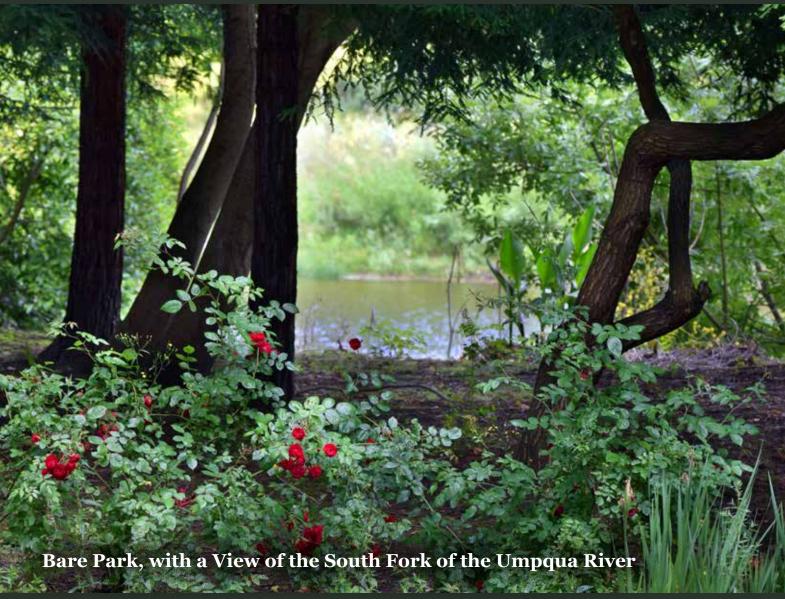


# Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 30, Issue 6 July 2020

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

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Learn more about the Medford Casino debate (Page 4)

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Two new water trucks will let Natural Resources take the fight to wildfires (Page 5)

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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, access to the Government Offices is being regulated, by decision of the Tribal Board. If you intend to visit the Offices or the Clinics, please call ahead to 541-672-9405.

### Letter from the Chairman

I hope this newsletter finds you all in good health. With the current events surrounding the COVID-19 pandemic, we have all been forced to modify our regular lives. Over the last several months, there have been emergency Covid-19-related as well as Tribal-dispersed benefit funds provided to the Tribal membership. We understand that this can be very confusing, and wanted to provide the following list in hopes of clarification on what funds are exempt and what funds are taxable. Stay healthy and safe.

Per Capita Payments. The Per Capita Gaming Distribution is made pursuant to the Tribe's Gaming Code and in compliance with the Indian Gaming Regulatory Act. These payments are *taxable* under federal income tax regulations, and should be included in the recipient's gross income.

Annual Gaming Distribution, issued November 2020.

General Welfare Payments. The payments listed below are made pursuant to either the Tribe's General Welfare Code or the Tribe's Emergency COVID-19 Relief Program Code. These payments are intended to be general welfare payments and, therefore, *exempt* from federal income taxes and should not be included in the recipient's gross income. Your tax preparer may refer to IRS Notice 2015-34. This includes the following payments:

- COVID-19 Emergency Distribution, issued March 2020.
- COVID-19 Emergency Distribution, issued June August 2020 by application.
- Telehealth Communications Benefit, issued June November 2020 by application.
- Food Benefit, will be issued July 2020.
- Elder Benefits, issued on a monthly basis.
- OTC Benefit, issued in response to a request.



### **Tribal News**

#### Coquille Tribe's Bid for Medford Casino Denied by Bureau of Indian Affairs

After eight years, two Presidential Administrations, three Department of Interior Secretaries, and two Governors, the Department of Interior (DOI) Bureau of Indian Affairs (BIA) finally rendered a decision on the efforts by the Coquille Indian Tribe to open a Class II casino in Medford. On May 27, 2020, the Department of Interior, Bureau of Indian Affairs issued a Letter of Denial to place lands into trust for the Coquille Indian Tribe, further prohibiting their efforts to convert a bowling alley into a casino.

As you will recall, in late 2012, the Coquille Indian Tribe announced that they would be opening a Class II casino in a recently acquired property in Medford. Their Tribe had quietly purchased the Roxy Ann Lanes bowling alley and proposed to convert the property into a casino. Through the past several years, the Coquille Tribe has purchased and/or leased several adjacent properties surrounding the site. In addition to the Bowling Alley, their Tribe secured a lease on the Bear Creek Golf Course.

The letter, signed by John Tahsuda, Director of the Bureau of Indian Affairs, listed several reasons for the denial. Among the reasons stated for denying the application to place the 2.42 acres of land in Medford into Tribal Trust were: distance from Tribal area (170 miles), opposition from Oregon's elected officials, lack of service agreements with local jurisdictions, and loss of lottery dollars.

In the letter of denial, Director Tahsuda wrote:

"I regret to inform you (Coquille Tribe) that after thoroughly reviewing the materials in the record and applying the Department's trust acquisition regulations, I decline the Tribe's application to accept conveyance of the Medford Site into trust. Under the Department's regulations, the Secretary must consider jurisdictional problems that may arise because

of the acquisition; and as the distance the land and the Tribe's reservation increases, scrutiny of the Tribe's anticipated benefits from the acquisition increases, as does the weight given to state and local governmental concerns. I find that the Tribe's anticipated benefits do not outweigh the potential jurisdictional problems and other concerns raised by the state, county and municipal governments having regulatory jurisdiction over the Medford Site."

The ruling by the Department of Interior is welcome news for the Cow Creek Tribe. Economic Impact Studies showed that a Medford Casino would severely affect the revenue of the Seven Feathers Resort, on which the Tribe heavily depends to support essential Tribal programs, such as health insurance, educational scholarships, social programs, and housing assistance, among several other Tribal benefits.

As with most things, the future is uncertain. While the current denial by the DOI stops the casino project, there are other options that the Coquille Tribe could pursue. They could file a lawsuit against the Department of Interior and challenge the determination; however, we believe that would be very difficult and expensive to overturn. They may also decide to re-file under a different provision of the Indian Gaming Regulatory Act. The Coquille's original application was filed under the "Restored Lands Provision" of their Tribal Restoration Act; however, they could re-apply to place the property in trust under the so-called "two part determination" provisions in 25 U.S.C., which would require the approval of the Governor.

For now, we will continue to monitor any developments that could once again threaten our Tribe and jeopardize the revenues that we so desperately depend upon for Tribal services and benefits.

## **Tribal News**

#### **New Resources for Protecting Our Tribal Lands**

Since 2014, the Tribe has been working with the Douglas Forest Protective Association, a local fire protection service, to combat the wildfires that have become prevalent in recent years. Together, they have established a Local Operations Plan, which has helped protect Tribal lands and resources in several fires since then. During various fires on Tribal lands or lands adjacent to them, the Tribe has had a need to deploy the UIUC water trucks to support fire fighting efforts, despite them being construction vehicles that are not well equipped for a fire.

In order to better provide protection for Tribal lands, the Tribal Board of Directors decided to acquire two trucks which are specially designed as a resource for wildfire suppression. These trucks are capable of holding nearly 4,000 gallons of water and function as secondary support vehicles, which can be strategically stationed near a fire area so that primary attack vehicles can refill water easily, rather than needing to go searching for more water with which to combat the fires.

"We take protection of Tribal resources very seriously," says Jason Robison, Cow Creek Natural Resources Director. "It is our top priority. That's why we built a very proactive approach to fire management into our Forest Resource Management Plan. With these resources, we now have additional assets at our disposal to continue that proactive approach."

The two new trucks are part of the Tribe's Resource List, which is all the resources they could use in the event of a fire. Their purpose is primarily to protect Tribal lands in trust, but with partnership agreements, they can be assigned out to assist in broader wildfire response efforts. For example, they could be deployed to fight a fire on lands adjacent to Tribal trust land, so as to prevent the fire from spreading into the Tribe's lands. As it stands, there are enough staff to be able to simultaneously field all four trucks in the event of a fire: the two construction trucks, and the two new fire trucks. The Natural Resources Department plans to preemptively deploy the two new fire trucks to strategic locations, in order to speed up response times and provide more resources to firefighters in the event of a fire.

As the late rains have encouraged growth of tall grasses and brush, it has increased the possible dangers of wildfires this year. If the rains don't continue periodically through the summer, then the recent growth will dry out and create a dangerously tall, dry field load, which could provide plenty of fuel for fires. Furthermore, the leftover fallen trees from last winter that haven't been cleaned up yet—as well as increased recent insect infestations and the overall drought conditions of the past several years—increase the probability of a dramatic fire season. However, with these new trucks, and the partnerships with two local firefighting organizations, the Tribe is more prepared than ever to protect its Trust lands.



These trucks give the Tribe the ability to be proactive in defending Tribal lands from wildfires

## Government and Programs

#### Have You Completed the 2020 Census Survey?

Have you ensured that you and your family count as a member of the Cow Creek Tribe?

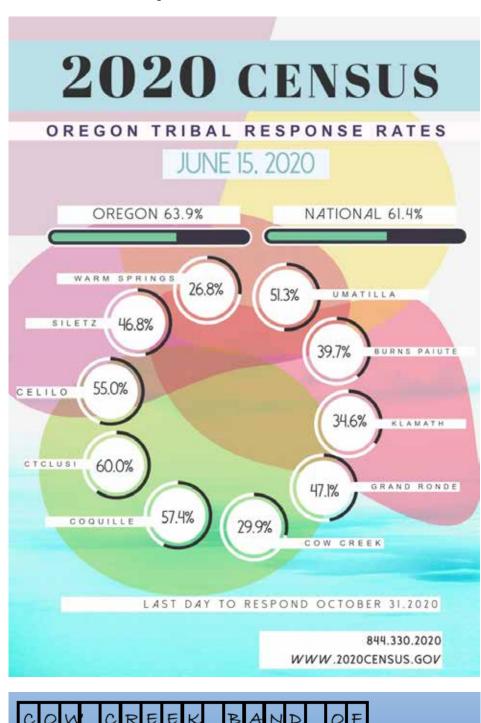
How you fill out the U.S. Census matters for you and your Tribe!
Native American Tribes are estimated to lose \$3,000 in federal funding for **each** member who doesn't get counted. In 2010, the Census missed 41% of all Cow Creek Tribal members, causing a loss of over \$1 Million in funding.

You can complete your Census survey by mail or online at <a href="https://www.2020census.gov">www.2020census.gov</a>. Please complete the Census as soon as possible to guarantee funding for programs and services for you!

Questions? Contact Alexa Young, Cow Creek Census Liaison, at ayoung@cowcreek.com or 541-677-5575.

You can fill out the Census with these 3 Simple Steps:

- 1. On Question 5: "What is Person 1's Name?"
  - Choose a Cow Creek Tribal household member to be Person 1. This can be any member of your family even a child.
- 2. On Question 9: "What is Person 1's Race?"
  - Check this box: "American Indian or Alaska Native."
- 3. Write: "Cow Creek Band of Umpqua Tribe of Indian"



# Government and Programs

### Child Care Assistance Program, Updated May 2020

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. All families are welcome to apply, although the program does have limited space availability.

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 meets all state licensing requirements and certifications. Current licensing status can be found on the Oregon Child Care Safety Portal: <a href="https://oregonearlylearning.com/parents-families/childcare-safetyportal">https://oregonearlylearning.com/parents-families/childcare-safetyportal</a>.

#### 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.

#### 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.
- 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. If you would like an application, or more information, please contact Amy Holmgren at <a href="mailto:aholmgren@cowcreek.com">aholmgren@cowcreek.com</a> or 541-677-5575 ext. 5579.

#### **No Senior Meals Until Further Notice**

In order to protect our Elders during this time, and to observe pandemic preventative measures, there will be no Senior Meals, monthly Elders Luncheons, or other Elders activities until further notice. For questions or concerns, please contact Adrionna Brim or Amy Holmgren at 541-677-5575.

# **Emergency Preparedness**

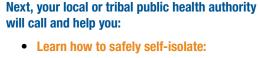
### **What Is Contact Tracing?**



Contact tracing means calling people who may have been exposed to COVID-19. Public Health uses contact tracing to help prevent the spread of diseases, such as measles and COVID-19. Answer the call to help keep you and your community safe and stop the spread of COVID-19.

#### Here's how it works

A health care provider says your COVID-19 test is positive.





- - » Self-isolate means that you stay away from everyone, including the people you live with.
- Remember where you have been and who you saw while you were contagious. These people are called your contacts.

While you self-isolate, contact tracers from your local or tribal public health authority will call your contacts. To protect your privacy, contact tracers will not mention your name.



- · Connect your contacts with resources and
- Recommend that they quarantine.
  - » Quarantine means to stay home and six feet away from everyone.





**Contact tracers will call** or text your contacts every day to see how they are feeling.

#### If, while quarantining, a contact does develop symptoms:



- Contact tracers will encourage them to get a COVID-19 test and ask who they saw before they started quarantining.
- A contact tracer will follow up with their contacts.

At the end of quarantine. contacts who have not developed symptoms can stop their quarantine.









Oregon, let's answer the call.

For individuals with disabilities or individuals who speak a language other than English, OHA can provide documents in alternate formats such as other languages, large print, braille or a format you prefer. Contact Mayel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsoha.state.or.us.

## **Emergency Preparedness**

# Contact Tracing: What To Expect If You've Been Near Someone With COVID-19

If you were in close contact with someone with COVID-19, you may get a call from a contact tracer working with your local or tribal public health authority. A contact tracer reaches out to people who have been exposed to COVID-19 to offer guidance and support. Answering the call helps to slow the spread of the virus.



### You'll be asked to guarantine.

- Quarantine means to stay home for 14 days after you were near someone
  with COVID-19, even if you don't feel sick. Remember, you can spread the
  virus without having symptoms.
- Contact tracers will call or text you daily during your quarantine to find out how you're feeling.
- If you start to feel sick, they'll ask you to get a COVID-19 test. They will also ask who you saw before you started quarantine.
- After 14 days, if you still feel good, you're done!

### **Symptoms of COVID-19:**



Cough



Shortness of breath or difficulty breathing



Chills



Muscle pain



Sore throat



New loss of sense of taste or smell

# Contact tracers will share information about how to:



Prevent the spread of the virus



Care for yourself and your family



Connect with resources near you



Oregon, let's answer the call.

For individuals with disabilities or individuals who speak a language other than English, OHA can provide documents in alternate formats such as other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or <a href="mailto:OHA.ADAModifications@dhsoha.state.or.us">OHA.ADAModifications@dhsoha.state.or.us</a>.



# Messages from the Clinic

#### **Tele-Health Communications Benefit Reminder**

All Tribal households who need to ensure critical connectivity for tele-health and tele-behavioral health care can apply for this one-time (up to \$300) benefit. These funds will be issued to the head of household Tribal member in order to pay for any communications needs including: landline, cell phone, wireless internet expenses, or other telecommunications costs your family may be incurring during the COVID-19 pandemic. Funds can be used between June 1 – December 31, 2020. These funds can either be used to start up services or to continue to maintain services.

This amazing new benefit is intended to ensure critical connectivity for tele-health and tele-behavioral health care, which is defined as "the delivery and facilitation of health and health-related services, including medical care through telecommunications and digital communication." Initially, the funds were specified to be used to pay for internet service for the entire household, therefore the benefit is limited to one (1) \$300 benefit per household.

As some households rely on their landline for contacting tele-health or cell phone for internet connection, the funds are available for paying those as well. These funds will be issued to the head of household Tribal member. If more than one adult Tribal member resides in the home, please consult with other members of the household and determine

who will apply for the benefit. The purpose of the benefit is to ensure that there is capacity to connect to tele-health-related services, so whether you use the funds for the internet or one of the household member's cell phones or the landline is entirely up the household. The goal is to ensure funds are available to pay for whatever the household needs to connect with a tele-health provider or service in every Tribal home.

Checks will be processed and sent to Tribal households only after the Tele-health Communications Benefit Application is returned and signed, acknowledging the funds will be used for communication needs.

You can find and download the application by logging on to (or creating an account on) the Tribal side of our website at: <a href="www.cowcreek-nsn.gov/tribal/tribal-services/human-services/tele-health-communications-benefit-program/">www.cowcreek-nsn.gov/tribal/tribal-services/human-services/tele-health-communications-benefit-program/</a>

Please return the completed form to: Amy Holmgren, Human Services, at <a href="mailto:aholmgren@cowcreek.com">aholmgren@cowcreek.com</a> any time between June 1 – November 30, 2020. Please allow 30 days for processing of checks, as this is a new one-time benefit, and we expect to be processing many checks in the month of June and July for Tribal households!

For any questions please contact: Amy Holmgren at 541-672-9405 or <a href="mailto:aholmgren@cowcreek.com">aholmgren@cowcreek.com</a>.



# Messages from the Clinic

#### **New CCHWC Clinic Director: Chanda Yates**

Originally from the Deg Hit'an Athabascan community of Holy Cross, Alaska, Chanda has a passion for customer-driven health and wellness, and more than 29 years of experience in healthcare. She has a Bachelor of Arts in organizational management and a Masters of Arts in business administration. She has provided executive oversight for 8 community health centers in California, has been the Health General Manager for Klamath Tribal Health and Family Services, and has been the Vice President of the Southcentral Foundation in Anchorage, Alaska. Among her many other achievements, she has efficiently managed FQHC and other similar health programs. She is a great fit for the CCH&WC team.



# Now Is the Time to Quit Commercial Tobacco; the Native Quit Line Can Help

Now more than ever is the right time to quit using commercial tobacco and the Native Quit Line can help. How to get started:

- 1. Call 1-800-QUIT-NOW. Press seven (7) for the Native Quit Line.
- 2. Talk to a Quit Coach to register, get free medication and have your first session.
- You and your Quit Coach will set a quit date, develop a plan just for you and schedule six more coaching sessions.
- 4. In addition to the coaching sessions, you can call anytime to get more support. The general Quit Line is open 24 hours a day and coaches will always be there to talk with you.

### Health Advisory Commission Position Open for Applications

The Health Advisory Committee informs and advises the Tribal Board of Directors in their effort to ensure that the Tribal Administration provides efficient and effective healthcare to Tribal members and other eligible persons.

There is currently an opening on this committee for a Tribal Clinic User. This individual must be a Tribal member who uses one of our clinics as their primary care provider.

Interested persons should submit a Letter of Interest to Sharon Stanphill, Chief Health Officer, either by email to <a href="mailto:sStanphill@cowcreek.com">SStanphill@cowcreek.com</a> or by mail to 2371 NE Stephens St. Suite 100, Roseburg OR, 97470, attention: Sharon Stanphill.

This letter should include how long the individual has been using the clinic, and why they are interested in serving on the committee.



# Messages from the Clinic

### Douglas County COVID-19 Response Team

As of June 21, 2020, there are NO new confirmed cases of COVID-19 in Douglas County. The total number of confirmed positive cases in Douglas County remains at 33. Testing continues, as Douglas Public Health Network (DPHN) has been holding 2-3 clinics a week and hospitals, urgent cares and clinics continue to test. Thirty-three people have tested positive in the county and twenty-eight of those thirty-three have recovered. DPHN defines recovery as an end to all symptoms after a positive test for COVID-19. DPHN continues their epidemiologic investigations, identifying individuals who may have had close contact with individuals that have tested positive for COVID-19, advising and supporting guarantine. The majority of the individuals who have tested positive earlier have now recovered. The first positive COVID-19 case in Douglas County was announced on March 8, 2020. Thanks to the great work that Douglas County has done social distancing and staying home, we've had 33 cases in 105 days.

#### Over-the-Counter (OTC) Upgrade

All OTC claim forms are processed in weekly batches with checks for the week mailed out on Fridays. If you have not yet turned in your claim form or if you have any questions, please contact Darby Baker or Kara Dressler at 541.672.8533.

### Nesika Health Group Changes for Open Enrollment July 2020

There will be only ONE change to the Nesika Health plan this coming enrollment year. The telemedicine virtual healthcare will change from Teladoc to WellVia. This information will be coming to you from Shasta Administrative Services. If you have any questions pertaining to the WellVia, please call Shasta at 1-800-317-1342. They can help you enroll to WellVia on or after July 1st.

# Got Questions about the Governor's Phased Reopening Plans?

If you have questions or need more information about the Governor's Phased Reopening Plans or Sector Specific Guidelines go to govstatus.egov.com/reopening-oregon. There is also a video presentation about Phase Two available here: www.youtube.com/watch?v=E1suDiLsqvk. Or you may contact the Governor's Office (govstatus.egov.com/or-covid-19), the Oregon Health Authority (govstatus.egov.com/OR-OHA-COVID-19) or the Oregon State Office (www.oregon.gov/Pages/index.aspx) responsible for regulating your business or agency, or the business or venue that you wish to visit.

# Stay Informed with the Accurate Information on COVID-19

Your Douglas County Board of Commissioners, Douglas County Public Health Officer, Dr. Robert Dannenhoffer and the Douglas County COVID-19 Response Team have been working hard to cooperatively provide accurate and timely information to Douglas County residents since March 8, 2020.

Local COVID-19 Hotline: If you have questions about resources available, call the COVID-19 hotline, staffed by local volunteers at (541) 464-6550 from 8:00 am to 5:00 pm, 7 days a week.

Stay up to date on COVID-19 in Douglas County on the Douglas County Government (<a href="www.co.douglas.or.us/media\_room/coronavirus.asp">www.co.douglas.or.us/media\_room/coronavirus.asp</a>) website or the DPHN website (<a href="douglaspublichealthnetwork.org/">douglaspublichealthnetwork.org/</a>). Find additional information on state or federal COVID-19 response from the following websites: Oregon Health Authority (<a href="govstatus.egov.com/OR-OHA-COVID-19">govstatus.egov.com/OR-OHA-COVID-19</a>), Centers for Disease Control (<a href="www.cdc.gov/coronavirus/2019-nCoV/summary.html">www.cdc.gov/coronavirus/2019-nCoV/summary.html</a>), and by calling or logging onto 211Info (<a href="www.211info.org/corona-virus">www.211info.org/corona-virus</a>).

# Blue Zones Project Corner

#### **BLUE ZONES® POWER 9: Plant Slant**

By Elisa Moore, Lifestyle Coach

<u>Plant Slant: Boost your energy and immunity with these</u> foods

By fueling your body with vitamins, antioxidants, and nutrient-dense foods, you'll be setting yourself up for boosting your immunity and your energy. Here is a list of Blue Zones Super Foods:

- Beans: black beans, pinto beans, garbanzo beans, blackeyed peas, and lentils are all rich in vitamins, protein and fiber.
- 2. Greens: spinach, kale, chards, beet tops, and fennel tops are all excellent sources of nutrients and have high levels of anti-inflammatory compounds.
- **3. Sweet potatoes**: loaded with potassium, fiber, and vitamins A and C.
- **4. Nuts:** almonds, peanuts, walnuts, sunflower seeds, Brazil nuts, and cashews are full of fiber and heart-healthy fats.
- **5. Olive oil:** contains antioxidants such as vitamins E and K, which can protect against cellular damage.
- **6. Oats:** packed with fiber and micronutrients such as potassium, calcium and zinc.
- **7. Barley:** either in soups, as a hot cereal, or ground in bread, barley contains fiber, copper, and antioxidants.
- **8. Fruits:** packed with antioxidants, fiber, vitamins and minerals.
- **9. Green or herbal teas:** rich in antioxidants as well as anti-inflammatory compounds.
- **10. Turmeric:** potent antioxidant and anti-inflammatory effects.
- **11. Garlic:** one of nature's most powerful natural medicines, garlic is a good source of manganese, selenium, and fiber.
- **12. Shiitake mushrooms:** contain more than 100 different compounds with immune-protecting properties.
- **13. Goat's milk:** used sparingly in pastas, soups, and grated over vegetables, it is rich in zinc and selenium, which are essential for optimal immune system activity

### **Spotlight on Cherries**

All varieties of cherries are highly nutritious. Cherries are a good source of fiber, vitamin C, and potassium. Cherries are also packed with antioxidants and anti-inflammatory compounds.

When shopping, look for cherries that are shiny and plump. Cherries with attached stems stay fresh longer. Stems should be green and bend easily. Avoid cherries that are bruised, moldy, or soft.

When storing, keep cherries cold and dry. Refrigerate in a bag or a container that allows air to circulate. Cherries will stay good in the refrigerator for about a week. For longer storage, freeze pitted cherries on a tray, then package for the freezer. Use frozen cherries within 12 months.

Here is a Blue Zones recipe featuring cherries: Vanilla Cherry "Nice" Cream

#### Ingredients:

- 3 peeled, frozen, chopped bananas
- 2/3 cup pitted cherries
- 1/8 teaspoon whole vanilla bean

#### Directions:

- Blend all ingredients except 1/3 cup of the cherries until smooth.
- 2. Top with the leftover cherries and enjoy.

  Note: This recipe makes enough for 2 people.

  If you don't have whole vanilla bean, use 1/8 teaspoon vanilla powder or 1/4 teaspoon vanilla extract.



Vanilla Cherry "Nice" Cream

#### The Archaeological Record

Some of the oldest archaeology in North America is in Lake County, Oregon. One site has been radio-carbon dated to 14,900 years ago. On the west side of the Cascades, the oldest material is dated to around 11,000 years ago. Over time technologies changed as did stone tools, and as such the archaeology of the Umpqua Valley is separated into time periods where similar artifacts and activities are "seen" in the archaeological record. Some of the groups of tools that archaeologists are able to see change over time, and then group into similar technologies, including food processing technologies (grindstones), structures and housing, and hunting technologies.

Spears were some of the first hunting technology in the world. Spear tips can be more than 10,000 years old in Western Oregon. The tip of a spear is hafted, or attached, at one end and held together with sinew twine then secured with pitch from a pine tree. The whole spear would be placed in a fire for a short time to harden the wood and pitch, giving both strength.

A new technology appeared about 8,000 to 10,000 years ago; the atlatl. The atlatl is a carved thrower used to fling darts while hunting. The butt of the dart would be placed on a notch and then thrown. Darts thrown with an atlatl can travel the length of a football field. Sometimes, the dart would be made so that the tip comes out. When the dart hit an animal, the tip would detach and stay in the animal. The shaft could then be picked up and reloaded with another tip so that it can be thrown again.

About 2,000 years ago, the bow and arrow was introduced into Oregon. The bow and arrow does not have as much of a range as the atlatl, but is much more accurate. Hunters would have to stalk their prey to either ambush them or get close enough to shoot.

Period	Estimated Time Range	Characteristics
Protohistoric	A.D. 1500 - Post-Contact	<ul> <li>Disappearance of ceramics</li> <li>Introduction of Desert side- notched points</li> <li>Few sites known to have been occupied, suggesting major population decline</li> </ul>
FORMATIVE	A.D. 1000 - Contact	<ul> <li>Gunther-barbed points dominant</li> <li>Group-oriented exchange</li> <li>Status distinction</li> <li>Wealth-emphasis complex (obsidian blades, groudstone clubs, marine shells, etc.)</li> <li>Ceramic tradition</li> <li>Nucleated riverside villages</li> <li>Many sites occupied, suggesting dense population</li> </ul>
LATE ARCHAIC	A.D. 0 - A.D. 1000	<ul> <li>Introduction of small arrow point types</li> <li>Decline of broad-necked points</li> <li>Hopper mortar and bedrock mortar added to milling complex</li> <li>Sizable population settled in riverside pithouse villages</li> </ul>
MIDDLE ARCHAIC	4000 B.C A.D. 0	<ul> <li>Range of broad-necked atlatl point types</li> <li>Mortar/pestle in use along with mano/metate</li> <li>First appearance of pithouses in Southwest Oregon</li> </ul>
EARLY ARCHAIC	8000 - 4000 B.C.	<ul> <li>Leaf-shaped and broad- stemmed spear (and atlatl?) points</li> <li>Mano/metate milling complex</li> <li>Small population</li> </ul>
PALEO-INDIAN	10,000 - 8000 B.C.	<ul><li>Fluted projectile points</li><li>Small population</li></ul>

14

# Important Higher Education News!

Higher Education Applications have been updated and a **very important requirement was added.** Students must submit their yearly application or update form by the following dates in order to receive funding.

Semester		Term	
Fall	July 15	Fall	August 15
Spring	November 15	Winter	November 15
Summer	April 15	Spring	February 15
		Summer	May 15

If the application is late????
The student will need to wait until the following term/semester to receive funding.

Please Visit https://www.cowcreekeducation.com/



To Explore

Now Ready For You

The Education Department has updated their website to assist Tribal members in:

- Applications
- Timelines
- Tutorials
- Questions

You do not need a password to access the goodness in this website.

Updated Education Department and Workforce
Development forms can be found on this site and we
are requiring membership to use the new forms.

Previous forms and applications will not be

accepted.

Please visit https://www.cowcreekeducation.com/









# **Expanding Horizons Youth Center Summer Program Hosted a Cancer Prevention Cooking Series**

On June 23-25<sup>th</sup>, the Cow Creek Health and Wellness Center's Nutrition Education Department delivered a 3-day Cancer Prevention Cooking Series to Tribal Youth. This was part of the annual Expanding Horizons Youth Center Summer Program.

This year, however, regulations that prevent the spread of COVID-19 required that the classes adjust to a virtual learning experience. Using Google Classroom, the Nutrition Education Department offered instructional exercises and cooking videos, while delivering fresh foods to the homes of participating youth.

The rest of the Summer Program classes will also take a different approach than usual, so that they can still provide fun and educational activities to Tribal youth, while still following guidelines to prevent the spread of disease. See page 17 for a list of this year's activities.



The Cow Creek Health and Wellness Center Health Education Department from left to right: Registered Dietician Becky Johnson, Diabetes Lifestyle Coach Jamie Vanassche, and Registered Dietician Lauren M. Haddock

### Takelma Language Corner: Samáxa! (In the Summer!)

Hi everyone! Summer (sàma) is now here and all the colors are brighter than ever! Bright yellow sun, blue skies, green trees, and flowers of red, orange, and pink, just to name a few!

Below is an actual photo taken from a nearby lake (drawn by our own Elizabeth Bryant). Can you match the colors of the numbered objects below with the Takelma words given below for those colors? Don't worry, the English answers are given at the bottom, but try not to look at them until you give it a shot!

#### Takelma Colors

alts'íl	alk'iyìxnat <sup>h</sup>
alts'èn's	alkwàsi
altʰkisámtʰ	almolhít <sup>h</sup>
almená	



Answers (Upside Down):

<i>'p</i>	વાદર,ાં	req			
Έ.	alkwäsi	yellow	Υ.	alts'èn's	bink
٦.	$a$ l $t_{ m p}$ ki $z$ $lpha$ m $t_{ m p}$	green	.9	$lpha$ lmolhí $\mathfrak{t}_{ u}$	orange
٠τ	αικ, ιλιχυατ <sub>υ</sub>	ənjq	٠ς	ajwena	prown

#### **Expanding Horizons Youth Center Summer Program 2020**

Due tocurrent health concerns around COVID-19 and social distancing standards required throughout the State of Oregon, this year's programming will look different than previous years. Tribal families will be receiving quality learning activities delivered to their homes. Students can sign up for any number of classes depending on class capacity. All classes are first come first serve. Staff will contact you regarding participation the week before each class' start date. Youth must be registered for a class no later than one week before the class begins in order to receive class materials.

#### June 30, July 1-2, 2020 - Canvas Painting

Students will be provided with an 8x10 canvas and paint kit. Accompanying this kit will be an instructional YouTube video of the paint project and all supplies needed. Snacks will be provided.

#### July 7-9, 2020 - Leather Working

Students will receive a choker and medicine bag kit with all the instructions and supplies needed to complete each activity. Snacks will be provided.

#### July 12 - 26, 2020 - EHYC Closed

#### July 28, 2020 - Takelma Language

Language camp participants will learn how to greet each other, introduce themselves, and hold short conversations with friends!



For several years, the EHYC has provided fun learning activities for youth during the summer

#### August 4 - 6, 2020 - Solar Robots

These robot kits have 12 options to build and run on solar power. No batteries needed. Students will keep the kits after they submit a photo of their build. Snacks will be provided.

#### August 10-14, 2020 - EHYC Closed

#### August 17-19, 2020 - NASA Mars Rover

This class will take place at home via Zoom and lunch will be delivered by EHYC staff. EHYC staff has the ability to loan a laptop to a registered student for use at home during this class.

Contact the Expanding Horizons Youth Center for more information. Call 541-530-3090 or email alomascola@cowcreek.com.

#### Student Rental Assistance 2020–2021

The Education Department will now be administering the Student Rental Assistance program. Post-Secondary students can now find the 2020 – 2021 Student Rental Assistance (SRA) application on the Cow Creek Education website. If qualified, a student attending an accredited, Title IV school, can receive a \$300 stipend towards rent from September – May. The SRA is a federal program and the application requires many pieces. Please start the application process as soon as possible to ensure timely assistance with rent.

# July 2020

<u>PLEASE NOTE:</u> 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 Senior Meal	3 Elders Monthly Luncheon	4 Independence Day
			Exercise Class	Elder Art Class	12 PM @ 7F	
			EHYC Canvas Painting Class	EHYC Canvas Painting Class	Exercise Class	
			(See page 17)	(See page 17)	GO CLOSED for Independence Day	
5	6	7 Senior Meal	8	9 Senior Meal	10	11
		Elder Art Class	Exercise Class	Elder Art Class	Exercise Class	
		EHYC Leather Working Class	EHYC Leather Working Class	EHYC Leather Working Class		
		(See page 17)	(See page 17)	(See page 17)		
12	13	14 Senior Meal	15 EHYC Closed	16 Senior Meal	17	18
	EHYC Closed	Elder Art Class	Exercise Class	Elder Art Class	Exercise Class	
		EHYC Closed	Deadline for Higher Education	EHYC Closed	EHYC Closed	
		Food Bank Open 9 AM - 11 AM	Application for Semester Students			
19	20	21 Senior Meal	22	23 Senior Meal Elder Art Class	24 Exercise Class	25
	EHYC Closed	Elder Art Class	Exercise Class	EHYC Closed	EHYC Closed	
		EHYC Closed	EHYC Closed			
26	27	28 Senior Meal Elder Art Class	29	30 Senior Meal	31 Exercise Class	
		Food Bank Open 2 PM - 4 PM		Elder Art Class		
		EHYC Takelma				
		Language Class (See Page 17)				

### 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/EHYC: Tribal Community Center/Expanding

Horizons Youth Center

825 NE Leon Ave, Myrtle Creek, OR

# August 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
2	3	4	5 Exercise Class	6 Senior Meal Elder Art Class	7 Elders Monthly Luncheon 12 PM @ 7F	8
		EHYC Solar Robots Class (See Page 17)	EHYC Solar Robots Class (See Page 17)	EHYC Solar Robots Class (See Page 17)	Exercise Class	
9	10	11 Senior Meal	12	13 Senior Meal	14	15
General Council Elections Meeting 10 AM @ GO	EHYC Closed	Elder Art Class	Exercise Class	Elder Art Class	Exercise Class	
Lunch Provided Food Bank open		Food Bank Open 9 AM - 11 AM EHYC Closed	EHYC Closed	EHYC Closed	EHYC Closed	Deadline for Higher Education Applications for Term Students
after meeting 16	17	18 Senior Meal Elder Art Class	19 Exercise Class	20 Senior Meal Elder Art Class	21 Exercise Class	22
	EHYC NASA Mars Rover Class (See Page 17)	EHYC NASA Mars Rover Class (See Page 17)	EHYC NASA Mars Rover Class (See Page 17)			
23	24	25 Senior Meal Elder Art Class Food Bank Open 2 PM - 4 PM	26 Exercise Class	27 Senior Meal Elder Art Class	28 Exercise Class	29
30	31					

### Regular Activity Times and Places

Senior Meals: 12 PM @ TCC

Elders Art Class: 10 AM @ TCC

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

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

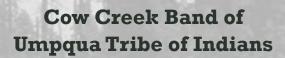
7F: Seven Feathers Casino Resort, Canyonville, OR

**7FRV:** Seven Feathers RV Resort, Canyonville, OR

TCC/EHYC: Tribal Community Center/Expanding

Horizons Youth Center

825 NE Leon Ave, Myrtle Creek, OR



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

