



# Wik'uuyám Heeta'

"Friend, Away from Here"

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



**Smudge Kit - Sage Is Burned to Cleanse Areas of Bad Spirits**



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# 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)

Please note that during the crisis, some staff are working remotely or are on call, by decision of the Tribal Board. If you intend to visit the Government Offices or the Clinics, please call ahead to 541-672-9405.

# Letter from the Chairman

## **Statement on Behalf of the Tribal Board of the Cow Creek Band of Umpqua Tribe of Indians; Issued March 17, 2020**

Continuing developments regarding COVID-19, also known as coronavirus, have been very present in recent days. We are grateful to report that as of today, to our knowledge, no cases of this virus have been diagnosed among the Cow Creek community or staff.

However, to do our part in keeping our members, patrons, employees, and the surrounding communities safe and healthy, the Cow Creek Band of Umpqua Tribe of Indians Tribal Board held an emergency session and voted unanimously to declare a state of emergency. They have instructed the Cow Creek Government Offices to remain open for the time being, with some departments reducing staff or working remotely so that key services can be maintained. All staff are practicing social distancing. Please know that circumstances are changing daily.

This decision was not made lightly, but is in keeping with our responsibility to heed the guidance and best practices of national, state, and local public health experts. We will continue to work with these experts and other such agencies to monitor the situation and provide further updates.

For these reasons, on March 17, 2020, we also instructed the Seven Feathers Hotel and Casino Resort to close for two weeks, with a review of the situation at the end of that time. This guidance is consistent with national and state guidance to reduce large gatherings as part of all efforts to curve the trend of transmission of COVID-19 during this global pandemic.

This pandemic is a national public health crisis that requires all of us to unify across all levels of government to protect the health and well being of our Tribes and communities. While we are a sovereign entity governed by our own laws, we are committed to this community and doing our part to help contain the virus so that we don't experience the same loss we are witnessing in other parts of the world.

For more information, please view the Center for Disease Control website listed here:  
[www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

If you plan to visit the Government Offices or the Cow Creek Health and Wellness Center clinics for any reason, please call ahead to 541-672-9405. Please visit [www.cowcreek-nsn.gov](http://www.cowcreek-nsn.gov) for the most recent information.

Sincerely,

**Dan Courtney**  
Chairman of the Tribal Board



*Image courtesy of the State of Oregon*



# Messages from the Clinic

## Understanding and Avoiding COVID-19 (Coronavirus)

by Dennis Eberhardt, Clinic Director, as of 3/17/20. Monitor [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html) for current info.

There's a lot of information out there about the new coronavirus, now named COVID-19, and not all of it is correct. Cow Creek Health & Wellness Center would like to keep you informed.

Coronaviruses (CoV) are a large family of viruses that cause illness, ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). Coronavirus disease (COVID-19) is a new strain that was discovered in 2019 and has not been previously identified in humans.

How does COVID-19 spread? Health experts think that COVID-19 is spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

### How severe is COVID-19?

Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

### What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you develop emergency warning signs:

- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

### What should I do if I have symptoms?

There is no current treatment for COVID-19. Call your healthcare provider to identify the safest way to receive care. For most people, it will be as simple as staying at home to not spread it further. Let your healthcare provider know if you have traveled to an affected area within the last 14 days, or if you have any difficulty breathing. Treatment for pneumonia from COVID-19 will take place within a hospital – not a community clinic – and only for severely ill patients.

### Who is at risk for novel coronavirus?

Your risk of getting COVID-19 relates to your exposure to the virus. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases. See [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) for the latest travel guidance from the CDC.

### How can I prevent getting novel coronavirus?

Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Avoid close contact with people who are sick. The suggestion is a 6-foot separation.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.
- Use an alcohol-based hand sanitizer when soap and water isn't available.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue away.
- Clean and disinfect frequently touched objects and surfaces with a regular household cleaner.

**Continued on Page 5**



# Messages from the Clinic

## Understanding and Avoiding COVID-19 (Coronavirus), Continued

by Dennis Eberhardt, Clinic Director, as of 3/17/20. Monitor [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html) for current info.

### Many people are asking about getting tested.

So far only a few people are qualified for the testing through the State Public Health Laboratory or private laboratories like Quest. Clinics like CCH&WC are not testing at the current time.

PLEASE CALL AHEAD IF YOU THINK YOU NEED TO BE SEEN AT ONE OF OUR CLINICS. We will make special arrangements to meet with you outside and assess whether it is better for you and other patients to isolate at home or come into the clinic to be seen. We are trying to keep exposure down for you, other patients, and clinic staff while serving the most patients.

## Helping a Friend in an Abusive Relationship

If you suspect that your friend is being abused by his/her partner, there are some ways you can help, but it is always important to remember that if you believe that you or your friend are in some immediate danger, you need to go to the police.

### Encourage your friend to talk.

Try to get your friend to do most of the talking. Here are some open-ended questions you can ask your friend:

- How are you feeling about your relationship?
- What do your friends and family think about your relationship?
- Do you have plans for the future of your relationship?

### Listen to your friend.

Don't be judgmental. Make sure your friend knows he or she has your support.

### Don't blame your friend for what's happening.

Concentrate on what makes him or her happy and how your friend can take action to change things now.

### Don't tell your friend what to do.

Instead, encourage your friend to think about options and be specific about why you're concerned.

Patients of CCH&WC can also request a telemedicine call using Teladoc. See page 6 for more details.

If you have questions, you may call Cow Creek Health & Wellness Center at 541-672-8533 and ask for nurse advice about Coronavirus.

Additionally, Douglas Public Health Network has a COVID-19 Hotline open 7 days a week from 8 AM to 7:30 PM at 541-464-6550.

### Where to get help.

Let them know that there are free, confidential resources available.

- Stronghearts Native Helpline | 1-844-7NATIVE (1-844-762-8483) | [www.strongheartshelpline.org](http://www.strongheartshelpline.org)
- National Domestic Violence Hotline | 1-800-799-7233 | [www.thehotline.org](http://www.thehotline.org)
- Love is Respect | 1-866-331-9474 or text 'loveis' to 22522 | [www.loveisrespect.org](http://www.loveisrespect.org)

Acknowledgement: This fact sheet was originally developed by youth and staff at [ReachOut.com](http://ReachOut.com), a website that helps teens get through tough times. Visit [www.wernative.org/articles/helping-a-friend-in-an-abusive-relationship](http://www.wernative.org/articles/helping-a-friend-in-an-abusive-relationship) for more info.



Image courtesy [wernative.org](http://wernative.org)

# Messages from the Clinic

## **Nesika Health Coverage Allowances for COVID-19 through June 4, 2020**

The Tribal Board of Directors has voted to implement some temporary enhancements to our Nesika Health Insurance during this uncertain time. The changes will be in effect until June 4<sup>th</sup>.

- COVID-19 diagnostic testing is covered at 100%; Deductible waived for enrollees who meet the CDC criteria for testing, as determined by the enrollee's health care provider. Services resulting from this condition will be covered as any other illness.
- Early pharmacy refills of covered prescription medications allowed. If you are worried about running out of your needed prescriptions you can refill them early. (Does not apply to opioids, benzodiazepines and/or stimulants without written consent from prescribing physician.)

## **Nesika Health Group Changes**

Many positive changes are occurring throughout Cow Creek businesses and at Nesika Health Group. Beginning February 1<sup>st</sup>, 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.

- Phone consultation or virtual appointment via an electronic device (e.g. Facetime, Skype) covered the same as a physical office visit. Includes mental health services.

Please also note if you have Nesika Health Insurance, you also have access to TELADOC for 24 hour 365 telemedicine for non-emergent conditions. With many clinics limiting patient access, this is a good cost-saving option for our plan members.

If you have any questions, please contact Shana Slay at 541-677-5575.

## **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

## Social Distancing Bingo

The Cow Creek Prevention team is here with a fun and proactive way to stay engaged with our families while we're all stuck indoors! Since we know that the prevention of negative behaviors in youth begins at home, now is a perfect time for youth and families to practice positive behavior and connect with culture.

Let's play one big game of social distancing Bingo shall we?

Here's how it works:

1. Fill out this Bingo card sheet by completing one line of activities to get a "Bingo".
2. Submit your "Bingo" to Scott T. Davis, Native Connections Project Coordinator, at [SDavis@cowcreek.com](mailto:SDavis@cowcreek.com) with a photo of your completed Bingo card sheet.  
\*\*Optional: Submit a picture of you and your family doing one of the activities together!
3. You will then be entered to win a prize plus bragging rights when the winners are announced! Good Luck!

Cow Creek Prevention

## Social Distancing Bingo

Cook one traditional family meal together.	Write a poem or short story.	Play a board game together.	Discuss what it means to be alcohol & drug free.	Drumming Circle.
Go through family photo albums.	Write a letter to an elder.	Plan and present a play to your family.	Stargaze together.	Read a book together and discuss.
Do some home gardening.	Call a friend or family member.		Find items to donate to those in need.	Start a personal journal.
Take a family photo together!	Do a 5 minute exercise!	Listen to a story from an elder.	Make art together.	Play a traditional game together.
Build an indoor fort!	Make a necklace or bracelet together.	Find a family heirloom and discuss its importance.	Make paper airplanes or origami.	Watch a documentary about tribal history together.



# Blue Zones Project Corner

## **BLUE ZONES® POWER 9: Eating Plant Based - A Resource for Getting Started**

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

### What is Plant-Based, Whole Food Eating?

A plant-based, whole food diet consists of fruits, vegetables, nuts, seeds, whole grains, and legumes. A plant-based, whole food diet is free from meat, dairy, and eggs, and minimizes use of refined or processed foods such as bleached flour, refined sugar, and oil.

### What are the Health Benefits?

- Lower cholesterol, blood pressure, and blood sugar.
- Reversal or prevention of heart disease.
- Longer life, healthier weight, and lower food costs.
- Lower risk of cancer and diabetes.
- May slow the progression of certain types of cancer.
- Improved symptoms of rheumatoid arthritis.
- Fewer medications.

### How You Can Get Started:

Certain meals you already make could easily be made plant based, whole foods with just a few small changes:

- Start by increasing your intake of fresh fruits and vegetables and limiting your intake of meat, animal products, and refined and processed foods.
- Make burritos or tacos with beans, rice, and veggies.
- Make chili with beans, veggies, and veggie stock.
- Try grilling veggie burgers or Portobello mushrooms.
- Make kebabs with vegetables such as onions, bell peppers, summer squash, and mushrooms.
- Make a lentil and split pea soup with a vegetable stock or broth.
- Try incorporating other non-dairy milks such as almond milk, rice milk, or soy milk.
- Commit to Meatless Mondays.
- Try new recipes!

### Tips for Eating Out:

- Ask the server if there are any plant-based options available that may not be listed on the menu.
- Substitute almond, soy, or other non-dairy for milk.
- Ask to substitute tofu, beans, veggie burger, or tempeh for meat. Ask to hold the meat or eggs.
- Use the free Happy Cow app to search for plant-based dining options in your town.

### Frequently Asked Questions

- Q: Will I get enough protein in a plant-based diet?
- A: Yes, but must manage a well-balanced diet. Beans, nuts, and seeds are excellent sources of protein. The recommended daily protein is nearly 8-10% of your daily intake. You can calculate your specific daily protein needs using an online resource like this website: [www.globalrph.com/protein-calculator.htm](http://www.globalrph.com/protein-calculator.htm)
- Q: Will I get enough calcium?
- A: Yes, with a well-balanced diet. Plant-based foods (tomatoes, lima beans, peas, potatoes, and spinach) provide about twice the amount of calcium as equal parts of animal-based foods (beef, pork, chicken, whole milk)
- Q: Do they make meat and dairy substitutes?
- A: Yes, you can find a variety of meat-free substitutes, dairy-free cheeses, milks, and sour cream in stores.
- Q: Will I get enough Vitamin B12?
- A: Many non-dairy milks, such as soy milk, are fortified with Vitamin B12. While eating a plant-based diet, your doctor may recommend that you take a B12 supplement.
- Q: Will eating this way give me stomach cramps?
- A: There may be side effects as you adjust to increased fiber and the digestion of beans, but this generally lessens over time.

### Community Resources to Learn More

- Shop at your local Farmer's Market or Farm Stand for locally grown fruits and vegetables.
- Attend Blue Zones Project Plant Slant cooking classes and join a potluck moai.
- Attend the monthly plant-based potluck to try new dishes and discover new recipes at [ucveg.org/](http://ucveg.org/).
- Shopping Tours at Sherm's Thunderbird teach how to shop for plant-based whole foods. Call 541-378-6359 to register.
- Attend free Total Health Improvement Program (THIP) classes. [www.ucveg.org/thip](http://www.ucveg.org/thip).
- Watch the *Forks over Knives* movie. Email [UmpquaCommunityVEG@gmail.com](mailto:UmpquaCommunityVEG@gmail.com).



# Emergency Preparedness

## **The Tribe Has a Plan for Emergencies; Do You?**

As we transition from winter to spring, it is important to keep in mind our efforts to be prepared for all hazards that present themselves, whether all year long or just at certain times. The Tribe maintains a Hazard Mitigation Plan to help us respond rapidly to emergencies, and we meet twice a year to update it in regards to emerging situations. Remember to keep your preparedness kits and your own individual plans up to date. Preparedness begins at home and with each one of us.

We are just wrapping up flu season, but the flu is still around. We are hearing lots of news about the coronavirus as well. Some of the best ways to prevent any illness, from common cold to other illnesses, is to: “Cover your cough, wash your hands, and stay home when you’re sick.” You can find some links to current information on the flu and the coronavirus below.

We are also getting ready for wildfire season. The time to begin preparing our homes is now. It is a good idea to check smoke detectors each time you change your clocks for Daylight Savings Time. Make sure to survey your home and work places all year long to make sure you’re prepared for earthquakes.

## **How to Utilize a Face Mask to Protect Yourself from Infection**

The Cow Creek Band of Umpqua Tribe of Indians deeply cares about the health and safety of tribal members and our community. In an effort to help prepare Tribal members for emergencies, the Tribe sent an emergency backpack to each Tribal member household in 2017, which contain face masks.

### How to wear face masks to protect against coronavirus:

Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water. It is important to know how to use and dispose of the mask properly.

The Oregon Office of Emergency Management promotes a “Two Weeks Ready” campaign to make sure that you can be self-sufficient for up to 2 weeks in the case of any emergency. You can find that link below as well.

Be smart; be prepared for all hazards that might confront us. For more information, please contact Tribal Emergency Management Director Tracy DePew at 541-677-5575, and pay attention to official sources of reliable information.

### Information on the Flu and Coronavirus from the Center for Disease Control

Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Flu: <https://www.cdc.gov/flu/index.htm>

2 Weeks Ready Campaign from the Oregon Office of Emergency Management <https://www.oregon.gov/OEM/hazardsprep/Pages/2-Weeks-Ready.aspx>

Tribal members without internet access can contact Tribal Member Liaison Rhonda Richardson at 541-677-5575 for FEMA general preparedness brochures.

1. Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
2. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
3. Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
4. To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

**Continued on Page 10**

# Emergency Preparedness

## How to Utilize a Face Mask to Protect Yourself from Infection, Continued

### Are You at Higher Risk for Severe Illness?

Groups at higher risk for more serious complications from COVID-19 are, older adults and people of any age who have serious underlying medical conditions.

### Take actions to reduce your risk of getting sick:

It is important for you to take actions to reduce your risk of getting sick with COVID-19, by:

- Washing your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, or having been

in a public place. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- Stay home as much as possible. Avoid crowds, especially in poorly ventilated spaces.

## The Tribe's and UIDC's Incident Management Teams Combine

In early March 2020, the Tribal Board of the Cow Creek Band of Umpqua Tribe of Indians declared a State of Emergency due to the impacts from COVID-19. An Incident Management Team was quickly formed to manage resources and ensure an appropriate government response.

On Monday, March 23<sup>rd</sup>, the Cow Creek Band of Umpqua Tribe of Indians Government Operations Incident Management Team met with leadership from the Umpqua Indian Development Corporation (UIDC) Incident Management Team. They evaluated new directives by Federal, State, and Local Governments to mitigate impacts of COVID-19 on the community. This leadership team also evaluated objectives, resources, and assignments made by each team to date.

It was decided that in order to best serve the Tribal Membership, and to maintain Tribal Government services and leverage resources from UIDC businesses, it would be in the best interest of the Tribe to combine the two command structures to mount a unified effort.

As a result, the two teams have blended, and a new Incident Briefing was held on March 24<sup>th</sup>. In order to make the new team more efficient, some adjustments were made to the assignments and members of each team.

“This new Incident Management Team will make the best use of staff and team members so we can best serve the Tribal membership during this emergency,” said Tracy DePew, Cow Creek Emergency Preparedness Director.



*Panoramic view of the combined Incident Management Team in a presentation*

## 2020 Tribal Elections Coming Up

The Tribal General Council Nominations Meeting is scheduled for Sunday, May 17<sup>th</sup> at 10 AM.

Procedures for the nominations for the Tribal Board of Directors Election are as follows: Any registered voter of the Tribe present at the May meeting is allowed to make a nomination. Each person may nominate one individual for the election in August. Reminder: Nominees must be present at the Nomination Meeting to accept their nomination. When nominations are closed, no other nominations will be accepted. Nomination acceptance forms will be furnished to all candidates present at the meeting. A nomination will be considered complete when the nominee has accepted the nomination in writing.

Candidate names will be placed on the ballot in alphabetical order by last name with the incumbents listed first followed by any other nominees. Tribal members are encouraged to maintain an updated registration card including a

signature, as well as keeping an up-to-date address on file. Any new or updated voter registration applications need to be completed and turned in to the Government Office by 2 PM on May 15<sup>th</sup>. Reminder: Voter Registration will be closed from May 16<sup>th</sup> thru August 9<sup>th</sup> and will reopen on August 10, 2020.

The Tribal General Council Elections Meeting is scheduled for Sunday, August 9<sup>th</sup> at 10 AM. All General Council Meetings will be held at the Cow Creek Tribal Government Offices. As with Federal, State and local elections, Tribal members must register to vote in the Tribal Board of Directors Elections. Registration is only required once. If you have been married, divorced, 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.

## Rescheduling Youth Activity Committee Activities

In response to a temporary work protocol that is currently in place due to COVID-19, the Family Bowling Day on March 22<sup>nd</sup> and the Spring Gathering on April 4<sup>th</sup> have been cancelled. Please watch your mailbox and newsletter for new dates, times, and opportunities in the Youth Activities Program.

Further questions may be directed to Rhonda Richardson at [rjackson@cowcreek.com](mailto:rjackson@cowcreek.com) (in the subject line please type YAC) or by calling 541-677-5575 ext 5513. We apologize for any inconveniences.

## Tribal Hunting Applications Included

The 2020 Tribal hunting applications have been inserted in this edition of the Tribal Newsletter. All applications must be completed and returned to the Natural Resources Department by 5 PM on May 15, 2020. You may make copies for additional hunters in the household, or pick up applications from the Natural Resources Department. Reminder: Youth hunters must have completed a hunter safety course prior to hunting on Tribal lands. If you have any questions, contact Scott Van Norman at the Tribal Government office at 541-672-9405.



*Cauly Jackson with an elk from a Tribal Hunt, September 2017*



## Update on the Oregon Gray Wolf

Through recent years, the gray wolf has become a large species of topic in the state of Oregon. Historically, gray wolves were last recorded in the state of Oregon in the year 1947. Though gray wolves did not begin traveling into Oregon from Idaho until recent years, gray wolves are naturally native to Oregon and their existence in the state is documented through archeological records, Native American accounts, museum specimens, and various other reports. To date, all gray wolves in Oregon have migrated naturally from Idaho or were born in the state of Oregon, rather than being introduced.

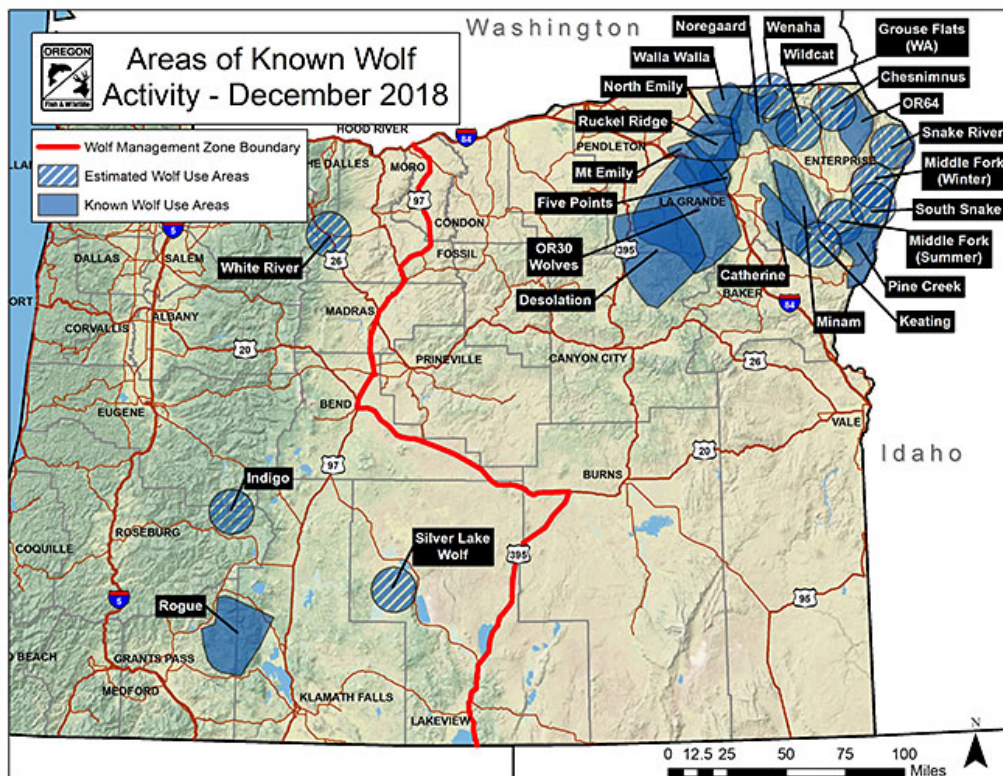
In 2019, the Oregon Wolf Conservation and Management Plan (Plan) was revised to include management practices for Oregon's increasing number of resident wolves. Though most Oregon wolves reside in the northeastern part of the state, there is a small population of wolves located in the eastern portion of the Indigo Unit (Douglas and Lane Counties). The US Fish & Wildlife Service

(USFWS) and the Oregon Department of Fish & Wildlife (ODFW) have documented at least three wolves located in the Indigo Unit, though the group was not identified as a pack as of 2018. A pack is defined as a group of four or more wolves traveling together in winter, and a breeding pair is an adult male and an adult female wolf with at least two pups that survived to December 31 of the year of their birth. The most recent completed surveys (2018) documented a statewide minimum population of 137 wolves, including 16 packs and 15 breeding pairs. Currently 90% of Oregon gray wolves are located in the northeastern corner of the state.

When the Plan was first developed in 2005, wolves across Oregon were listed as endangered under the Federal Endangered Species Act (ESA). That changed on May 5, 2011, when the USFWS ultimately de-listed the Northern Rocky Mountain Distinct Population Segment of wolves from the list of endangered species, following initial de-listing in

2009 and re-listing in 2010. The de-listing included the easternmost portion of Oregon, bounded by Oregon Highways 395/78/95. At this date, wolves in the remainder of Oregon (west of those same highways) continue to be federally protected as endangered, and the Federal ESA sets the minimum protection levels for wolf management.

More Information on gray wolves and the Oregon Wolf Conservation and Management Plan can all be located on the ODFW public webpage - [www.dfw.state.or.us/wolves/](http://www.dfw.state.or.us/wolves/)



## Tribal Youth at Tribal Community Center Proud to Display Hand Drums

In a recent cultural activity, Tribal Youth stretched the hides, wrapped the drum rounds, and designed the art work for traditional hand drums. They also participated in the first drum circle at the new Expanding Horizons Youth Center (EHYC). For many of our students, making and playing a drum was a new experience. There were many requests to “do this again.”

The drums shown here will be displayed in the Youth Art Show at Umpqua Valley Arts, along with all the other empowering items our youth have been making at the EHYC in collaboration with the Tribe’s Prevention department. Though the recent COVID-19 pandemic has closed the Arts Center, they are in the process of enabling virtual tours. More information on that will be coming soon.

We are very thankful to Cultural Activities Specialist Jennifer Bryant for donating materials and giving youth at the EHYC this opportunity.



*Hand drums, made and decorated by EHYC Tribal youth*



*(Clockwise from left): Nakai Sinohui, Anika Sinohui, Emmalee Quiantance, Jenna Gaddis, Kiana Sinohui, and Oliver Zimmerman participate in the first drum circle at the new EHYC*



# 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](mailto: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 65<sup>th</sup> 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 65<sup>th</sup> 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 **14** 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 24<sup>th</sup> 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.





# Government and Programs

## **Attention Tribal Veterans: Walk in the Dedication Ceremony of the Smithsonian National Native American Veterans Memorial**

You can join the Native Veterans Procession before the Dedication Ceremony of the National Native American Veterans Memorial. This monument was built as a celebration of the service of Native Americans, Alaska Natives, and Native Hawaiians in the U.S. Armed Forces.

You can register to walk in the procession by following this link: [national-native-american-veterans-memorial-dedication-424c.eventfarm.com/app/pages/a5129444-28a0-41b4-84a0-afd4cca8f2f0](https://national-native-american-veterans-memorial-dedication-424c.eventfarm.com/app/pages/a5129444-28a0-41b4-84a0-afd4cca8f2f0), and friends and family are encouraged to come show support.



## **Veterans Jackets and Medals**

If you are a Veteran of the United States Military, or are on Active Duty, we would like to give you a “Tribal Veteran” jacket and a Cow Creek specific medal. If you have not received one, and would like to have one, contact Rhonda Richardson at 541-672-9405 ext. 5513 or [rrichardson@cowcreek.com](mailto:rrichardson@cowcreek.com).

## **Cow Creek Member’s Tribal Liaison**

The Cow Creek Tribal Liaison, Rhonda Richardson, is here to listen to you. She can address any concerns you might have, figure out what your next step should be, and who to contact. Positive feedback or constructive criticism is accepted as well.

Rhonda can be reached at 541-672-9405 ex. 5513, by email at [rrichardson@cowcreek.com](mailto:rrichardson@cowcreek.com) (put “Tribal Liaison” in the subject line), in person at any Tribal event, or in the Government Offices Monday - Thursday. Due to COVID-19, please call ahead if you plant to visit the Government Offices.

# Government and Programs

## **In The Tribal Courts Of The Cow Creek Band Of Umpqua Tribe Of Indians**

IN THE MATTER OF IMPOSING RESTRICTIONS ON TRIBAL COURT OPERATIONS; CHIEF JUDGE ORDER IMPOSING RESTRICTIONS AND GUIDANCE ON COURT OPERATIONS

On March 17, 2020, the Cow Creek Band of Umpqua Tribe of Indians Tribal Board held an emergency session and voted unanimously to declare a state of emergency in response to continuing developments regarding COVID-19, also known as coronavirus.

The Tribal Board, in recognition of its role in doing its part in keeping Tribal members, patrons, employees, and the surrounding communities safe and healthy, has instructed the Cow Creek Government Offices to remain open for the time being, with some departments reducing staff or working remotely so that key services can be maintained.

As part of this reduction, all Tribal Courts will be restricting access to limit the number of persons in our court and places of work. While the Courts will remain open, services will be limited. The Court Clerk will be unavailable during this time period.

During this period, all correspondence to the Courts and phone messages will be monitored; however, please understand that responses may be delayed. Any emergency actions will be addressed by the Chief Judge. Routine matters will be handled as staff time allows.

As Chairman Courtney noted, this decision was not made lightly, but is in keeping with our responsibility to heed the guidance and best practices of Tribal, national, state, and local public health experts. The Tribal Board's direction is consistent with the guidance to reduce gatherings as part of efforts to curve the trend of transmission of COVID-19 during this global pandemic. Chairman Courtney further noted that "this pandemic is a national public health crisis that requires all of us to unify across all levels of government to protect the health and well-being of our Tribes and communities."

NOW THEREFORE, pursuant to the authority granted to the Chief Judge by the Tribal Board under the Cow Creek Tribal Legal Code 1-4-10; 1-40-50; 1-50-10 and 1-50-50,

I HEREBY ORDER that the following restrictions on Tribal Court operations be in effect beginning on March 17<sup>th</sup> and continuing until such time as the Tribal Board lifts the emergency declaration.

1. The Tribal Court's phones and mail will be monitored during established business hours.
2. Where necessary to provide required court services, the Courts shall consider their ability to provide services remotely or telephonically.
3. The Tribal Courts shall not provide in-person services except as provided herein. Tribal Courts shall postpone and not schedule any in-person matters, hearings or trials during the period of this emergency except on proper motion and approval by the Chief Judge. The Chief Judge shall determine for any direct court services, whether the Tribal Court is legally required to provide in-person court services and if so, make arrangements to provide those services consistent with the emergency declaration.
4. The Chief Judge has the discretion to order that a particular trial, hearing, matter, or other court operation take place only if there is a need for in-person court action, if it is possible to achieve appropriate social distancing, and if reasonable precautions can be implemented that will protect the health of the participants.
5. If a person seeking in-person services exhibits symptoms associated with COVID-19, the Chief Judge may refuse service to the person and direct the person to leave the court facilities. Any subsequent proceedings will be limited to telephonic or video proceedings.
6. Notice of these restrictions shall be made available to any party seeking court attention.
7. This Order is effective immediately.

CHIEF JUDGE, TRIBAL COURT

# Culture and Education



## What Is Culture?

In our previous newsletter articles, we have provided information on various cultural items, mainly archaeological artifacts. For the next several articles, we will address questions about culture. What is culture? The Interrelatedness of Cultural Elements, as well as several different aspects of traditional Tribal culture.

There are of course many definitions for what culture is. The anthropologist E.B. Tylor's definition of culture is "that complex whole which includes knowledge, belief, art, morals, law, custom, and any other capabilities and habits acquired by man as a member of society." This complex whole can include shared worldviews, values, beliefs, and behaviors that are the basis of experiences a group of people have throughout life. Many of these pieces can be readily seen by the casual observer such as dress, tools, or art.

However, there are many, if not most, elements of cultural that cannot be seen. Thinking of this cultural dynamic as an iceberg would show that only a few portions of culture are visible above the water, with the majority being below the surface. The elements that can be seen are "cultural by-products" as they are things that are produced in relation to, and governed by, "cultural foundations" that are the unseen elements of a culture. These foundations, in turn, are shaped and pushed by "environmental drivers" that form how people think about their relationship with their surroundings.

## Takelma Language Corner

Good day, everyone! Let's start using some Takelma language! One of the most useful things to know is also one of the easiest things to learn and say: Good day!

Pée túu (almost like you're saying "bed dew")

Pronunciation cheat sheet:

p = b as in boy            e = e as in bed  
t = d as in dog            u = u as in rude

And if you're curious:

- Doubled vowels are held twice as long as single vowels.
- The accent marks indicate stress and pitch. In this case, you say this almost as if you're asking a question.
- You are literally saying "day-good." You can also say "Túu pée." Both forms are interchangeable, and you can use this any time of the day to say hello to someone.
- And you can also use it when saying goodbye. Pée túu, everyone!

## The Seen & Unseen of Culture





# April 2020

PLEASE NOTE: The Senior Meals, Elders Monthly Luncheons, Exercise Classes, and other activities have been temporarily suspended, due to COVID-19. These activities are marked here in their usual dates in case they are resumed before the next printing. Please monitor government communications for more updates.

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
5	6	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

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

# May 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Elders Monthly Luncheon 12 PM @ 7F	2
3	4	5 Senior Meal Elder Art Class	6 Exercise Class	7 Senior Meal Elder Art Class	8 Exercise Class	9
10	11	12 Senior Meal Elder Art Class  Food Bank Open 9 AM - 11 AM	13 Exercise Class	14 Senior Meal Elder Art Class	15 Exercise Class  Tribal Hunt Application Deadline	16
17 Tribal Election General Council Meeting 10 AM @ GO Lunch Provided  Food Bank open after meeting	18	19 Senior Meal Elder Art Class	20 Exercise Class	21 Senior Meal Elder Art Class	22 Exercise Class	23
24	25 GO Closed for Memorial Day	26 Senior Meal Elder Art Class  Food Bank Open 2 PM - 4 PM	27 Exercise Class	28 Senior Meal Elder Art Class	29	30

## Regular Activity Times and Places

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