

Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 30, Issue 7 August 2020

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

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Government Office Hours

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 12 PM, 1 PM to 5 PM

No Walk-Ins. Please Call for Same-Day Appointment

Canyonville Clinic Hours

Monday - Friday 8 AM to 12 PM, 1 PM 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.

Updates on Elk and Deer Programs and This Year's Tribal Hunting

Hunting season nears for Tribal members, again with high expectations of a successful season. Tribal members selected in the 2020 lottery drawing have been sent notifications and a hunter's packet by mail. Tribal hunting seasons begins on August 1st for some, with many ending in December.

The Wildlife Program has been working hard over the years to ensure that the Tribe has a healthy population of deer and elk for ongoing cultural, subsistence, and ceremonial needs. Wildlife Staff have been conducting surveys to gain a better understanding of the wildlife

populations on Tribal lands. The data that is collected each year on deer and elk populations helps the Wildlife Program to determine the amount of Tribal Hunting tags to issue annually. The number of tags issued to the Tribal membership is focused on giving as many hunting opportunities as possible without negatively affecting the wildlife populations on the designated Tribal hunting landscapes.

As the 2020 hunting season approaches, the Wildlife Program is confident that there are healthy populations of deer and elk for hunters to utilize. With the continued success of wildlife management by the Wildlife Program and Tribal hunters, the Cow Creek Tribe is assured to have sustainable wildlife resources for generations to come.

Elk surveys are conducted on the Tribal hunting grounds in Myrtle Creek, OR, assisted by information gleaned from bulls and cows that were captured, radio-collared, and released by the Wildlife Staff. This information helps to determine elk behavior, habitat use, and to analyze population trends on a



A photo of the Myrtle Creek elk taken during one of the camera surveys

yearly basis. The main goal is to create healthy and sustainable populations of elk for the use of the Tribe and its members. On the Dole Road property, which hosts the majority of the annual elk hunting tags, the elk population has proven to be highly sustainable for many years to come. Wildlife management practices have also assisted in creating large and sustainable populations of mature bulls. This healthy population growth ensures diversity in the breeding herd, as well as more opportunities for Tribal hunting success.

In addition, the Wildlife Staff performs camera surveys each year on the Winston property to determine the population growth and dynamics of the local white-tailed and black-tailed deer. The Winston property is currently the only property the Tribe utilizes for deer hunting opportunities. Over the last few years, camera surveys have allowed the Wildlife Staff to gain a better understanding of the deer populations present. This data has proven that the property has a healthy population of both white-tailed and black-tailed deer; ultimately allowing the Wildlife Program to issue hunting tags for a choice of either species by the Tribal hunter.

Tribal News

Tribal Member Spotlight: Jay Buschmann

By Kelly Warner, Tribal Workforce Development Manager

In times like these, we can all use a "feel good" success story, and my position as the Tribal Workforce Development Manager has given me the opportunity to share one such story.

Exactly one year ago, a Tribal member came to our Government Offices seeking support to change the course of his life. Over several years, Jay Buschmann had isolated himself from any kind of employment preparation or experience. Finally, he decided to find a new direction for his life, and came to us for help finding employment and schooling.

"I decided to go back to college for a few reasons," he states. "First, was to help my struggling brother, who's been working alone since he was a teen to take care of his family. Having to help me get on my feet has put a burden on him. Second, was so I can finally put structure into my life. I knew nothing about the working man's world, so when I looked for a job there was nothing there for me, but college gives me the desired skills I need in this world."

With our help, he enrolled in Umpqua Community College in the winter of 2019 with a new backpack, a loaned laptop, stacks of books, and supplies that all new students must possess.

Fast forward to the end of his spring term this year during the COVID-19 pandemic. Though the heavy challenges have become increasingly stressful for students everywhere, he still came away at the end holding another of a string of 4.0 GPAs and progress toward a degree in Cyber Security.

"I'd have to say my greatest accomplishment so far has been retaining a 4.0 and becoming a member of Phi Theta Kappa honor society," Jay proudly states. "I never thought I'd excel in college. I'm a slacker by nature, but I always found a way to push through and get things done. I would not be here in College had it not been for the Tribe. Especially Kelly, who drove me down that path and dedicated her time to assist

me on this road of success. Her kindness has made her family in my eyes and I always light up when I hear from her. Along with Tammie Hunt, who did all the behind the scenes work and helping with my tuition. I hope my grades reflect how grateful I am for the opportunity my Tribe has presented to me."

When asked how college has changed his life, he replied: "College has pulled



Tribal benefits and helpful staff gave Jay Buschmann the boost he needed to reach his goals

me from a spiraling depression of being alone with myself. It keeps me busy and focused on a goal that I wish to achieve. Before college, I never believed I would have the knowledge to move forward, but after every week I learned something new that I could apply to work. Whether it was learning Excel, or learning what makes a persuasive argument, or even learning how to set up a small business network, I was always finding new things I could apply somewhere in life. If I continue on the path I'm on, I see myself becoming a well-rounded and versatile asset to almost any modern job position, which was my goal in coming to college. I'll have the skills to enter any job in need of someone good with computers, and I can later mold myself into a specialist, depending on what drives me forward in the future."

Jay Buschmann is a humble, honest, dedicated person with a warm heart for everyone. I am proud and honored to work alongside him and to be able to watch his successful journey unfold. We in the Tribe's Education and Workforce Development departments are fortunate are fortunate to assist students like Jay through educational benefits and programs, which have made a positive mark and changed lives.

Cultural Program Mails a Taste of Tradition to Tribal Members

Recently, the Cow Creek Cultural Program mailed envelopes to each Tribal household, containing a bag of hazelnuts and information on their traditional uses.

"I wanted to send the Tribal membership a piece of home," says Jennifer Bryant, Cow Creek Cultural Activities Specialist. "Even though we are not gathering together to learn our traditional ways, this was a great opportunity to reach out."

It is usually hazel sticks that come up when talking about traditional lifeways, as they are very important for crafting cooking baskets, fish traps, and even cradle boards; as such, the nut of the hazel plant is often overlooked. However, it is a good food source that helped sustain our ancestors.

The nuts that were mailed were grown in the Umpqua Valley at Dorris Ranch, Oregon's oldest hazelnut producer that has been in operation for over a century. They are one of the groves that have made Oregon the top producer of hazelnuts in the country.



An information sheet and a bag of hazelnuts were mailed to each Tribal household

Tribe Distributes COVID-19 Preparedness Kits

As we get closer to Fall, Coronavirus continues to spread in the United States. In response, the Tribal Board decided to supply Tribal households with a COVID-19 preparedness kit, in the hopes that Tribal members can stay safe and healthy.

Tribal government staff worked with an external supplier to send one box to each Tribal head of household. If you have not received your box by August 3rd, please contact the Cow Creek Government Offices to make sure we have a correct address on file.

The supplies in the box include Personal Protection Equipment (gloves, a cloth mask, and an N95 mask), and sanitizers for hands and surfaces. These items both provide Tribal members with protection against the spread of the pandemic, but also provide an example of supplies that Tribal members should keep on hand. See page 8 for more information.

For any questions or concerns, please contact Tracy DePew, Cow Creek Emergency Management Director, at 541-677-5575.

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.

Tribal Member Death Notice: Steven Alan Bochart

Date of Birth: February 15, 1949

Date of Death: July 1, 2020

Age at Death: 71

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 www.2020census.gov. 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"



Oregon – Idaho – Washington

Tribal Self Response Rates – July 21, 2020 | National Response Rate 62.3%

Oregon - 62.3%

Coos Lower Umpqua 60.0%

Coquille 58.0%

Celilo 55.0%

Umatilla 52.4%

Siletz 50.0%

Grand Ronde 49.1%

Burns Paiute 39.7%

Warm Springs 38.1%

Klamath 34.6%

Cow Creek 30.9%

Idaho - 65.9%

Kootenai 84.8%

Nez Perce 45.1%

Coeur D' Alene 38.9%

Fort Hall 37.2%

Duck Valley 11.6%



Washington - 67.7%

Port Gamble 77.9%

Upper Skagit 69.7%

Puyallup 69.0 %

Lower Elwha 66.4%

Port Madison 63.2%

Swinomish 60.9%

Tulalip 59.2%

Muckleshoot 57.7%

Nisqually 57.2%

Nooksack 54.2%

Quileute 52.8%

Lummi 52.6%

Washington – 67.7%

Hoh 51.6%

Shoalwater Bay 51.2%

Squaxin Island 50.0%

Chehalis 50.5%

Yakama 49.7%

Sauk-Suiattle 47.8%

Skokomish 47.0%

Quinault 44.1%

Makah 43.9%

Kalispel 39.7%

Colville 32.1%

Spokane 31.0%

Shape our future START HERE:



Emergency Preparedness

Red Cross Cascades Region Looking for Local Volunteers Due to COVID-19 as Wildfire Season Looms

Presented by Tracy DePew, Cow Creek Emergency Management Director, via the American Red Cross

Experts say the Pacific Northwest could be in for a busy wildfire season this summer, and the American Red Cross needs volunteers to help in our local communities.

"The coronavirus pandemic will make it challenging to deploy trained disaster volunteers from other parts of the country should a large emergency occur in Oregon or Southwest Washington," said Rebecca Marshall, Regional Disaster Officer, Red Cross Cascades Region. "In light of this, the Red Cross is asking you to be ready to help your community. Train now to be a Red Cross volunteer and answer the call to help if the need arises here in our region."

SHELTER HELP NEEDED

There is a special need for volunteers to support sheltering efforts. Because of COVID-19, the Red Cross is placing those needing a safe place to stay in emergency hotel lodging when possible. If hotel stays aren't possible, then the Red Cross will open traditional shelters. To help keep people safe, we have put in place additional precautions and developed special training for our workforce.

Volunteers will staff positions at shelter reception, registration, feeding, dormitory, information collection and support other vital tasks to help those we serve. We have both associate and supervisory level opportunities available.



Red Cross Cascades Region volunteers respond following a windstorm in Morrow County, Oregon in June 2020 Photo courtesy redcrossblog.org

HEALTH SERVICES SUPPORT NEEDED

We are looking for health professionals including, RN, LPN, LVN, APRN, NP, EMT, paramedic, MD/DO or PA's with an active, current and unencumbered license. Volunteers are needed in shelters to help assess people's health. Daily observation and health screening for COVID-19-like illness among shelter residents may also be required. RNs supervise all clinical tasks.

Roles are also available for Certified Nursing Assistants, Certified Home Health Aides, student nurses, and medical students. Volunteers who can provide care as delegated by a licensed nurse in shelters are greatly needed.

Volunteers interested in helping their community should a disaster occur can sign up at www.redcross. org/volunteertoday or contact our region offices at volunteer.cascades@redcross.org.

Be Prepared for Wildfire Season This Summer

Wildfires are dangerous, unplanned fires that burn through natural areas, such as prairies, forests, or grasslands. They often ruin homes and cause injuries or death to people and animals. They are often caused by both humans and lightning, and can happen anywhere, anytime. Conditions this year could result in devastating wildfires that could disrupt transportation, gas, power, and communications.

Make a plan now for what you will do if a wildfire starts near you; waiting until one starts is waiting too long. You can also be prepared by signing up for local or national warning systems, gathering emergency supplies, and creating a defensible space around your house by clearing away leaves, debris, or flammable materials. Please visit www.ready.gov/wildfires for more information on preparing for Wildfire Season. 7

Emergency Preparedness

Which Mask Is Right for Me, and Why?

Infographic provided by Pamela Gutman, Cow Creek Public Health Improvement Manager



Protecting Yourself from COVID-19 Can Also Protect You from Other Diseases

The COVID-19 pandemic has hit hard all over the world. Many governments have followed the advice of medical professionals and instituted rules to help prevent the spread of the pandemic. Studies by the Center for Disease Control (CDC) and the World Health Organization (WHO), among others, have shown that when these guidelines are followed, it has slowed the spread of the disease. However, there has been an additional and unexpected benefit to following protective guidelines: people are not getting sick with the flu or other diseases as often as usual.

Reports from health organizations in states or countries where protective measures have been instituted show not only a reduction in new cases of COVID-19, but also in cases of similarly transmitted diseases, such as influenza. Many of the guidelines implemented to protect against the coronavirus, such as hand-washing and sanitizing frequently-used surfaces, have proven effective time and again in avoiding the spread of **8** diseases both bacterial and viral.

Protective measures include:

- Frequent hand washing (at least 20 seconds) with soap and water
- When soap and water are not available, use a hand sanitizer with at least 60% alcohol content (avoid using toxic methanol-based sanitizer)
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Wearing face masks or coverings
- Covering coughs or sneezes
- Frequent sanitizing of surfaces
- Social distancing (stay 6 ft away from others)
- Avoiding gatherings larger than 10 or 20 people
- Staying home if you are sick
- Avoiding close contact with anyone who may be sick

Please follow these guidelines and keep yourself safe from both COVID-19 and other diseases.

Emergency Preparedness

Facts About Face Coverings and Masks

Infographics courtesy of the Oregon Health Authority. For more information, please visit www.healthoregon.org/coronavirus or call 211.

Face Covering Facts

FACT: Face coverings are an effective way to slow the spread of COVID-19.

Masks of all types help to contain the droplets and aerosols that spread COVID-19. When combined with physical distancing and hand washing, masks are an excellent way to reduce the spread of disease.



For more information visit healthoregon.org/coronavirus or call 211



Face Covering Facts

FACT: Wearing a face covering does not put you at risk for inhaling too much carbon dioxide.

Carbon dioxide does not build up in cloth or surgical masks.



For more information visit healthoregon.org/coronavirus or call 211



Face Covering Facts

FACT: Cloth masks don't increase your risk of infection.

When used properly, cloth masks don't increase your risk of infection. Proper use includes washing your hands before and after touching your mask and washing cloth masks daily.



For more information visit healthoregon.org/coronavirus or call 211



Face Covering Facts

FACT: Wearing a face covering does not cause the virus to "reactivate".

Once you have a viral infection, wearing a face covering does not make it worse or make it last longer. Wearing a face covering does keep you from spreading it to other people



For more information visit healthoregon.org/coronavirus or call 211



Messages from the Clinic

Cow Creek Tribal Tele-Health Communications Benefit Clarification

This one-time 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.

If you have already applied for and/or received the \$300 benefit, please do not return an additional application. The benefit is a <u>one-time</u> payment.

We apologize for any confusion that the second application sent out in the newsletter may have caused. This was meant for Tribal members who did not receive the initial application. If you have sent in a second application, it will not be processed.

If you have any questions, please contact Amy Holmgren at (541) 677-5575.

Clinic Announcements

Returning South Clinic Provider

We are pleased to announce the return of one of our providers to the South Clinic. Please help us welcome Bill Briggs, Family Nurse Practitioner (FNP) who is now seeing patients Monday through Thursday in our Canyonville clinic.

OTC Claim Forms

All Over-the-Counter (OTC) claim forms are processed in weekly batches with checks for the week mailed out on Fridays. The Over-the-Counter Program benefit can be received by each Tribal member **only one time per year**. 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.

Adjusted Clinic Hours due to COVID-19

The clinics will now be closing for lunch from 12 - 1 PM **10** to accommodate changing workflows.

Smoking or Vaping Can Make COVID-19 Worse

It is important to know about the serious risks of smoking or vaping and COVID-19. Please help share this information with anyone you know.

SMOKING OR VAPING CAN INCREASE THE RISK OF SERIOUS COMPLICATIONS FROM COVID-19.

If a person who smokes gets COVID-19, they are more likely to develop a serious case of the virus than someone who does not smoke.

SMOKING AND VAPING DAMAGE LUNGS AND HURT THE BODY'S ABILITY TO STAY HEALTHY.

Smoking and vaping damage the lungs. This makes it easier for viruses to enter the lungs and attach to cells.

SMOKING AND VAPING MAY INCREASE THE SPREAD OF COVID-19.

The virus is easily spread from hand-to-mouth contact. People have lots of hand-to-mouth contact when they hold and smoke a cigarette, cigar or vape product. Sharing a cigarette, cigar or vape product with another person can increase the spread of the virus.



Infographic courtesy of the World Health Organization

Messages from the Clinic

Native Quit Line: Beware How the Tobacco Industry Targets Native Youth

The tobacco industry makes and advertises candyflavored products to try to hook youth. Young people who begin to smoke commercial tobacco under the age of 18 are often addicted for life. Widespread evidence shows that tobacco marketing causes youth tobacco use and makes it harder for people who are addicted to nicotine to quit.

In the face of relentless tobacco industry marketing, individuals, communities, and counties across the state have scored wins to hold the tobacco industry accountable.

"It's crucial, particularly as we battle a respiratory virus that puts tobacco users at risk of severe illness, that we protect the next generation from addiction and lung disease," says Dean Sidelinger, M.D., M.S.Ed., state health officer and epidemiologist at OHA.

"Local public health departments and Tribes have been working tirelessly for years to protect our kids from tobacco addiction, especially communities that have the greatest burden of tobacco-related disease. As we're seeing play out in the COVID-19 pandemic, some communities are at higher risk, partly because of chronic health conditions caused by tobacco. We need to dig into the drivers of those health disparities, including the role of the tobacco industry."

Check back in next month's newsletter to find an assessment report of commercial tobacco and alcohol advertising, marketing, and promotion in convenience stores, grocery stores, gas stations, and other retail locations in Douglas, Coos, Deschutes, Klamath, Lane, Jackson, and Josephine counties that are visited by Native youth regularly.



Messages from the Clinic

Save the Date: August 26th Cooking Demo Hits Facebook Live

Save the date for the next cooking demo hosted by the Cow Creek Health & Wellness Center Nutrition Education Department. The theme will be "At the Farmers' Market," and we have some tasty recipes planned! We'll be discussing how to score big at your local farmers' market, demonstrating recipes for a warm summer day, such as wrap sandwiches and chilled soups, and sharing tasty recipes that showcase fresh, seasonal produce, such as heirloom tomatoes and peaches.

This free event will be held via Facebook Live. Check out the Cow Creek Health & Wellness Center Nutrition Education Department's Facebook page at https://www.facebook.com/CCHWC.Nutrition/ for details on how to join this event.

All participants will be entered into a raffle to win one of several prizes to help you prepare and enjoy the featured recipes from the comfort of your own home.

For more information, please call either clinic at 541-672-8533 (Roseburg) or 541-839-1345 (Canyonville). We hope to "see" you there!



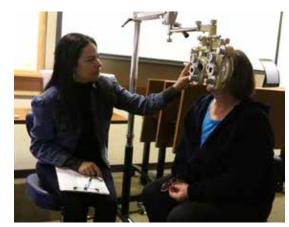


Cold cucumber soup and broiled peaches (as above) are just two recipes to look for at the demo

Save the Date: October 10th Casey Eye Event

Oregon Health & Science University's Casey Eye Institute Mobile Eye Clinic will be returning to the Cow Creek Heath & Wellness Center in Canyonville, Oregon, on Saturday, October 10th. Exams are free of cost and open to all Tribal members; however, preference is given to those with diabetes and those without vision insurance. The eye doctors will be able to provide dilated eye exams and prescriptions if needed.

We are working with our partners at the Casey Eye Institute, as well as Clinic and Tribal Administration, to ensure that necessary safety precautions are in place, in light of the current COVID-19 public health emergency.



You should get your eyes checked each year

It is important to get your eyes checked annually for serious problems and get prescription lenses if needed. Casey Eye Institute will help participants get a pair of glasses with a new prescription at low or no cost.

If you are interested in signing up, or want more information, please contact the Cow Creek Health and Wellness Center at 541-839-1345 (Canyonville) or 541-672-8533 (Roseburg).

12 When: Saturday, October 10th from 10 AM – 4 PM (appointments are required).

Blue Zones Project Corner

BLUE ZONES® POWER 9: Move Naturally

By Aislinn Leonard, Business Coordinator for Blue Zones, via www.bluezones.com

Recent studies show that walking as little as two hours per week can help you live longer and reduce the risk of disease. The study from the American Cancer Society followed 140,000 older adults and reported that those who walked six hours per week had a lower risk of dying from cardiovascular disease, respiratory disease, and cancer than those who were not active. It also showed that walking even as little as two hours per week could begin to reduce the risk of disease and help you live a longer, healthier life.

"Our bodies were designed to move," said Dr. David Agus, Professor of Medicine and Engineering at the University of Southern California.

The world's longest-lived people don't pump iron, run marathons, or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don't have mechanical conveniences for house and yard work. They have jobs that require them to move or get up frequently. And they walk every single day. Almost everywhere.

In Amish communities in North America, one study showed that the average woman logged 14,000 steps per day and the average man logged 18,000 steps per day, and both genders averaged about 10,000 on their day of rest. These Amish communities also had the lowest rates of obesity of any community in North America. This study eventually hit the media and began the movement to reach at least 10,000 steps per day.

Walking benefits:

- Activates lymphatic system
- Eliminates toxins
- Fights infection
- Strengthens immunity

Your environment greatly impacts your activity level, but there are ways to nudge yourself to move more if you do not live in a walkable community:



Walking as little as two hours a week can make you healthier Image courtesy <u>www.bluezones.com</u>

Take several small walks.

Take your dog out for a short morning jaunt around the block. Walk instead of drive to pick up workday lunches. Step outside after dinner with your family. Research shows it is better for you to break up your movement throughout the day than to work out for 30-40 minutes in the gym and sit all day.

Walk to the grocery store.

If your location safely allows you to, walk to the grocery store. Though you may not be able to purchase a week's worth of groceries in a single trip, you can buy the freshest ingredients and return again later in the week.

Park in a spot furthest from the building.

If you work in the suburbs, in a mall, or a business park with very few parking options, just choose to park far away from the entrance to add a few more steps to your day.

Walk 5 minutes each hour.

Get up out of your desk and take a round of the office. Fill up your water bottle. Get outside to maximize benefits, if possible.

Take one long walk of 30-40 minutes.

Recruit a friend (or your moai!) to take a post-work walk. Forty minutes will fly by before you even realize how far you've gone.

Annual Cancer Prevention Cooking Series for Youth Goes Virtual

In light of stay-at-home guidelines this year's Cancer Prevention Cooking Series for Tribal Youth, hosted by the Cow Creek Health & Wellness Center dietitians, took to a virtual platform June 23rd-25th.

Thanks to a generous grant from the Northwest Portland Area Indian Health Board, this year we were able to reach 11 households—totaling 21 youth and over 60 household members—with food and activity kits delivered directly to their homes. Participants received harvest boxes loaded with fresh vegetables and fruit grown at Lehne Farms near Roseburg and additional groceries to make healthy recipes. Youth were then able to follow step-by-step instructional videos and recipe handouts in their home kitchens to learn how to make Chicken with Pasta and Garlicky Greens, Easy Berry Chia Jam, and Stir-Fry Vegetables with Fried Egg and Brown Rice.

Activity kits featured jump ropes, balls, and DVDs to help promote physical activity. Each participant received a copy of the "Pow Wow Sweat" DVD created by the Coeur d'Alene Tribe, which promotes physical fitness through traditional dance.

Much-deserved thanks goes to Amber Lomascola, EHYC Program Manager, for helping with coordination and to all of the Tribal Youth who participated!



Tribal youth received lots of goodies to help them stay healthy



Registered Dieticians Lauren M. Haddock and Becky Johnson prepare food and activity kits for delivery



Bags filled with fresh produce from Lehne Farms

Expanding Horizons Youth Center Supports Local Businesses While Providing Fun and Education Through the Canvas Art Class

As part of the Expanding Horzions Youth Center's (EHYC) annual summer program, EHYC staff helped engage the artistic side of Tribal youth with the second week of at-home activities.

Families received an all-inclusive art box, accompanied by an instructional YouTube video from local Douglas County business Create and Sip. The art box contained enough paint and canvases for the enrolled student and any family members who wanted to participate with them, such as parents or younger siblings.

Along with each art kit, EHYC staff delivered a Papa Murphy's pizza for lunch, and a bag of snack food for the week. In total, 18 students and 9 family members participated in the week's activity.

EHYC staff and partners working on all of this summer's programming have made a dedicated effort to support local and/or Native-owned businesses through the various summer activities.







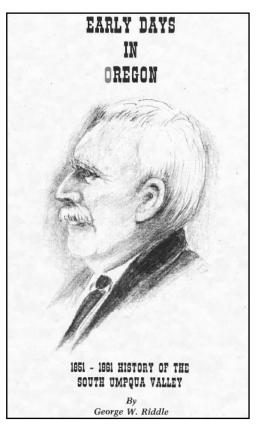
Left and Upper Right: Tribal youth display the art boxes, pizzas, and snacks delivered by EHYC staff
Lower Right: The Moyo Family youth display their completed works of art

Reading Recommendations: Early Days in Oregon by George Riddle

If you are looking to read a pioneer's perspective on what it was like to live near the Nahankhuotana people, this is a perfect place to start.

George W. Riddle was a pioneer in the early years of Oregon, working as a lumberman and a rancher before later winning an election in 1890 as county judge, and serving two terms in the Oregon Legislature. In this book, he recounts his journey to the Umpqua Valley from Illinois with his family when he was just a boy. They eventually settled near the present day town of Riddle. Their homestead neighbored Chief Miwaleta's plank houses on Cow Creek.

Riddle speaks highly of his new friends and recounts many memories and anectodes. As you read through the book, you may find many of the places are still familiar, even though it was written in 1920 as newspaper articles for *The Riddle Enterprise*. Later in 1948, *The Myrtle Creek Mail* published the articles in book form. This book can be found in many Oregon libraries, or can be purchased online from various vendors, both in physical or digital form.



Takelma Language Corner: Summer Narrative Activity

In today's activity, we've created a narrative about a fun summer day. Use the Takelma words below to fill in the blanks and finish the story! You might use some words more than once and others not at all. You decide!

T'iilamxapà' (Let's go fishing!) – A Tale								
It's and it's definitely time to get outside. Here's an idea:! It's season! We hop in the and go to a nearby If the is warm enough, we might even swim. We h								
make sure to bring lo	ots of for bait. Bring	some to eat and	_ to drink.					
_		tch, or doesn't bite you or						
Choose from these words to fill out the story above!								
<i>eyí</i> – canoe	<i>k'úls</i> – worms	<i>kelám</i> – river	<i>kwìskwas</i> – chipmunk					
<i>lipíis</i> – crawfish	<i>máal</i> – spear shaft	<i>mená</i> – bear	<i>pée</i> – day, sun					
<i>p^hím</i> – salmon	sàma – summer	<i>sink⁴wak'waà</i> − catfish	<i>t'áak</i> ^h – mussels					
<i>ťakám</i> – lake	<i>túul</i> – spear point	wáx – creek	xí – water					
<i>xtáan</i> – lamprey	xumá – food	yóols – steelhead salmon	yuùxkan – trout					
T'iilamxapà' – Let's g	go fishing!							

Expanding Horizons Youth Center Summer Program 2020

Due to current 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.

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



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

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 have 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.

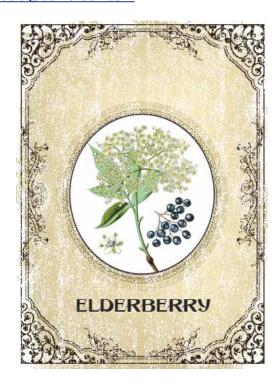
Elderberries Are Ready in August

The elderberry trees have been very fruitful this year. The weather has been just right so far to produce huge blossoms on the elderberry trees around the Umpqua Mountains.

Traditionally, elderberries were collected and eaten or dried for later use. The berries are high in healing properties. Dried berries can be made into a tea and drank. The juice makes great jelly!

Other traditional uses for this plant include harvesting the limbs of the elderberry, which were hollowed out and used for pipe stems or musical clappers. When not eaten, the berries could also be used to dye basketry materials, as it has a lasting quality that keeps the colors from fading.

Be on the lookout for these berries to be ripe early to mid-August. This month is a perfect time to get out in the great outdoors and harvest some for your family.



August 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
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 General Council	10	11 Senior Meal	12	13 Senior Meal	14	15
Elections Meeting 10 AM @ Bare Park	EHYC Closed	Elder Art Class	Exercise Class	Elder Art Class	Exercise Class	
10/IIV e Bale i alik		Food Bank Open 9 AM - 11 AM EHYC Closed	EHYC Closed	EHYC Closed	EHYC Closed	Deadline for Higher Education Applications for Term Students
16	17	18 Senior Meal	19 Exercise Class	20 Senior Meal	21	22
	EHYC NASA Mars Rover Class (See Page 17)	Elder Art Class EHYC NASA Mars Rover Class (See Page 17)	EHYC NASA Mars Rover Class (See Page 17)	Elder Art Class	Exercise Class	
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 @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

September 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

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

Regular Activity Times and Places

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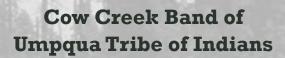
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825 NE Leon Ave, Myrtle Creek, OR



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

