



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Trees at Bare Park

Volume 30, Issue 4
May 2020

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

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Culture is a combination of many factors that all influence each other (Page 16)

Government and Programs

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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.

Regarding the May 2020 General Council Meeting and Tribal Elections

A letter from the Tribal Board, dated April 10, 2020

Dear General Council:

We are in unprecedented times. The COVID-19 pandemic has created a sudden and severe public health and economic crisis for our Nation, Indian Country, and, in particular, our Tribe. On March 8, 2020, Oregon's Governor Kate Brown declared a State of Emergency. On March 13, 2020, the President of the United States declared the Pandemic a National Emergency. After much discussion, on March 16, 2020, the Cow Creek Tribal Board of Directors declared the Pandemic a Tribal Emergency.

Pursuant to the emergency declarations, and in cooperation with the Governor of Oregon, the Tribal Board directed the closure of the Tribal Government Office and several Tribal businesses, including the Casino, in order to protect Tribal and public health.

The Tribal Board, however, has directed certain essential functions of Tribal Government to continue during the Pandemic:

- The Cow Creek Health and Wellness Clinic will remain open to serve Tribal membership during this critical period.
- The Cow Creek Human Services Program will remain operational for the benefit of the membership.
- To protect the health of all involved and to satisfy the Cow Creek Constitutional requirements, the Board has directed the Cow Creek Tribal Election Committee to proceed with the 2020 Cow Creek Tribal Election as scheduled; **however, there will be changes in how the May 17, 2020 General Council/Nominations Meeting will be conducted.**

The May 17, 2020 General Council/Nominations Meeting will be relocated from the Tribal Government Office in Roseburg to the Seven Feathers Umpqua Grand Ballroom in Canyonville to allow for additional space for appropriate social distancing. However, the Tribal Board will convene the meeting for the purpose of accepting nominations

only. The meeting agenda will not include any of the administrative reports or business updates. The Tribal Board will ensure a quorum of 25 Tribal members (consisting of members of Tribal board, the election committee, and Tribal member staff) will be present. The Nomination meeting will begin at 10 AM on May 17, 2020, and conclude shortly after.

Any registered voter of the Tribe, who is physically present at the Meeting, may nominate one eligible Tribal member, who is also physically present at the Meeting. A Tribal member is eligible for nomination if the member is at least 21 years of age on the date of the election, and has never been convicted of a felony, or has been pardoned of all felony convictions. The nomination will be complete when the nominee accepts the nomination in person, and in writing, prior to the conclusion of the Nomination meeting in which they are nominated.

The following nominations process shall be followed:

- To minimize the risk of transmission of the virus, all nominators and nominees will remain outside the Casino Front Entrance (while exercising social distancing) until a staff member escorts them into the Casino, two at a time to make and accept a nomination.
- Prior to entering the meeting room, both the nominator and nominee will put on masks provided at the Casino, and have their temperature taken by a staff member with a thermometer or wand.
- Upon entering the meeting room, the Tribal Election Committee will verify eligibility and the nominator will announce the nomination, and the nominee will accept the nomination, both verbally and in writing. Both nominator and nominee will then leave the room immediately to make space for the next nominator and nominee.

Tribal News

Regarding the May 2020 General Council Meeting and Tribal Elections, Cont.

A letter from the Tribal Board, dated April 10, 2020

- After all nominations are made, the Board will close nominations, and conclude the meeting. Again, the Tribal Board will not review any other issues, or provide any other updates.

Please understand that unprecedented times call for extraordinary measures. The Board has modified the May 17th meeting to protect the health and welfare of as many as possible and to adhere to common safety measures. The Board very much looks forward to resuming normal meetings in August, after the risk of the Pandemic has passed.

As stated before, we are in unprecedented times. The Tribal Board of Directors continues, as best they can, to move forward and conduct business in a safe manner.

Sincerely,

Tribal Board of Directors
Cow Creek Band of Umpqua Tribe of Indians



Though the General Council meeting won't be held as usual, you can still make your voice heard

Tribe Rallies to Provide for Members Despite Setbacks

The COVID-19 crisis has impacted the whole world, and the Cow Creek Tribe is no exception. The Tribal board has needed to make tough decisions, such as the closure of the Seven Feathers Hotel and Casino Resort and the Government Offices. Despite the reduced workforce caused by temporary furloughs, however, Tribal leadership is working hard to make sure that they can provide programs to support Tribal members during this time of hardship.

Heads of Tribal departments and programs continue to fulfil their responsibilities, and are working hard to ensure that they can continue to do so in the future. Many departments are utilizing technology, such as social media and other internet resources, to reach out to Tribal members. The Education Department and the Health Education Program are both excellent examples of this.

Others, like the Natural Resources Department, are doing everything they can to secure and extend grants so that current projects can be completed. Our Clinics are also working hard to make sure they can give the best care to Tribal members and the community. Many government grants are a much-needed source of support, and leadership is doing everything they can to find and utilize every available source of help.

One example is the CARES (COVID Aid, Relief, and Economic Security) Act, in which Tribes will be receiving an increased amount in our IHBG (Indian Housing Block Grant) funding. The Housing Department is working hard to plan for the best way to utilize these extra funds during the ongoing grant application process. We hope to have more details in future newsletters on how these funds (and others from other departments) will be used to help Tribal members.

Cow Creek Band of Umpqua Tribe of Indians Finally Authorized to Harvest and Restore Tribal Timberlands Impacted by Milepost 97 Fire

On April 23, 2020, the Tribe received the final authorization from the Bureau of Indian Affairs (BIA) to proceed with much needed timber management activities on portions of Tribal land impacted by the Milepost 97 fire.

The Milepost 97 (MP97) fire started on the evening of July 24, 2019 along milepost 97 of interstate 5 (I-5) just southwest of the city of Canyonville, in Douglas County, Oregon. The fire originated on lands under the jurisdiction of the Oregon Department of Transportation (ODOT). The fire quickly progressed uphill and proceeded to the Cow Creek Band of Umpqua Tribe of Indians (CCBUTI) reservation lands, resulting in resource losses and damages on approximately 3,634 acres. Not all the Tribal lands were timbered. In total, the fire consumed approximately 13,098 acres including private, federal, state, and CCBUTI reservation lands. Burn severity within the fire perimeter ranged from low to high, in a mosaic pattern, with varying degrees



It has been a long road to being able to manage Timber on our own lands, but the wait is over.

of vegetation mortality. The fire was contained on August 16, 2019, and controlled on August 19, 2019. It was declared “out” on December 31, 2019.

The CCBUTI reservation lands impacted by the fire were part of the 17,519 acres of land recently transferred from the Bureau of Land Management (BLM) to the CCBUTI pursuant to the Western Oregon Tribal Fairness Act (WOTFA) (PL 115–103) on January 8, 2018. These lands have been placed into trust for the exclusive and beneficial use of the Tribe. The United States Department of Interior (DOI) and BIA serve as the federal Trustee for these lands.

The Tribe’s Forest Resource Management Plan (FRMP) calls for the Tribe to take proactive prevention, control, and recovery actions to mitigate damages and loss of forest values from wildfire, insects and disease, and other catastrophic events. The Tribal Board of Directors issued an Emergency Declaration for the MP97 Fire on August 28, 2019 (Resolution No. 2019-87), citing concerns for insect damage and other damage to resources resulting from other wood



Milepost 97 Fire consumes timber in the west fork of Cow Creek drainage in late July 2019

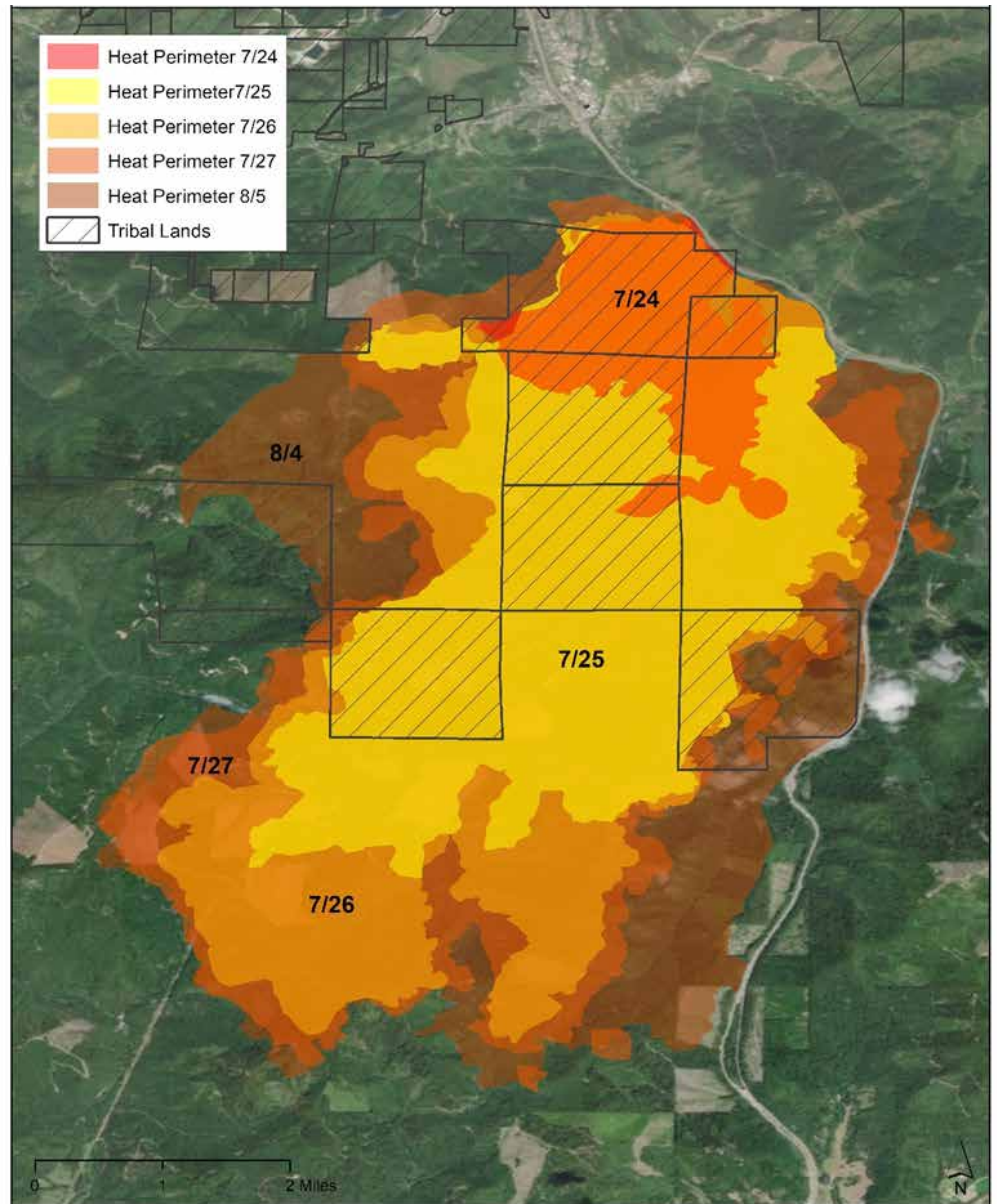
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Cow Creek Band of Umpqua Tribe of Indians Finally Authorized to Harvest and Restore Tribal Timberlands Impacted by Milepost 97 Fire, Continued

deterioration agents. Tribal leaders and staff expressed the need for emergency actions with Bryan Mercier, the Regional Director of the BIA Northwest Region, and the Assistant Secretary of the Interior Tara Sweeney. Initial discussion between the Tribe and the BIA began in late August 2019.

Shortly after the fire was recorded as contained, the Tribe began to address safety concerns along roads, power lines, and other infrastructure. In addition, the Tribe began to explore the possibility of proposing timber harvest and restoration activities of merchantable timber located on Tribal lands affected by the fire.

Between July 24, 2019, and early December 2019, the following activities occurred on Tribal lands at the direction of the Tribal Board of Directors: fire suppression (Dozer Line Construction, Hand Line Construction, and Burn out Operations, Fire Retardant Drops, Safety Zone Construction, and Staging Area Construction), Hazard Tree Removal, and Tribal self-governance/forest management activities.



Map showing the progression of the Milepost 97 fire between July 24, 2019, and August 4, 2019. Map created by CCBUTI GIS Program Manager Brian Mladenich

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Cow Creek Band of Umpqua Tribe of Indians Finally Authorized to Harvest and Restore Tribal Timberlands Impacted by Milepost 97 Fire, Continued

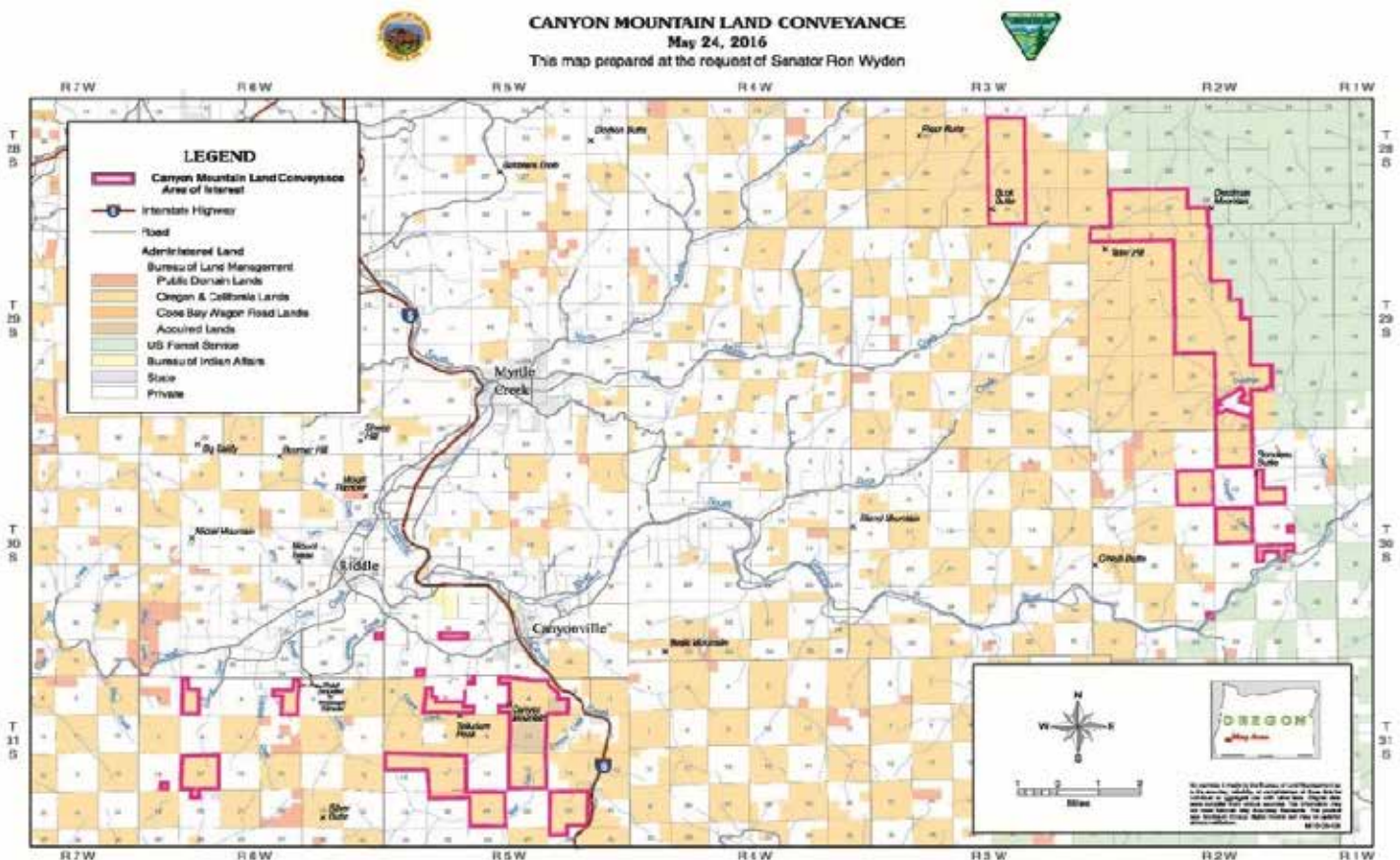
On April 23, 2020, more than four months after the BIA Northwest regional office placed Tribal management activities on hold, the Tribe has finally received authorization to resume operations in an attempt to harvest and restore valuable Tribal resources impacted by the fire.

Under the BIA approved action, regeneration harvest would occur on up to 1,541 acres, pre-planting treatments or slash treatments to prepare sites for reforestation would occur on 189 acres, 396 acres would be reforested without pre-planting treatments, and approximately 282 acres would receive a pre-

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Insect frass from wood boring insect infestations in a Douglas Fir tree on Tribal lands within the Milepost 97 burn area. Photo credit: Jerry Reagan



Map of Canyon Mountain Land Conveyance lands transferred to the Tribe in January 2018

Cow Creek Band of Umpqua Tribe of Indians Finally Authorized to Harvest and Restore Tribal Timberlands Impacted by Milepost 97 Fire, Concluded

commercial thinning treatment. Forest management activities would begin in spring 2020 and would end in the winter 2025. Post-reforestation vegetation treatments would occur through the fall of 2030.

These management activities will generate job opportunities for Tribal member businesses and provide much needed revenue to the Tribal government to support ongoing forest management actions and provide services to the Tribal membership.

Director of Forest Management Tim Vredenburg says “I’m grateful the Tribe will finally be able to restore the damage done by the fire, reduce the future risk of fire, and put these lands on a trajectory that will provide for future generations.”

“The road to save damaged timber has been a long one, no doubt,” says Tribal CEO Michael Rondeau. “Having waited more than 160 years to reclaim the permanent reservation our Tribe was promised in our 1853 Treaty, only to have those lands damaged from wildfire as a result of decades of forest mismanagement, has been a real challenge. We as Tribal members, as well as our broader community, are so fortunate to have such dedicated and qualified professionals forging a path to prosperity. This team of professionals has done an amazing job of navigating and maneuvering complicated procedural hoops to bring us to a point where we can begin healing our forests.”

For more information please contact the Tribal Government Offices at 541-672-9405.



Tribal CEO Michael Rondeau assesses the MP97 burn area from atop Canyon Mountain shortly after the fire was declared contained mid-August.



View of burnt Tribal lands from the top of Canyon Mountain looking southeast

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 4th.

- 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.)

- 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 Health Group Changes

Many positive changes are occurring throughout Cow Creek businesses and at Nesika Health Group. As of 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

Nutritional Spotlight on Asparagus

Asparagus is available year-round, but spring is the best season for this nutritious vegetable. Asparagus is low in calories, but has an impressive nutrient profile – it is a good source of fiber and vitamins A, C, E, and K. When shopping, look for stalks that are firm with tightly closed tips. Thinner asparagus spears are more mild and tender, while thicker spears have a stronger flavor.

Refrigerate fresh asparagus for up to five days. When storing, stand stalks in one inch of water (like a flower bouquet) and cover with a plastic bag. Alternatively, wrap the cut ends in a damp paper towel and cover the towel with plastic.

Here is a Blue Zones recipe featuring asparagus:

Lemon Asparagus Stir Fry

Ingredients:

1 block extra-firm tofu	3 cups frozen asparagus
2 cups frozen peas	2 teaspoons paprika
1 lemon	2 teaspoons olive oil
1 clove garlic (optional)	Salt and pepper, to taste

Directions:

1. Open the tofu package and drain the water. Gently squeeze the tofu between your hands to remove excess water (use paper towels for more absorption).
2. Heat the olive oil in a pan over medium heat. Add the tofu. In the pan, mash the tofu with a fork, making large chunks. Cook for five minutes and stir, allowing the tofu to brown. If you are using garlic, add it now.
3. When the tofu is cooked, add the asparagus, peas, and paprika. Stir and cook until everything is warmed throughout.
4. Slice the lemon in half. Squeeze the lemon over the stir fry. Season with salt and pepper, to taste.

Recipe makes 2 servings, nutrition facts are for 1 serving.

Note: Feel free to substitute 1 lb. of cubed, boneless, skinless chicken breast as an alternative to the tofu. Make sure to cook the chicken to a minimum of 165 degrees, per food safety guidelines.



Lemon Asparagus Stir Fry

Nutrition Facts

servings per container

Serving size (522g)

Amount per serving

Calories **380**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 32g **12%**

Dietary Fiber 8g **29%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

Protein 33g

Vitamin D 0mcg **0%**

Calcium 388mg **30%**

Iron 6mg **35%**

Potassium 279mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Messages from the Clinic

Exercising at Home Without Equipment

Even without equipment, physical activity can still be done at home! Here are some exercise ideas:

Knee Extensions:

- Keep both knees together with your feet on the floor. Straighten one leg out in front of you.
- Hold for one second, then slowly re-bend the leg until the foot is resting on the floor again.
- Try to work up to 10 – 12 times per leg.

Seated Row:

- Hold your arms straight out in front of you at shoulder level, with your thumbs pointed towards the ceiling.
- Draw your elbows back, squeezing the shoulder blades together, until your upper arms align with the sides of your torso.
- Extend your arms back to the start position.
- Work up to 10 – 12 times.

Toe Lifts:

- Lift the toes of both feet, leaving your heels on the floor.
- Replace your toes and lift your heels, gently squeezing your calf muscles.
- To increase the difficulty, try this with your legs almost straight out in front of you.
- Try to work up to 10 – 12 times.

As always, listen to your body! There is nothing wrong with starting slow and working your way up to more repetitions. You can do these exercises without any equipment, or you can increase the difficulty by doing more repetitions, adding ankle weights, or using a resistance band.

Call Elisa Moore, Lifestyle Coach, at the Cow Creek Health & Wellness Center with any questions at 541-691-2462.

New Nutrition Education Department Blog

The Nutrition Education Department at Cow Creek Health & Wellness Center has created a blog to stay virtually connected with our patients. This blog will feature a variety of content, such as cooking demos, exercise videos, healthy lifestyle tips, recipes and more! To check out the blog, please visit cowcreekhealthandwellnessnutrition.wordpress.com. We have also recently set up social media accounts! Like our page on Facebook at Cow Creek Health and Wellness Nutrition, follow us on Instagram [@cchwc_nutrition](https://www.instagram.com/cchwc_nutrition), and check out our YouTube channel at “Cow Creek Health and Wellness Nutrition.” Call Elisa Moore, Lifestyle Coach, at 541-691-2462 with any questions.



Diagram 1: Knee Extensions



Diagram 2: Seated Row



Diagram 3: Toe Lifts



Messages from the Clinic

Mental Health and Coping During COVID-19

This article presented by the Center for Disease Control (CDC), via the Cow Creek Health and Wellness Center

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Everyone reacts differently to stressful situations.

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
- People who have mental health conditions, including problems with substance use

Take care of yourself and your community

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

For more tips on how you can manage stress during this time, including advice for parents, people at risk of illness, people coming out of quarantine, and more, please visit www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html.

Update on the Over-the-Counter Program from the Clinic

We apologize for the delay you may be experiencing for your OTC checks – our staffing has been impacted by COVID-19, but we are focused on getting you your check as fast as possible. Our goal is to have all checks processed for everyone who has submitted their claim form by 4/24/20. If you have questions please contact Darby Baker or Kara Dressler at 541-672-8533.

Blue Zones Project Corner

BLUE ZONES® POWER 9: Move Naturally with Purpose, Start a Home Garden

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

Gardening is not only a great way to move naturally, but can also provide you and your household with “ono,” or fresh and organic produce, that you can use right away. It’s a win-win!

Building Beds

When planning out your garden, the first step will be deciding where you are going to grow your vegetables, fruits, herbs and flowers.

- Beginners: you may want to start small by planting a few herbs like basil, rosemary and lavender in several large five-gallon pots
- Experienced gardeners: try building a garden bed. These can be raised or unraised. A garden bed will help protect your plants, ensure you have plenty of nourishing soil for them and offer good drainage. You can find plenty of DIY guides online. Lots of home improvement stores also have step-by-step guides or offer easy to assemble versions.
- When selecting a location, pick a sunny spot that will have at least six hours of sunlight daily.

Soil

Improve the conditions of your garden by adding soil and amendments.

- The best amendment is organic matter, the decaying remains of plants and animals. As it decomposes, organic matter releases nutrients that are absorbed by soil-dwelling microorganisms and bacteria. This release and improving of microorganisms makes for healthy soil.

Flowers

Flowers don’t just smell and look pretty, but can offer other good benefits to your garden.

- Certain plants, like lavender and eucalyptus, can deter flies and mosquitos.
- Flowers will also attract beneficial bugs that will help to pollinate your vegetables.
- Finally, don’t forget that many flowers, like nasturtiums, borage, and marigolds, are edible on their own and add a nice peppery element to a fresh salad.



A raised bed can be a fun challenge for experienced gardeners



Soil quality makes all the difference in a garden



Flowers, like these marigolds, have all kinds of benefits for a garden



Emergency Preparedness

Message from the Outdoors to Oregonians: Stay Home for Now

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

Sunny, warm weather typically sends Oregonians out in droves to their favorite outdoor recreational destinations. However, the message from state leaders, health care workers, and those on the front lines responding to the COVID-19 outbreak is: please continue to stay home to save lives... even when it's sunny.

State parks, many federal trailheads, and all private and public recreational campgrounds are closed to prevent people from congregating and to protect the staff that maintain these areas. Some local parks are still open, but physical distance of at least six feet needs to be maintained to stay safe. Whether indoors or outdoors, the virus can still be easily passed from person to person, even if individuals are not showing symptoms.

All non-essential travel (such as for boating, hunting, or fishing) should be short and minimal, if at all. Oregonians who do not live at the beach should not travel there; most public access points are closed. Minimizing travel will lessen the chance of spreading COVID-19, especially to rural communities that do not have the hospital capacity to treat an influx of patients from other parts of the state.

Visiting a closed area poses a danger to the visitor, the limited park staff, and the area itself. Parking and restrooms are closed and trash collection has been suspended. Parking illegally may result in a citation or your vehicle being towed.

For now, the best way to get outside while keeping yourself and others safe is to stick close to home:

- Backyard picnics on the lawn or patio with those in your immediate household
- Walks or jogs in your neighborhood while maintaining physical distance
- Gardening, washing your car, or just soaking up the sunshine in your yard

It is crucial for the health and safety of Oregonians to follow Governor Brown's directive to stay home in order to save lives. The most recent trends show that, if Oregonians maintain current social distancing measures, the state will slow the spread significantly and help Oregon hospitals meet demand. Now is a critical time to stay the course so we can continue this progress.

Recreation links:

National Parks: www.nps.gov/state/or/index.htm

US Forest Service: www.fs.usda.gov/detail/r6/home/?cid=fseprd716206

US Bureau of Land Management: www.blm.gov/oregon-washington/covid-access-restrictions

US Army Corps of Engineers: www.nwp.usace.army.mil/

US Fish and Wildlife Service: www.fws.gov/home/state-by-state-closures.html

Oregon State Parks: bit.ly/OPRD-covid

Oregon Department of Fish and Wildlife: myodfw.com/COVID-19

Oregon Department of Forestry: www.oregon.gov/odf/Pages/COVID-19.aspx

Oregon Recreation and Parks Association: www.orpa.org/page/covid19

Idaho Power parks: www.idahopower.com/community-recreation/recreation/

Portland General Electric parks: www.pge.com/recreation

30 Steps to Financial Wellness

April was Financial Preparedness Month, and FEMA has recommended this article with 30 Steps to Financial Wellness: www.moneymanagement.org/credit-counseling/resources/financial-literacy-month.

For more information, contact Tribal Emergency Management Director Tracy DePew at 541-677-5575.

Emergency Preparedness

April Was Financial Preparedness Month: Financial Preparedness Tips

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

Americans at all income levels have experienced the challenges of rebuilding their lives after a disaster or other emergency. In these stressful circumstances, having access to personal financial, insurance, medical, and other records is crucial for starting the recovery process quickly and efficiently.

Taking the time now to collect and secure these critical records can give you peace of mind and, in the event of an emergency, ensure you have the documentation needed to start the recovery process without delay.

1. Gather financial and critical personal, household, and medical information.
2. Consider saving money in an emergency savings account that could be used in any crisis. Keep a small amount of cash at home in a safe place. It is important to have small bills on hand, because ATMs and credit cards may not work during a disaster when you need to purchase necessary supplies, fuel, or food.
3. Obtain property (homeowners or renters), health, and life insurance if you do not have them. Not all insurance policies are the same. Review your policy to make sure the amount and types of coverage you have meets the requirements for all possible hazards. Homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance from the National Flood Insurance Program.
4. For more helpful financial preparedness tips, download the Emergency Financial First Aid Kit (EFFAK) from www.ready.gov/sites/default/files/2020-03/ready_emergency-financial-first-aid-toolkit.pdf to get started planning today.

Emergency Financial First Aid Kit

The Emergency Financial First Aid Kit (EFFAK), a joint publication from Operation Hope and FEMA, can help you prepare financially and provide tips to reduce the impact that disasters can leave you with financially.

Using the EFFAK as a guide, store important documents either in a safety deposit box, an external drive, or on the cloud to make it easy to access during a disaster. Having your financial and medical records and important contact information will be crucial to help you start the recovery process quickly. Take time now to safeguard these critical documents.

Household identification

- Photo ID to prove identity of household members
- Birth certificate to maintain or re-establish contact with family members
- Social Security card to apply for FEMA disaster assistance
- Military service
- Pet ID tags

Financial and legal documentation

- Housing payments to identify financial records and obligations
- Insurance policies to re-establish financial accounts
- Sources of income to maintain payments and credit
- Tax statements to provide contact information for financial and legal providers, and to apply for FEMA disaster assistance

Medical information

- Physician information to provide doctors with health information if medical care is needed
- Copies of health insurance information to ensure existing care continues uninterrupted
- Immunization records
- Medications

Insurance information

Having insurance for your home or business property is the best way to ensure you will have the necessary financial resources to help you repair, rebuild, or replace whatever is damaged.

Household contact information to Have Accessible

- Banking institutions
- Insurance agent
- Health professionals
- Service providers
- Place of worship

Culture and Education

The Interrelatedness of Cultural Elements

Through a process known as ontogeny, environmental stimuli will influence an individual's thought process and their interaction with their surroundings, creating the basis for a cultural foundation as a person develops. As the anthropologist E.B. Tylor implied, cultural is not a single unit, but a complex whole with many different pieces and parts that can influence each other.

Take, as an example, the categories of **Tradition**, **Technology**, **Ecology**, **Institutions**, and **Language**, which are illustrated in the diagram below. These are only a few categories that could have been included, as there are several different areas that can be influenced by culture. These categories can also be further divided into other individual aspects of each category, like "Beliefs in Tradition," "Tools Made from Current Technology," or "the Institution of Marriage and How It Is Expressed in Society." All of these elements are interrelated, and can influence each other. These stimuli, therefore, create a vast, complex system of belief and understanding.

As an example, the knowledge that someone gets from their society can influence what customs are

significant to them, help them decide what foods to eat, and form the basis for how they communicate with or educate others. In another example, Laws & Taboos can subconsciously regulate how they interact with others (manners), who they call family, and what areas they feel they are allowed to occupy.

There are many elements that formed what are thought of as the "Cow Creek Traditional Lifeways." For the Cow Creek people, some of these more important elements within their traditional homelands would have included: the abundance and variety of resources within the ancestral territory (influenced diet and promoted a seasonal subsistence round), magnificent natural features like mountains and rivers (influenced their ideas on the how and what of nature), their interactions with neighboring groups (influx of ideas and resources that influenced ideas of wealth and technology), or natural events like drought or prolonged periods of rough weather (that formed how the Cow Creek people come together to support each other).



Government and Programs

Takelma Language Corner

Pée túu (good day), everyone! We hope you're **túu** (good) and staying safe and **ts'ámx** (healthy)! Here are a few quick and easy phrases you might find useful these days:

- 1) **iits'ayáap^h** [eets-ay-ahp]
[pronounced like the words "eats-eye-opera"
but leave off the "-era" part]

This means:

- She washes her hands. / She washed her hands;
OR
- He washes his hands. / He washed his hands;
OR
- They wash their hands. / They washed their hands.

- 2) **iits'ayáaphte'** [eets-ay-ahp-deh]
[pronounced like the first phrase, with an added
sound: "eats-eye-op" + "deh"]

This means:

- I wash my hands/I washed my hands

Stay **túu** and **ts'ámx**! We'll have more Takelma words to learn next month!

Death Notice: Anna Travis

Date of Birth: November 27, 1952

Date of Death: April 6, 2020

Anna Travis was a Tribal Elder and a member of the George Rondeau Family.

Elders Events Cancellation Notice

The Elders Luncheon scheduled for May 1st has been cancelled due to health concerns.

Additionally, all Elders Meals at the casino and other Elder Activities have been cancelled until further notice, also due to health concerns.

For more information, please contact Amy Holmgren at 541-677-5575.

Expanding Horizons Youth Center (EHYC) Summer Activities

Due to recent events and social distancing standards required throughout the state of Oregon, this year's programming will look different than in previous years. Tribal families will be receiving quality learning activities delivered to their homes.

June 23-25, 2020: will be our annual Cancer Prevention class. The Cow Creek Health and Wellness Center's dietitians will be providing healthy food, recipes, and at home physical activities. Each kit will be delivered to all active EHYC students that had their 2019-2020 program year disrupted due to recent events.

June 30, 2020: students will be provided with an 8x10 canvas and paint kit accompanying this kit will be an instructional YouTube video of the paint project.

July 7, 2020: students will practice making a choker and medicine bag.

July 28, 2020: TBA

August 4, 2020: TBA

August 18, 2020: TBA

As in previous years, the EHYC will require a registration form to participate. These forms will be mailed to all families with age-qualifying youth in our service area. Participants of each class will be required to provide feedback to EHYC staff, and several options will be available and explained at the time of service.

EHYC is excited to provide services that reach beyond our classroom walls, and are embracing this change. We are confident our youth have the skills obtained from previous years' instruction to complete all activities offered this year. Please help us celebrate our 5th summer of STEAM education by sharing your success, hardships, and new ideas. Take every opportunity to share your knowledge with those around you.

Please contact the EHYC at 541-530-3090 or email at alomascola@cowcreek.com with any questions.

May 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	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 @ 7F Please see pages 3-4 for special rules due to health circumstances	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

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

June 2020

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7	8	9 Senior Meal Elder Art Class	10 Exercise Class	11 Senior Meal Elder Art Class	12 Exercise Class	13
14	15	16 Senior Meal Elder Art Class Food Bank Open 9 AM - 11 AM	17 Exercise Class	18 Senior Meal Elder Art Class	19 Exercise Class	20
21	22	23 Senior Meal Elder Art Class	24 Exercise Class	25 Senior Meal Elder Art Class	26 Exercise Class	27
28	29	30 Senior Meal Elder Art Class Food Bank Open 2 PM - 4 PM				

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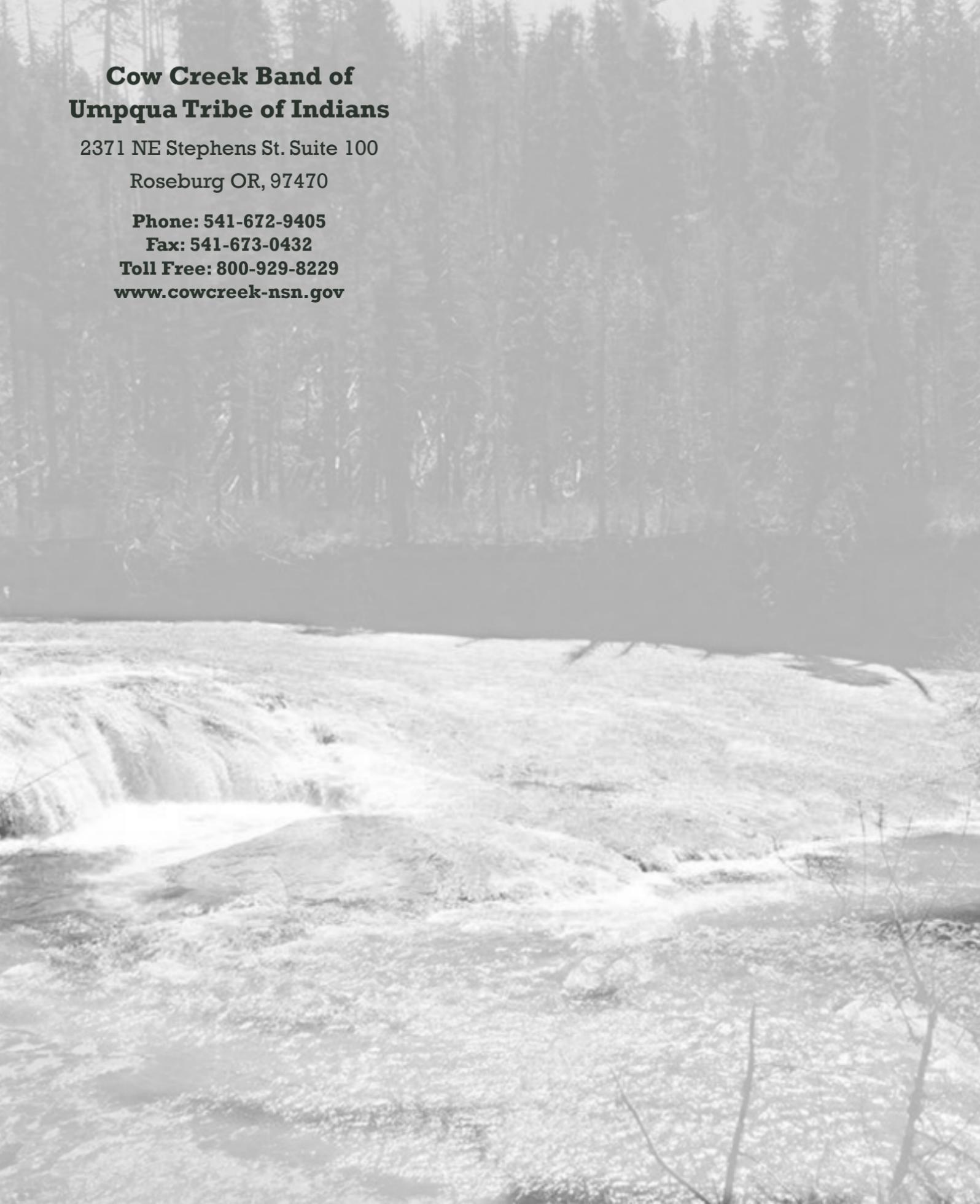
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825 NE Leon Ave, Myrtle Creek, OR



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