research institutes, which are enacting clinical studies into the effects of CBD and hemp, as well as what possible uses other parts of the plants might have.

"That research is still in its infancy," says Kennington, "but we hope to someday be able to get the most use out of all parts of the plant that we can. We are in the mindset of being good stewards of our land, and of managing it appropriately. We are in it for the long haul, and we are very optimistic about the future."

Heart Healthy Cooking Demo a Big Success

On February 12th, the Cow Creek Health & Wellness Center Nutrition Education Department hosted a heart-healthy themed cooking demo at the Tribal Community Center, featuring healthy, seasonal recipes.

Participants learned about heart-healthy fats, healthy baking substitutions, and the nutrition benefits of purple potatoes and culinary hemp. Featured on the menu were Hemp-Crusted Salmon, Green Beans with Red Pepper & Garlic, Mashed Purple Potatoes with Roasted Garlic, and Applesauce Cake.

Thank you to the Tribal Community Center and Expanding Horizons Youth Center for sharing your space! Stay tuned for details about our next cooking demo!



This cooking demo at the Tribal Community Center was well attended



The demo featured delicious recipes, left to right from above: applesauce cake, green beans with red pepper & garlic, mashed purple potatoes with roasted garlic, and hemp-crusted salmon

Save the Date: 2nd Annual Oregon Tribes Youth Summit

On April 5 - 6th, Cow Creek Tribal Youth Council will be hosting it's 2nd Annual Oregon Tribes' Youth Summit at the Seven Feathers Hotel and Convention Center. This year will be remarkably different from our Summit last year, as we are bringing in entertainers and facilitators from Canada, promoting "Going M.I.L.E.S. (Motivate, Inspire, Lead, Empower, Succeed)". They are considered Canada's National Treasures to the Indigenous Tribes in the North.



This conference is a unique opportunity for Tribal youth

We invite Tribal families and Board members to the evening's event where the audience participates in their mentalist act and hypnotist show on Sunday, April 5th, from 7 - 9 PM. Free admission! Contact Kelly Warner, Youth Council Lead Advisor, at 541-677-5775 for more information.

Expanding Horizons Youth Center Students Work Hard on Art for Art Show

The Cow Creek Band of Umpqua Tribe of Indians and the Expanding Horizon Youth Center (EHYC) support youth programs that create cultural learning experiences. Artistic and community outreach projects encourage the building of resiliency and strength in the youth we serve. Currently the students at the Expanding Horizon Youth Center have been busy creating art to share at the Umpqua Valley Arts Gallery during their “All Douglas County Student Art Exhibition” from Friday, March 20th, to Friday, May 1st.

The EHYC students selected and planned for their own individual projects and each EHYC student committed to making three pieces for the show. The art the students created varied from custom made shawls and breech clothes, dentalium necklaces, earrings, medicine bags, and cedar headbands.

This project for the Expanding Horizons Youth was a collaborative effort with the Cow Creek Health and Wellness Prevention staff, and some input from the Education Department’s Takelma Language Grant staff. The art pieces will be labeled with the appropriate Takelma words so that all of the art shows visitors can see the language in action.

A public reception will be held at the Umpqua Valley Arts Gallery on Friday, April 3rd, between 5 - 7 PM. Light refreshments and punch will be served for all to enjoy. The Gallery is located at 1624 West Harvard, Roseburg, Oregon.



Tribal youth Lacey Lavine makes a medicine bag at the Expanding Horizons Youth Center for the Cow Creek Youth Art show

Upcoming Youth Activities Committee Activities for 2020

Though the Youth Activities Committee (YAC) has been busy moving their supplies to a new location, they have some exciting activities planned for 2020.

Coming up on March 22nd, the YAC will be bowling! More information on that to come. Mark your calendars for April 4th for the Spring Family Gathering at Bare Park. You won’t want to miss this! In May, we will be helping prepare you for Pow Wow season with a class on Pow Wow Etiquette! More information on this to come.

For any questions on these activities, please contact Rhonda Richardson at 541-677-5575.



Committee members Polly Rondeau, Joyce Sertain, Linda VanNorman, Michael Bochart, and Tammy and Lee Anderson plan fun activities, like the tubing in February

Tribal Youth to Honor Missing and Murdered Indigenous Women in Art Show

While many of the students at the Expanding Horizons Youth Center (EHYC) have been making art for the upcoming art show to be hosted at the Umpqua Valley Arts Gallery, some of the young girls have chosen to make a statement with their contributions. Posing in hand-made ribbon skirts for photos to be shown at the art show, each of the girls displays a bright red hand print across their somber faces.

The symbol of the red handprint on the face is worn in honor and remembrance of Murdered and Missing Indigenous Women. According to the United States Department of Justice (DoJ), 84 percent of indigenous women have experienced physical, sexual, or psychological violence in their lifetime, a drastically higher rate than many other ethnic groups. Tragically, many of these cases go unsolved,

and fewer still get any help from Federal authority. In 2016, of the 5,712 indigenous women and girls reported missing, only 116 were logged by the DoJ's federal missing persons database, according to the National Crime Information Center.

The symbol of the red hand print has been seen in recent media; examples include Tribal athletes, youth activists at public rallies, and even in theatrical performances. You can find out more about the movement at www.niwrc.org/news/may-5th-national-day-awareness-missing-and-murdered-native-women-and-girls

It is a tragic issue that needs attention, and the courageous act of the Tribal youth of the EHYC will help spread the call for justice for indigenous women who have been the victims of violence.



(Left to Right): Anika Sinohui, Khyland Murphy, Emmalee Quaintance, Cadence Dumont (back), Jenna Gaddis, Kiana Sinohui. Not pictured due to illness: Amara Mata, who spearheaded the idea

Tribal News

2020 Tribal Elections Coming Up

The Tribal General Council Nominations Meeting is scheduled for Sunday, May 17th 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 2 PM on May 15th. Reminder: Voter Registration will be closed from May 16th thru August 9th and will reopen on August 10, 2020.

The Tribal General Council Elections Meeting is scheduled for Sunday, August 9th 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, or have changed your name, a new registration form needs to be completed and turned in to the Government Office. If you would like to register to vote, call the Government Office to request an application. Applications have also been included in this edition of the newsletter.



2020 Spring Break Culture Days

Lunches
Provided
Everyday

—
**RSVP BY
MARCH 16**

3/23

Willow Gathering Day

Where: Bare Park
Time: 9AM - 1PM

Join us to gather willow to use in basketry. Learn how to harvest and store along with what it is used for.

3/27

Wili Block Party

Where: Tri City Housing
Time: 10AM - 3PM

Play games, win prizes!
Takelma Yahtzee, Takelma Pictionary, Native Seed Identification, lots more!

3/24

Ribbon skirt/shirt class Drumming

Where: Canyonville Clinic
Time: 9AM - 3PM

Make a ribbon skirt or shirt to wear at Tribal functions. Learn drumming protocol and practice drumming.

3/25

Portland Zoo Trip

Meet at Government Office
Time: 8AM return 8PM

Join us for a trip to the zoo! See all the animals, including the Pacific Lamprey!

TRANSPORTATION PROVIDED
Limited Seats
RSVP ASAP

3/26

Equine Therapy

Where: Bare Park
Time: 10AM - 3PM

Learn about horses. You will get to groom them and get up close and personal.



Contact:
Jennifer Bryant



541-677-5575



jbryant@cowcreek.com

Emergency Preparedness

Be Safe Before, During, and After Thunderstorms and Lightning

by Tracy DePew, Cow Creek Emergency Management Director, via [ready.gov](https://www.ready.gov)

Lightning is a leading cause of injury and death from weather-related hazards. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning and can:

- Include powerful winds over 50 MPH;
- Create hail; and
- Cause flash flooding and tornadoes.

If You Are Under a Thunderstorm Warning, Find Safe Shelter Right Away

- When thunder roars, go indoors!
- Move from outdoors into a building or car.
- Pay attention to alerts and warnings.
- Unplug appliances.
- Do not use landline phones.

How to Stay Safe When a Thunderstorm Threatens

Prepare NOW

- Know your area's risk for thunderstorms. In most places, they can occur year-round and at any hour.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Identify nearby, sturdy buildings close to where you live, work, study, and play.
- Cut down or trim trees that may be in danger of falling on your home.
- Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.

Survive DURING

- When thunder roars, go indoors. A sturdy building is the safest place to be during a thunderstorm.
- Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.
- When you receive a thunderstorm warning or hear thunder, go inside immediately.
- If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.
- Protect your property. Unplug appliances and other electric devices. Secure outside furniture.
- If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.
- If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.
- Avoid flooded roadways. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Be Safe AFTER

- Listen to authorities and weather forecasts for information on whether it is safe to go outside and instructions regarding potential flash flooding.
- Watch for fallen power lines and trees. Report them immediately.

(Right): Thunderstorms can be very dangerous; keep yourself safe before, during, and after hazardous weather like a thunderstorm



Emergency Preparedness

Be Safe: Prepare for Possible Floods

by Tracy DePew, Cow Creek Emergency Management Director, via [ready.gov](https://www.ready.gov)

Failing to evacuate flooded areas, entering flood waters, or remaining after a flood has passed can result in injury or death. Flooding is a temporary overflow of water onto land that is normally dry. Floods are the most common natural disaster in the United States. Floods may:

- Result from rain, snow, coastal storms, storm surges, and overflows of dams and other water systems.
- Develop slowly or quickly – Flash floods can come with no warning.
- Cause outages, disrupt transportation, damage buildings, and create landslides.

If You Are Under a Flood Warning, Find Safe Shelter Right Away

- Do not walk, swim, or drive through flood waters. Turn Around, Don't Drown!
- Just six inches of moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water.
- Determine how best to protect yourself based on the type of flooding.
 - Evacuate if told to do so.
 - Move to higher ground or a higher floor.
 - Stay where you are.



*Do not walk, swim, or drive through flood waters.
Turn around, don't drown!*

Prepare NOW for a Potential Flood or Disaster

- Know types of flood risk in your area. Visit FEMA's Flood Map Service Center for information.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- If flash flooding is a risk in your location, then monitor potential signs, such as heavy rain.
- Learn and practice evacuation routes, shelter plans, and flash flood response.
- Gather supplies in case you have to leave immediately, or if services are cut off. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Obtain extra batteries and charging devices for phones and other critical equipment.
- Purchase or renew a flood insurance policy. It typically takes up to 30 days for a policy to go into effect and can protect the life you've built. Homeowner's policies do not cover flooding. Get flood coverage under the National Flood Insurance Program (NFIP)
- Keep important documents in a waterproof container. Create password-protected digital copies.
- Protect your property. Move valuables to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.
- If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.
- Identify a safe, high place you can retreat to in case of a flood. Avoid choosing a closed attic or other enclosed space, as that could trap you in with rising waters.
- If you plan to use a generator or other gasoline-powered machinery, ONLY use it outdoors and away from windows, as the exhaust could be dangerous to you and others.

Government and Programs

Child Care Assistance Program

The Cow Creek Child Care Assistance Program provides eligible parents, grandparents, and legal guardians of Tribal children with a stipend for monthly child care costs. Stipends are paid directly to the child care provider.

Funds for the stipend come from Child Care and Development Fund (CCDF) grant operating funds. CCDF funds are used for participants who live within the Seven-County Service Area.

The purpose of the Cow Creek Child Care Assistance program is to enable families to improve their financial wellbeing. This is achieved by significantly reducing the financial burden of child care thereby enabling parents/guardians of Tribal children to work full time and/or attend school. Formal education and steady work experience will progressively increase the family's earning potential.

The Cow Creek CCDF program offers child care assistance for a variety of child care provider types. Providers must be currently state licensed and continually meet all state licensing requirements and certifications. Current licensing status can be found on the Oregon Child Care Safety Portal: <https://oregonearlylearning.com/parents-families/childcare-safetyportal>.

Program eligibility is determined by:

- Child's Age: The Cow Creek Child Care Assistance Program provides child care stipends for Tribal children ages 0-13. Children ages 14-17 are not eligible unless they have special needs.
- Location: The family must live within the Seven-County Service Area
- Income: Gross monthly income limits by household size are based on the Sliding Fee Scale
 - Families of two are over income at \$3,791 per month while families of eight are considered over income at \$7,525 per month. These amounts are based on the Sliding Fee Scale effective October 1, 2019.

This fee scale is subject to change.

Other requirements include:

- Families in the service area must first apply for child care through the state before applying for assistance with the Tribe. Once the family's state assistance amount is decided (or if state assistance is denied) the family can apply with the Tribe for assistance with costs that aren't covered by the state. Parents may be responsible for a co-pay, paid directly to the provider, based on income as well.
- Families must verify that child care assistance is needed because all adults in the household are working or attending school (including a limited amount of time for study). Child care assistance is not intended to cover times when an adult is regularly home or when adults are engaged in ineligible activities.

Families requesting assistance must submit a completed application and provide income verification in order to be considered for approval. If you would like an application, or more information please contact Amy Holmgren at 541-677-5575 ext. 5579 or aholmgren@cowcreek.com.

Tell Us about Your Tribal Member-Owned Businesses

Growing financial capabilities means that we have an increased need for outside products and services, but we would rather do business with our own Tribal members, to support them and become more self-sustaining. If you own a business, or know of a Tribal member who does, please contact the Cow Creek Government Offices at 541-672-9405 or RBochart@cowcreek.com with the following:

- Name of the Business
- The Type of Business (i.e. accounting firm, grocery store, etc.)
- Size of the Business
- A point of contact for the Business (person's name, as well as phone number, email, etc.)

Government and Programs

Medicare Part B Reimbursement Program Information

Cow Creek Tribal members and their spouses who pay Medicare Part B Insurance Premiums may qualify for Tribal reimbursement of their premiums. These premiums are withheld from your Social Security checks monthly. If you are over 65 and still employed, you will be billed directly.

Reimbursement payments can be requested as an annual or monthly reimbursement payment. Tribal Elders (age 60+) can choose to have direct deposit or a printed check. If a Tribal Elder chooses Direct Deposit, a Direct Deposit Authorization Form and a cancelled check must be submitted.

To request your reimbursement, submit a 1099 form for an annual reimbursement, or submit a benefit statement for a monthly payment. The Social Security Administration Office will send these to you. It is important to keep your insurance premium information updated. As soon as you receive your 2020 benefit statement or your 2019 1099, please submit either by fax at 541-677-5565, email to aholmgren@cowcreek.com or mail to Amy Holmgren at 2371 NE Stephens St, Roseburg, OR 97470.

To request assistance, please contact Amy Holmgren at the number above.

Medicare: When Is Your 65th Birthday?

Did you know you need to sign up for Medicare even if you continue to work in order to avoid penalties and save you money? You can sign up as early as 2 months before your 65th Birthday. Don't put it off, this can save you a lot of money! Medicare coverage and costs change yearly. Be sure you are aware of the changes that occur yearly that will affect your pocketbook. Attend free Medicare classes offered in your area. Call SHIBA (Senior Health Insurance Benefits Assistance) at 1-800-722-4134. You will be asked to use the phone keypad to enter your ZIP Code. Depending on where you live, your call may be routed to a local agency in your area.

Tribal Census Resource Center Available for the 2020 Census

Your Tribal Community Center is offering an opportunity to serve as a Census Resource Center when the 2020 Census survey is open. Computer stations will be available to access the online survey, and staff will be available to assist you to fill out your survey correctly in these ways:

- Starting March 24th through June 2020; every Tuesday and Thursday after the Elders Luncheon from 1:30 – 3:00 PM
- The Cow Creek Government Office is available by appointment only by contacting Alexa Young at 541-492-5241 if you would like to set up a date and time.

What you will need: Census ID (Every household will receive an invitation by mail to respond to the 2020 Census that has your unique Census ID # on it)

Please note: If you live out of the Service Area or are too far away to access our Tribal Census Resource Centers for additional help, contact Alexa Young, Census Liaison, by phone at 541-492-5241.



Culture and Education

Archaeology: Stone Ornaments

Not all artifacts that are found at archaeological sites were manufactured for getting or processing food resources. Indeed, it is estimated that traditional hunter-gatherer societies only needed to work 3-5 hours a day to get the required food to meet their nutritional needs. This leaves a lot of time for leisure.

There are many artifact types that were made in leisure for ceremony, decoration, or fun. One such type is what are generically called stone ornaments. These pieces would have been highly decorative and could have been used to create necklaces and medallions, stitched onto regalia for ceremonies, or even used in trade as money. Some items represented mythical figures, animals, nature, or simply designs.



(Left to Right): Possibly a martin, a sun disk, and an unknown symbol

2020 Cow Creek Gathering and Basketry Series

This year's gathering and basketry program will focus on gathering, so we can have a robust basket making year next year. We will be gathering camas, willow, hazel, pine root, cattail, bear grass, and acorns. Dates to gather all depends on when they are ready to be harvested. Harvesting months should be March through October. A week prior to each harvesting, everyone on the list will be contacted. All materials gathered are yours to prepare and take home. To join the list, please call Jennifer Bryant at 541-677-5575.

Tribal members are invited to the Karuk Tribe Basketweavers Gathering on April 24 - 26, 2020

14 and the California Indian Basketweavers

Tribal Regalia

Regalia is used in ceremonies such as the healing ceremony, called a Brush Dance. Brush Dances take place throughout the summer, with Tribes singing and dancing together to bring about healing, long life, and health for the child being danced for.

The purpose of these dances is to give thanks for what the Creator has provided, and ask that the needs of the people continue to be met. The dance restores balance to the natural world and the people, both physical, and the spiritual.

Birds and animals used in traditional ceremonies retain their spirits. Their spirits dance with the people as one; the physical and spiritual join together to set the world in order, to create a balance between all things. A person does not go out on the spur of the moment and kill birds or animals to be used in ceremonies. Fasting and prayer are an inherent part of obtaining and preparing regalia items. Thanks are always given to the bird, animal, or plant for their cooperation in setting the world back in balance.



Ring-tail Cat Regalia

Association Gathering June 26-28, 2020. Hotel stay and transportation will be provided for qualified applicants. This will be first come, first serve, and is limited to 10 attendees per event. Other conditions apply, please see application for details. You must apply by March 30, 2020. If interested, please call Jennifer Bryant at 541-677-5575 for an application.

The Education Department will be offering basketry classes that are yet to be determined, but could include: bear grass braids, willow baby rattles, mini fish trap, willow berry basket, or cattail duck decoys. Stay tuned for more information. Let us know if there is a specific project you would like to see!

Blue Zones Project Corner

BLUE ZONES® POWER 9: 80 Percent Rule

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

Stop at 80%

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, which can reduce your risk of heart disease.

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 8 cups of water each day. If you're being moderately active, increase that amount by 1 - 2 cups. For strenuous activities lasting more than an hour, increase your average water intake by 2 - 3 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, nutrition-packed 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.



The 80 Percent Rule, or “hara hachi bu” suggests that you stop eating when you feel about 80 percent full; it is just one of nine lifestyle habits for a longer and healthier life

- Smear a scoop of nut butter on graham crackers or apples and add banana slices and carob chips for a yummy sandwich.
- Top plant-based or non-fat yogurt with crunchy granola, berries, and shredded coconut.
- Blend cashew milk, fresh mangos, and a banana into a delicious smoothie.
- Dip baby carrots and cherry tomatoes in hummus.
- Eat a handful of nuts.
- Spread celery sticks with a tablespoon of peanut butter and top with raisins.
- Wrap beans in a whole wheat tortilla and add your favorite salsa.
- Don't mistake your hunger for dehydration. Try a glass of water.

Messages from the Clinic

New! Low Impact Exercise Class at the South Clinic

Cow Creek Health and Wellness Center is now offering a free, low impact, seated exercise class that can help you stay mobile, no matter your activity level! This class can improve strength and flexibility, and reduce joint pain. It is also safe for those who have arthritis! This exercise class is open to clinic patients and Tribal members.

When: Starting March 4th, Wednesdays from 2 – 2:30 PM and Fridays from 10 AM – 10:30 AM

Where: Cow Creek Health and Wellness Center South Clinic, 480 Wartahoo Lane, Canyonville

Please contact Elisa Moore, Lifestyle Coach, at 541-691-2462 for more information.



It is important to stay active, no matter what your age or ability might be

Nesika Health Group Changes

Many positive changes are occurring throughout Cow Creek businesses and at Nesika Health Group. Beginning February 1st, Nesika premium payments can be paid using a debit or credit card either on-line or by phone.

To do so, call Shasta Administrative Services at 1-800-441-4518 and ask for Tova, Lisa, or Jone. To make a payment by mail, send directly to Nesika Health, LLC, PO Box 490, Redmond, OR 97756.

The checks do need to be made payable to Nesika Health, LLC. If a payment has recently been submitted to the old address and it is not reflected on the February invoice, please know that Shasta and Nesika Health will be coordinating as we transition the process.



Nesika Users Get Teladoc for Free!

Teladoc is a wonderful benefit that is free for anyone on Nesika Health. By using Teladoc, there is no cost to the patient. If a prescription is prescribed, there will be a cost for the prescription co-pay amount. There is no time wasted sitting for an hour or more at the emergency room, urgent care, or provider's office along with other sick people. Teladoc can be utilized for allergies, flu, upper respiratory infections, urinary tract infections, and multiple other conditions.

To use Teladoc either go on-line at [Teladoc.com](https://www.teladoc.com) or call 1-800-Teladoc. The plan name for enrollment is "Nesika Health Group Corp Tribal Health Benefit Plan". It is recommended to enroll before seeking treatment as it does take a few minutes to enroll.

Give Teladoc a try, as it is efficient and helps to keep Nesika Health's costs down, allowing Nesika Health to keep the cost of premiums from increasing.



Messages from the Clinic

Important Information about Dental Benefits

Every Cow Creek Tribal member registered with Purchased and Referred Care (PRC), regardless of your residence, is eligible for extended dental benefits. The benefits are for qualified dental work costing more than the Tribal member's current insurance and PRC benefits combined. Although administered by Shasta TPA. The Extended Dental Benefit Program is a Tribal benefit funded through Cow Creek Health and Wellness, Purchased and Preferred Care (PRC) and Cow Creek Tribe and is administered by SHASTA TPA. This is not a Nesika program.

The benefit allows for an additional \$20,000 to be applied to a member's qualified professional dental needs on a first-come-first-served basis up to the maximum annual funding of the program. Funding for the program is capped at \$500,000 per year - once this amount has been spent for the year, no further benefits can be paid for any work done during that year. For example, for the current year (1/1/20-12/31/20), once the capped amount of \$500,000 is spent, any work done during the remainder of 2020 is not going to be allowed under this program. The program funds will renew each January but will only be for work done during that current year. Claims will be submitted to Shasta TPA for payment. Shasta will assure that the Tribal member's primary dental insurance plan is billed first, PRC is billed second and the remaining amount is billed to the Extended Dental Benefit program (with approved prior authorizations - PAs). Now no Purchase orders (POs) from PRC are required for dental work. Dental work estimated at greater than \$4,000 will require a prior authorization (PA) from Shasta TPA and treatment plan submitted by the provider, to assure that the proposed work meets benefit plan criteria.

Please direct any questions to Shasta TPA at 800.441.4518 (questions2Shastatpa.com) or PRC at 541.677.5515.

Annual Over-the-Counter Distribution

Each year, the Cow Creek Government distributes Over-The-Counter (OTC) funds through the Cow Creek Health & Wellness Center. Each registered Tribal member is eligible to receive \$100.00 per adult and \$50.00 per member under 18 years old (their age as of 12/31/19).

These funds are to be spent on medical needs that are not covered by insurance or other means. Examples include: diapers, Band-Aids, Aspirin or Tylenol, and so forth.

We are targeting April 1, 2020, for the first distribution. Check your mail for more information coming soon.

Questions can be directed to Clinic Administration at 541.677.5584

Diabetes Prevention Program

Has your doctor told you that you have prediabetes? 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 is for you! This year-long intensive program has had over 75 people with pre-diabetes see results. Over 400 pounds have been lost, blood sugars have returned to normal, and cholesterol dropped by an average of 20 points!

We will be hosting an info session about the Diabetes Prevention Program on Tuesday, March 24th from 3 – 4 PM at the Cow Creek Health & Wellness Center South Clinic Classroom (480 Wartahoo Lane, Canyonville, OR 97417).

Take off the pounds and keep them off with classes led by a certified lifestyle coach! To join the upcoming Diabetes Prevention Program, or to RSVP for the March 24th info session, please contact Elisa Moore at 541-691-2462.

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Senior Meal Elder Art Class Water Aerobics	4 Exercise Class	5 Senior Meal Elder Art Class Water Aerobics	6 Elders Monthly Luncheon 12 PM @ 7F Exercise Class	7 Also on March 6 th : Submission Deadline for Cow Creek Youth Art Show
8 Daylight Savings Time: Turn your clocks 1 hour ahead today	9	10 Senior Meal Elder Art Class Water Aerobics Food Bank Open 9 AM - 11 AM Nahonk ^u otana Conf. Welcome Dinner 5PM @ 7F	11 Exercise Class Nahonk ^h uotana Conference 9 AM - 3 PM @ 7F Convention Center	12 Senior Meal Elder Art Class Water Aerobics	13 Exercise Class Tribal Board in WA 6 - 8 PM @ Kelso	14 Tribal Board in WA Informational Meetings, 1-3 PM @ Port Angeles
15	16 RSVP Deadline for Spring Break Culture Days 541-677-5575 or jrbryant@ cowcreek.com	17 Senior Meal Elder Art Class Water Aerobics	18 Exercise Class	19 Senior Meal Elder Art Class Water Aerobics (Last day, will resume April 14 th)	20 Exercise Class Cow Creek Youth Art Show Opens @ Umpqua Valley Art Center	21
22 YAC Bowling 12 - 3 PM @Tri-City Bowling Alley. More info: Call Rhonda at 541-677-5575	23 Spring Break Culture Days: Willow Gathering 9 AM - 1 PM @Bare Park	24 Senior Meal Elder Art Class Food Bank Open 2 PM - 4 PM Culture Days: Ribbon Skirt/Shirt 9 AM - 3 PM @ Canyonville Clinic	25 Exercise Class Spring Break Culture Days: Portland Zoo Trip: Leave 8 AM @GO Return 8 PM	26 Senior Meal Elder Art Class Spring Break Culture Days: Equine Therapy 10 AM - 3 PM @Bare Park	27 Exercise Class Spring Break Culture Days: Willi Block Party 10 AM - 3 PM @Tri-City Housing	28
29	30 RSVP Deadline for Basketweaver Gatherings in April and June. Contact Jennifer Bryant at 541- 677-5575 for application.	31 Senior Meal Elder Art Class				

Regular Activity Times and Places

Senior Meals: 12 PM @ TCC

Elders Art Class: 10 AM @TCC

Water Aerobics: 9 - 9:45 AM @7F RV Resort

Exercise Class: Wednesdays 2 - 2:30 PM @SC
and Fridays 10 - 10:30 AM @SC

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

GO: Government Offices, Roseburg, OR

SC: Cow Creek Health & Wellness Center,
Canyonville Clinic

7F: Seven Feathers Casino Resort, Canyonville, OR

7FRV: Seven Feathers RV Resort, Canyonville, OR

TCC: Tribal Community Center
825 NE Leon Ave, Myrtle Creek, OR

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 National Census Day Exercise Class	2 Senior Meal Elder Art Class Water Aerobics	3 Elders Monthly Luncheon 12 PM @ 7F Exercise Class Cow Creek Youth Art Show 5-7 PM @ Umpqua Valley Arts Gallery	4 Spring Gathering 11 AM - 2 PM @Bare Park
5 Oregon Tribal Youth Summit @7F More info: Call 541-677-5575	6 Oregon Tribal Youth Summit @7F More info: Call 541-677-5575	7 Senior Meal Elder Art Class	8 Exercise Class	9 Senior Meal Elder Art Class	10 Exercise Class	11
12	13	14 Senior Meal Elder Art Class Water Aerobics Food Bank Open 9 AM - 11 AM	15 Exercise Class	16 Senior Meal Elder Art Class	17 Exercise Class	18
19	20	21 Senior Meal Elder Art Class Water Aerobics	22 Exercise Class	23 Senior Meal Elder Art Class Water Aerobics	24 Exercise Class Karuk Basketweavers Gathering (RSVP Only)	25 Karuk Basketweavers Gathering (RSVP Only)
26	27	28 Senior Meal Elder Art Class Water Aerobics Food Bank Open 2 PM - 4 PM	29 Exercise Class	30 Senior Meal Elder Art Class Water Aerobics (Last Day)		

Regular Activity Times and Places

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Water Aerobics: 9 - 9:45 AM @7FRV

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TCC: Tribal Community Center
825 NE Leon Ave, Myrtle Creek, OR



**Cow Creek Band of
Umpqua Tribe of Indians**

2371 NE Stephens St. Suite 100

Roseburg OR, 97470

Phone: 541-672-9405

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