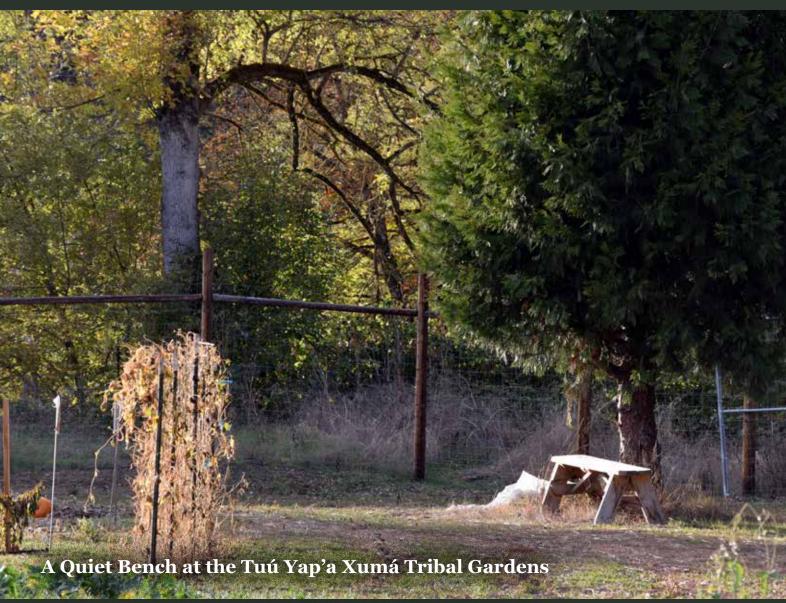


Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 31, Issue 2 February 2021

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

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Schedules

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.

Cow Creek Forestry Department Working Hard to Restore Burn Area

It has only been a few short months since the devastating fires of 2020 that ravaged the Glide and Diamond Lake area and destroyed many homes. The Tribe is still in the middle of restoring the damage from the Milepost 97 Fire that burned so much of the beautiful forest land that the Tribe holds so dear. The situation was aggravated by the fact that the 1987 Canyon Mountain fire hit the same area only a few decades ago, damaging many of the trees that the fire last year finished off entirely.

The result, aside from a tragically scarred landscape, is a lot of wasted timber: fallen and irreparably damaged trees that, due to fire and insects, become undesirable to lumber mills. Before the Tribe is able to reforest the burn area, it must race to remove the burned trees in effort to minimize the loss from insect damage. This, combined with the scramble for available seedlings to plant (which are usually planned for years in advance through seed orchard nurseries) have hindered many reforestation efforts across the state of Oregon.

"I really want to give our team a lot of credit," says Tim Vredenburg, Cow Creek Forest Management Director. "The Tribe is one of the few land owners that was able to get enough seedlings together to do all the planting we needed to do this year. Even better, we have enough seedlings to be able to plant 1,800 acres next year in the burn area."

According to Tim, planting new trees is no easy task. Crews wake up early each morning to take seedlings from storage in coolers and drive them up to the woods to spend all day planting trees. This involves scraping vegetation off the soil, digging a correctlyspaced hole on a steep slope with a specialized tool called a "hoedad," and planting the tree while ensuring that the roots are straight at the correct depth. The worker must ensure that there is no air in the soil, which must be firm, but not too tightly packed. By the end of February, the Tribe's crew will have planted over a half a million trees across 1,700 acres.

"It's really about securing the future forest for



A forestry worker uses a hoedad to dig a hole for a seedling Image courtesy www.soperwheeler.com

generations to come," says Vredenburg. "For the last two years, we have been lucky enough to hire J.D. Forestry, a Tribal member-owned company. They do fantastic work at competitive prices."

Planting the new trees will not only help bring back the beauty of the burn area, but their roots will also help stabilize the soil, which helps prevent mud slides and erosion in precious rivers and streams in the area. To further protect the area, the reforestation process removes the old trees that are too damaged to recover.

In order to help clean up the area, the Cow Creek Tribe secured a grant from the Bureau of Indian Management which allowed for the purchase of a portable sawmill that can process trees that other mills won't take. Any cull logs that are too damaged to sell to mills will be run through the portable mill or converted into wood chips and sold for paper.

For a short time, some of this lumber is available for purchase. Interested parties can contact Partin Forest Products at 541-441-7744. Partin Forest Products will soon be advertising positions to operate the portable saw mill through Express Employment.

"This is a very exciting time for me as a forest lands manager for the Cow Creek Tribe," says Vredenburg. "One of the primary missions tribal leadership has developed for us is to grow the Tribe's forest land base and restore ancestral homelands to the Tribe. When I came to work here less than 10 years ago, we only had a couple thousand acres of mixed forest land. Today, we have almost 32,000 acres. Our hope is to continue growing and restoring more forest lands to the Tribe." 3

Tribal News

In the News: Cow Creek Tribal Member Todd Avis Shows Off the Cow Creek Facemask in an Article in *The Wenatchee World*

In late 2020, the Cow Creek Tribe mailed COVID relief boxes to Tribal members, including face masks with the Cow Creek logo on the front. One of these masks was shown front and center in an article in The Wenatchee World, a publication in Wenatchee, Washington. It featured Cow Creek Tribal member Todd Avis, an ICU Nurse at the Central Washington Hospital, receiving the Pfizer vaccine to battle COVID-19. The article focused on vaccinating frontline health care workers against the virus, but featured quotes from Avis. The article is titled "The first Wenatchee residents have been vaccinated. Now a historic inoculation campaign begins", and can be found on https://www.wenatcheeworld.com/



Todd Avis receives the Pfizer COVID-19 vaccine Image courtesy of The Wenatchee World

Oregon Department of Education Appoints April Campbell as Director of the Office of Indian Education

The Oregon Department of Education is working hard to highlight the importance of their relationship with the sovereign nations that exist here in Oregon and predate the Governments of Oregon and the United States. Continuing that effort, a new position of Director of the Office of Indian Education has been created and April Campbell has been selected to fill the position.

April is a citizen of the Confederated Tribes of Grand Ronde with more than 20 years of experience working in Indian Education in Oregon. She is also a resident of Dallas. Since 2013, April has served as Indian Education Adviser to the Director of the Oregon Department of Education. Before that, she worked as the Education Director for the Confederated Tribes of Grand Ronde.



April Campbell Image courtesy of <u>smokesignals.org</u>

Passing the Torch: Meet Sandy Henry, the Next Cow Creek Education Director

Sandy Henry is already a familiar face in the Education Department, as she has served as the manager of the Tribal Community Center, but she will now be even more involved in her new role as the Education Director following Tammie Hunt's retirement at the end of 2020.

While Tammie has left big shoes to fill, Sandy has more than enough qualification for the role. She comes from a long family line of educators, including a grandmother who earned a Master's degree in Education in 1961, a feat unheard of in Douglas County at that time. While many of her family members teach in the classroom, Sandy's skills have always leaned more toward leadership and administration. Her career is full of leadership roles, such as serving on School Boards, non-profit organizations, and state government agencies. Sandy has had the privilege of completing a Master's-level program on leading through change, and engaged in other professional development on communication and leadership.

"It's a transition," she says. "I'm a very different person and leader than Tammie was. She brought a different set of valuable skills to the table than I do. Sometimes change can be difficult for folks, but I think the Tribe will be pleased with where we want to go from here."

Sandy's professional mission is to bring her core values of authenticity, transparency and consistency to all the programs she oversees in the Education Department, and help her staff do the same.

"I am blessed to have a very caring and competent staff to lead," she says. "Our goal is to bring equity and stability to all of our programs."

Sandy is a strong advocate for educational equity and access, and a clear communicator; skills that she believes will benefit all Tribal members.

"The pandemic really opened our eyes to the fact that we are not using technology as much as we



Previous Education Director Tammie Hunt with Sandy Henry at the blessing of the Tribal Community Center in 2019

should to reach all of our Tribal members across the nation," she says. "The technology exists for us to be able to reach out to them; it's just a matter of implementation."

Sandy's goals involve streamlining a lot of the services offered by the Education Department to better meet the needs of Tribal members, and establishing a clear framework for communication between her team and the Tribe. A large part of that will be in transforming the Education Department's website, www.cowcreekeducation.com, into an easy-access portal for Tribal members, and in using video production and live-streaming technologies to interact with Tribal members across the nation. Another part is in rebranding "Tribal Workforce Development" into the Cow Creek Career Center. Instead of just getting a job, the idea is to enable Tribal members on a lifetime learning experience with the skills they need to shape a career for themselves.

"We are looking at establishing a partnership with Tribal students of all ages," says Sandy. "We will come alongside you and be a partner with you in your educational journey."

COVID-19 Vaccines Available for Tribal Members at the Mass Vaccine Site

It's important that everyone is vaccinated to achieve community immunity. In the meantime, please continue safety measures to keep the virus from spreading: wear a mask, physically distance from others, wash your hands, avoid gatherings and stay home when you're sick.

Due to the high volume of vaccines requested, the Tribe has opened an additional vaccination site at the Seven Feathers Casino Resort starting January 20, 2021, Monday-Friday 9:00 AM - 5:00 PM. Once on the Seven Feathers property, please follow the signs to the back of the new hotel parking lot. We will only provide vaccines; no medical appointments will be provided at the vaccination site. All individuals will be vaccinated on a first—come, first—serve basis.

Please know that this is only for the following individuals: Cow Creek Tribal members and families, Cow Creek Tribal employees and their families, and all current Cow Creek clinic patients.

Mass Vaccine Site Seven Feathers Casino 146 Chief Miwaleta Ln, Canyonville, OR (Behind the Hotel) 541-691-2483

- It is recommended that you arrive as early as possible (approximately 45 minutes before 9 AM), as the site's daily vaccine capacity fills up fast.
- Please expect long wait times as slot availability for the morning vaccines fill up quickly.
- To speed up wait times, we recommend that you fill out and print all the forms that you can find at https://www.cowcreek-nsn.gov/public-health/.

If you are not a current clinic patient and want to be vaccinated, you will need to become a clinic patient. This may take 1-2 weeks to complete an application, transfer medical records, and be accepted as a new patient. After becoming a patient, you can become vaccinated at the Seven Feathers vaccination site or at the clinic per an appointment.

If you are already a Cow Creek clinic patient, and already have a recent appointment to see your provider, you can contact the Cow Creek Health and Wellness Clinic about your appointment and request additional time for a vaccine.



COVID-19 Vaccine Questions and Answers

Are there any side-effects? The current Moderna studies show that the most common side effects included soreness, redness, or swelling around the injection site, fever, fatigue, body aches, or headache. There were no serious adverse events. These are similar side effect that you see in other vaccines.

Will I have to pay to get vaccinated? Vaccine doses are provided to the Tribe free of charge and will be given to people at no cost. However, the Tribe will charge insurance an administration fee for giving the shots to someone. But the patient will not pay any out-of-pocket cost to receive the vaccine.

<u>Can I catch COVID-19 from the vaccine?</u> No, this vaccine only uses a sub-part of the virus's structure. The vaccine does not contain live virus.

Are the COVID-19 vaccines safe? COVID-19 vaccines have been evaluated extensively in large-scale clinical trials that involved more people than a typical vaccine trial. These trials involved adults from a diverse background and inclusive range of races, ethnicities and ages. COVID-19 vaccines are vetted for safety and efficacy by three independent scientific groups, including the Data Safety Monitoring Board (DSMB), the Vaccines and Related Biological Products Advisory Committee (VRBPAC) and the Advisory Committee on Immunization Practices (ACIP).

How soon can I get vaccinated? While there is no way to give a definite timeline when each phase will open up, we can estimate the number of vaccines that will be made available each month. The Tribe has already received enough vaccine to provide 200 patients inoculations. Additional shipments are already planned for every few weeks to ensure a continuous supply.

How does the vaccine work? The vaccine is made from messenger RNA, or mRNA, which is only a subpart of the COVID-19 virus. Inclusion of the mRNA material from the virus gives our cells instructions for how to fight the virus if we are infected in the future. The Moderna vaccine is reportedly about 95% effective after two doses.

<u>Am I a high-risk patient?</u> Here is a chart of all the risk categories for the CCH&WC vaccinations:

Critical Risk Patients

- Cancer
- Chronic kidney disease
- Heart failure
- Coronary artery disease
- Sickle cell disease
- Immunocompromised state
- Severe Obesity (BMI ≥ 40kg/m²)
- Severe respiratory risk (TB, risk of Pneumonia, etc.)

Very High Risk Patients

- COPD
- Cystic fibrosis
- Liver disease
- Thalassemia (a blood disorder)
- Asthma (moderate to severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain
- Neurologic conditions, such as dimentia
- Pulmonary fibrosis (having damaged or scarred lung tissue)

High Risk Patients

- Hypertension
- Obesity (BMI of 30 kg/m² or higher, but < 40 kg/m²)
- Type 1 diabetes mellitus
- Type 2 diabetes mellitus

What are the three phases of vaccination? For more information, view the chart on www.cowcreek-nsn.gov/public-health/.

If I am eligible for Phase 1, where should I get my vaccination? All Phase 1 patients should have already been contacted directly by the Cow Creek Health and Wellness Clinics and had their vaccines given at the clinic. However, if you decided initially not to receive a vaccine and now would like to receive one, please feel free to attend our mass vaccine clinics at Seven Feathers or ask your provider for a vaccine at your next appointment.

If I am eligible for Phase 2, where should I get my vaccination? Eligible individuals can be vaccinated on a first—come—first—served basis at the Mass Vaccine Site. The new mass vaccine site will be **Continued on Page 8**

COVID-19 Vaccine Questions and Answers, Continued

located at the Seven Feathers Casino Resort, behind the hotel. Additionally, for Cow Creek Health and Wellness Clinics patients that already have a recent appointment to see your provider, you can contact the Cow Creek Health and Wellness Clinic about your appointment to request additional time for a vaccine.

Will I still need to wear a mask after I get the

COVID-19 vaccination? The vaccine will keep you from getting sick, but it still may be possible to get, carry, and transmit the virus. It will also take time for us to get everyone vaccinated. We don't yet know when we'll be able to stop wearing masks and maintaining physical distance, but experts will continue to watch the spread of the disease in Oregon. Only when the spread of disease is low enough, these additional protective measures can be stopped.

I've already had COVID-19 and recovered. Do I still need to get vaccinated with a COVID-19 vaccine when it's available? Yes, CDC recommends that COVID-19 vaccination can be given regardless of whether you already had COVID-19 infection. However, anyone currently infected with COVID-19 should wait to get vaccinated until after their illness has resolved and after they have met the criteria to discontinue isolation. Additionally, people with a recent infection may delay vaccination until the end of that 90-day period, as immunity to the virus is still present from infection.



Cow Creek Chief Health Officer Sharon Stanphill was the first of the clinic staff to receive the Moderna vaccine

Does COVID-19 infection provide longer immunity than the COVID-19 vaccine? The protection someone gains from having an infection (called natural immunity) varies depending on the disease, and it varies from person to person. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after the initial infection. Regarding vaccination, we won't know how long immunity lasts until we have more data on how long it works. However, scientists are currently working on this information now, and CDC will keep the public informed as new evidence becomes available.

Take Pride in How Far You Have Come, and Have Faith in How Far You Can Go

Depression and suicide affect people of all ages and populations, but Native American and Alaskan Native populations can be at a higher risk.

If you need help, please call 1-800-273-TALK (8255) or visit <u>www.</u> suicidepreventionlifeline.org.

If you have lost someone you love to suicide, please visit: https://afsp.org/ive-lost-someone.

You can make a difference. STAND UP, SPEAK OUT, END THE STIGMA, and #BETHECHANGE.

This message is brought to you by The Cow Creek Prevention Team.



Healthy Recipe: Muhammara (Syrian Walnut and Red Pepper Dip)

By Ansley Hill, Cow Creek Registered Dietitian. Recipe adapted from www.bonappetit.com

Nutrition Facts (per serving):

180 calories, 3g protein, 7g carbohydrate, 16g total fat, 2g saturated fat, 2g fiber

Prep Time: 10-15 minutes **Cook Time:** 0 minutes

Servings: 6-8

Ingredients:

- 12 ounces roasted red bell peppers, homemade or canned
- 1 cup raw walnuts, shelled
- 2 garlic cloves, peeled
- 2 tablespoons pomegranate molasses
- 1 teaspoon cumin, ground
- 1 tsp smoked paprika, ground
- ½ teaspoon salt
- ½ teaspoon crushed red pepper flakes (optional)
- ¼ cup extra virgin olive oil
- ¼ cup fresh cilantro, roughly chopped



Muhammara (Syrian walnut and red pepper dip) Image courtesy of <u>www.bonappetit.com</u>

Directions:

Place all ingredients, except for the olive oil and cilantro, into the bowl of a food processor. Process until well combined, about 3-4 minutes.

While the food processor is still running, slowly drizzle the olive oil into the mixture. Continue to process until smooth, about 2-3 more minutes. If the dip seems too thick, add a little more olive oil until your desired consistency is reached.

Using a spoon or rubber spatula, transfer the dip into a bowl. Top with chopped cilantro just prior to serving. Serve with toasted pita, crackers, or sliced veggies for dipping. It also makes a great sandwich spread.

Store leftovers in the refrigerator in a sealed container for up to 5 days.



STUDENT ELIGIBILITY REQUIREMENTS:

- Plan to earn a bachelor's degree from an accredited U.S. 4-year college and have one of the following academic statuses:
 - High school senior graduating spring 2021
 - Incoming or current freshman or sophomore student at a 4-year college
 - Community college student planning to transfer to a 4-year college in the fall of 2021 (Note: Financial awards will not be given while in community college but will begin with the first term of enrollment at the student's transfer 4-year college)
- ▼ First-generation college student
- ▼ Significant demonstrated financial need
- ✓ Cumulative GPA of at least 3.0

In addition to meeting the requirements above, The Renaissance Foundation is looking for students who demonstrate: leadership potential, a concern for others, and a strong work ethic. These qualities can be demonstrated through participation in volunteering, membership in clubs/community organizations, paid/unpaid work, or family responsibilities. Successful candidates are able to clearly communicate their strengths and goals, both in their written application and in an interview setting.

U.S. citizenship is <u>not</u> a requirement to be eligible for this scholarship.

LEARN MORE & APPLY:

rscholars.org

QUESTIONS:

callieerscholars.org, 707-496-6009 shaynaerscholars.org, 503-707-4238

THE RENAISSANCE SCHOLARS PROGRAM

The Renaissance Scholars Program offers a renewable scholarship for high achieving, first-generation college students with financial need. The award is need-based, up to \$4,000 awarded annually (max. cumulative award up to \$16,000).

In addition to funds, scholars receive support from foundation staff in navigating the higher education system. Scholars are invited to foundation sponsored events throughout the year to encourage open communication and support for success.

APPLICATION REQUIREMENTS:

- Online application
- High school and/or college transcripts
- ACT/SAT scores
- Financial documents (ex: FAFSA SAR)
- Two letters of recommendation
- Two essays

Optional:

 Activities summary or resume including jobs, extracurriculars, pre-college experiences, etc.

APPLICATION DEADLINES:

Application opens in the fall.







C O W C R E E K

Takelma Language Team





Dave Prine Linguist

Dave Prine is the Cow Creek Linguist working to revive the Takelma language. He is a huge advocate for Native American language revival and has contributed to a number of language revitalization projects. (He even lent a voice to the Navajo dubbing of Star Wars!) He is excited to be working for the Cow Creek Government Office.

In his free time, Dave likes to play a number of musical instruments and (surprise!) study languages.



Karissa Bent Project Director

Karissa Bent is the Language / Education Programs Manager. She has worked in the education field for over 10 years and loves to build curriculum! Education has allowed her to work with Nike Child Development Center, various Oregon School Districts, **United States Peace** Corps in Thailand & higher education institutions.

Karissa is a native Oregonian, graduate from University of Portland, loves sushi, and is an avid traveler. She also enjoys spending time with her family, and hiking the Pacific Northwest.



Emily Fiocco
Teacher Learner

Emily Fiocco is the Takelma Language Teacher Learner Lead. She began her education work a decade ago teaching and training Colombian language instructors in the United States Peace Corps, and most recently lead efforts at Umpqua Community College to strengthen curriculum and assessment practices across the institution.

Emily lived in almost every region of the United States before coming to Oregon in 2014. When she's not cooking food or finding a new hike, she's writing fiction for children and young adults.



Elizabeth Bryant Teacher Learner

Elizabeth Bryant is the Takelma Language Teacher Learner Assistant. She is currently studying Takelma, with a goal to be fluent, and teach classes. She is a Cow Creek Tribal Member. She also is a Youth Advisor to the Tribal Youth Council.

You can find Elizabeth at home with her family, and spending time with her dogs. She loves the outdoors, and can identify a large majority of Pacific Northwest Flora and Fauna.

What is a Linguist?

A linguist is someone who studies languages in order to understand how they work—how sounds are combined, how words are formed, and how sentences are put together. While linguists often learn to speak languages, more often they study the deep theory behind the language.

What is a Teacher Learner?

The teacher-learners are responsible for working with the linguist to learn the language and then develop curriculum to teach it out.

MORE TO

Be on the look out for more books, online dictionary, phone app, and family learning

Traditional Takelma Stories: "Crow and Raven Go for Water" and "Coyote and the Origin of Death"

Presented here are two more traditional Takelma stories. Both of these stories touch on the consequences that occur when someone does not do what is requested of them. The stories also focus on some of the beliefs behind death and why the animal kingdom is the way it is.

Stories played a major part in transmitting understand of the world by including little antidotes likes those presented in these stories. As you read these stories can you find any other lessons or tidbits of wisdom located within?

Crow and Raven Go For Water

There was no water among the people. Now Crow was having her first menstrual courses and Raven was having her first menstrual courses, the two girls.

Then, 'tis said, "Go to get water," they were told. Only ocean was left, thus it was heard. Then did go the two girls menstruating for the first time, for water they went. Then Raven, for her part, when she had not yet arrived at the water, now into this basket-bucket of hers did urinate, but Crow went on. Now Raven, for her part, turned back, now brought the water.

"For what reason did you not bring water?" [they said]. It was known that it was her own water.

Now Crow, in her turn, just a long time thereafter did return, water did Crow, for her part, bring.

"Then you, for your part, shall not drink water," was Raven told; "whenever it is summer, you shall not find water," she was told.

"But Crow--she, for her part, shall drink water," was she told; "but you--only in winter shall you drink water," was Raven told.

So for that reason it is that Raven, for her part, does not drink water in summer, and for that reason does she, indeed, talk thus--dry is her throat. Only when the winter comes does Raven, for her part, drink **12** water, that they say.

Coyote and the Origin of Death

The child of Roasting-dead-people died. He and Coyote were neighbors to each other.

Thereupon he said to him, "Lend me a blanket, for my child has died. Lend me a blanket," said Roastingdead-people.

"I'll not lend you a blanket, for where are they going to be, if dead people come back?" said Coyote. And next door returned Roasting-dead-people, and buried his child that had died. Then, 'tis said, a long time elapsed; now Coyote's child became sick and died. Now next door he went to Roasting-dead-people.

"Lend me a blanket, for my child has died."

"What did you say?" Roasting-dead-people said that. "Yesterday indeed when I did say to you, 'Lend me a blanket,' you, for your part, did say that to me, 'Where will the people be, if they return?' Now my child is rotting," said Roasting-dead-people. So next door Coyote returned.

"Skaà+!" he cried. For that reason people do not nowadays return when they die. [Skaà+ is the sound of Coyote's sorrow]

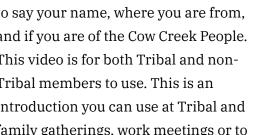


Cow Creek Education



Pée túu! (Name) khweteyíthkh

This video teaches how to introduce yourself in Takelma. You will learn how to say your name, where you are from, and if you are of the Cow Creek People. This video is for both Tribal and non-Tribal members to use. This is an introduction you can use at Tribal and family gatherings, work meetings or to introduce yourself at any community event.





https://www.cowcreekeducation.com/ takelma-language/language-videos/





Yimisa Preschool Is Back in the Classroom

The Yimisa Preschool is back in the classrooms for face-toface learning after their Christmas break. Yimisa currently has twenty 3-5 year-olds in the day-long program, which is primarily grant-funded through the Early Learning Division of the Oregon Department of Education.

The Yimisa Preschool follows the South Umpqua District Calendar for days of operation. We are currently in class Monday through Friday from approximately 8 AM - 3 PM. In order to follow health guidelines and prevent the spread of COVID-19, the children are divided into two cohorts. Staff follows strict sanitation and disinfection guidelines in order to ensure the safety of the children and Staff.

This month the children are going to start the "Salmon" Run" reading activity. Each child has a fish in the stream and has lots of opportunities to take home and keep books to read with their family. The Teaching staff at the Yimisa Preschool promotes early childhood literacy through their daily activities and special projects like this. This project is funded through the Early Learning Division and their Equity grant awarded to the preschool.



The children's fish for the "Salmon Run" reading activity

TCC's Amber Lomascola Chosen to Be One of Just 18 'Afterschool Ambassadors' in the Nation This Year

A News Release from the Afterschool Alliance

The Afterschool Alliance announced today that Amber Lomascola, Center Program Manager at the Expanding Horizon Youth Center, has been selected to serve as an Afterschool Ambassador for the Afterschool Alliance in 2020-2021. She is one of just 18 leaders in the United States chosen for the honor this year. Afterschool Ambassadors continue their work at local afterschool programs while serving the one-year Afterschool Ambassador term, organizing public events, communicating with policy makers and community leaders, and in other ways increasing awareness and support for afterschool and summer learning programs.

"We are so pleased that Amber Lomascola will serve as an Afterschool Ambassador this year," said Afterschool Alliance Executive Director Jodi Grant. "With the pandemic increasing the need for quality afterschool and summer learning programs so dramatically, we need strong advocates who have their fingers on the pulse of their communities. Amber will do a terrific job mobilizing community and business leaders, parents, policy makers, educators and others to send the message that afterschool programs are vital to our recovery from COVID-19. Afterschool programs keep kids safe, inspire them to learn, and give families peace of mind that their children are safe, learning, and constructively engaged while parents are at work or looking for jobs."

"I am delighted to work with the Afterschool Alliance to increase support for afterschool programs," said Lomascola. "It's a tremendously important issue in my community and state. In normal times, afterschool programs help young people succeed in school and in life, and support working families throughout Oregon. These days, we need to help children with academic, social and emotional needs created by the pandemic and support efforts to rebuild our economy. That makes these programs even more essential. I



Amber Lomascola (right) helping Tribal youth at the EHYC, 2019

look forward to helping build support for the out-ofschool-time opportunities all students need, now and over time."

The Expanding Horizon Youth Center (EHYC) is a Tribal- specific Afterschool Program and summer STEAM program supported by the Cow Creek Band of Umpqua Tribe. The EHYC is located within the Tribal Community Center in Myrtle Creek Or. Program supports up to 40 students in 4th to 12th grades each calendar year. At the EHYC, youth receive a snack, a full dinner, tutoring, technology assistance, outdoor recreation, arts and crafts, and summer STEAM curriculum. EHYC staff and students coordinate with many Tribal departments throughout the year such as Culture, Language, Health and Wellness, and the Communications Coordinator. Community partnerships include all schools within the South Umpqua School District, South Umpquas Tribal Attendance Promising Practices Manager and Umpqua Valley Arts Center, Youth Art Exhibit displayed every two years.

Each Ambassador will organize a major event for Lights On Afterschool, the Afterschool Alliance's annual rally for afterschool, which will include events on or around Thursday, October 28, 2021.

Continued on Page 8

Amber Lomascola Chosen as "Afterschool Ambassador," Continued

The 2020-2021 Afterschool Ambassadors are:

- Delaware: Ray Taylor, 4H After-school Program, Newark;
- Florida: Nicole Carter, City of Hallandale Beach-Hepburn Center Afterschool Tutorial Enrichment Program, Hallandale Beach;
- Florida: Kwamara Thompson, Palm Beach County Boys & Girls Clubs, Palm Beach (and Classroom, Inc., New York, NY);
- Georgia: Tiffany Collie-Bailey, Girls Inc. of Greater Atlanta, Marietta:
- Georgia: Dr. Janice Flowers, Bibb County School District, Macon;
- Illinois: Kenny Riley, Carole Robertson Center for Learning, Chicago;
- Illinois: Teresa Dothard-Campbell, Lights ON for Learning – Glenview Middle School, East Moline;
- Maine: Barrett Takesian, Portland Community Squash, Portland;
- New Jersey: Darnell A. Scott, The Jointure, Rariton and Branchburg;
- New York: Angela Todriff Mundy, Family YMCA of the Glens Falls Area, Glens Falls;
- New York: Stephanie Graf, Cornell Cooperative Extension Association of Jefferson County, Watertown;
- North Carolina: Emily Neff, WAMY Community Action, Inc. / Avery County Afterschool Program, Boone;
- Ohio: Debbie Frison, 21st Century Community Learning Center Glenwood/Rosa Parks Elementary, Toledo;
- Oregon: Amber Lomascola, Expanding Horizon Youth Center, Myrtle Creek;
- Pennsylvania: Chuck Inverso, Neshaminy Kids Club, Langhorne;

- South Carolina: Ray C. Funnye, The Village Group, Georgetown;
- Wyoming: Shannon Christian, Worland Youth Learning Center, Worland;
- Wyoming: Tiffany L Wutzke, Youth Clubs of Park County, Cody.

The America After 3 PM household survey of more than 30,000 families, commissioned by the Afterschool Alliance and released this month, finds that unmet demand for afterschool programs has reached an all-time high. For every child in an afterschool program in America today, three more are waiting to get in. The study finds significant inequities, with Black and Latinx children disproportionately without afterschool opportunities. Ninety-four percent of parents of afterschool students say they are satisfied with their child's program.

A large and powerful body of evidence demonstrates improvements in grades, school attendance, behavior and more among children who participate in afterschool programs. Researchers have also found that students in afterschool programs are more engaged in school and excited about learning and develop critical work and life skills such as problem solving, teamwork, and communications.

####

The Afterschool Alliance is a nonprofit public awareness and advocacy organization working to ensure that all children and youth have access to quality afterschool programs. More information is available at www.afterschoolalliance.org.

The Expanding Horizon Youth Center helps Tribal youth achieve their own personal academic success, while building strength and resilience for the future.



THE CAREER CORNER

COW CREEK CAREER CENTER





Announcements

- 2021-22 FAFSA Form Available
- Some states and schools have limited funds, so don't delay! To begin your application, select the "START HERE" button on the FAFSA homepage.
- Changes to Your Family's Financial Situation
- If your or your family's financial situation has changed significantly from what is reflected on your federal income tax return (for example, if you've lost a job or otherwise experienced a drop in income), you may be eligible to have your financial aid adjusted. Complete the FAFSA questions as instructed on the application (including the transfer of tax return and income information), submit your FAFSA form, then contact the school you plan to attend to discuss how your current financial situation has changed. Note that the school's decision is final and cannot be appealed to the U.S. Department of Education. Visit <u>StudentAid.gov/coronavirus</u> for more information.



Scholarship Opportunities

- NWIHA Scholarship www.nwiha.org/youth-scholarship-program
- Intertribal Timber Council www.itcnet.org/about us/scholarships.html
- For more Scholarship www.cowcreekeducation.com/tribalworkforce-development/fafsa



Education Benefits

Friendly Reminder! Higher Education spring application Deadline is February 15

Apply Online Today!

www.surveymonkey.com/r/ cowcreekeducationalbenefits

Educational Benefit Programs: www.cowcreekeducation.com/educationalprograms/education-programs/





CONTACT US (541) 677-5575 info-education@cowcreek.com



YAC Presents:

CREATE & SIP AT HOME!





We have 20 of each painting:

- Unicorn
- · Beary Much
- · Turtle
- Narwhals



- Dolphin
- · Dragon Magic



Please call or email Jasmine Naylor with which one your child wants and provide a mailing address we can send that to.

541-672-3861 or

jasmine.naylor@cowcreekgrc.com



Government and Programs

2021 Elections Coming Up

The Tribal General Council Nominations Meeting is scheduled for Sunday, May 16th at 10 AM.

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

Candidate names will be placed on the ballot in alphabetical order by last name with the incumbents listed first followed by any other nominees. Tribal members are encouraged to maintain an updated registration card including a signature, as well as keeping an up-to-date address on file. Any new or

updated voter registration applications need to be completed and turned in to the Government Office by 2 PM on May 14th. Reminder: Voter Registration will be closed from May 15th thru August 8th and will reopen on August 9, 2021.

The Tribal General Council Elections Meeting is scheduled for Sunday, August 8th at 10 AM. The location of the General Council Meeting will be determined and finalized as we get closer to the date. Check our website, www.cowcreek-nsn.gov, and future editions of the newsletter for updates. As with Federal, State and local elections, Tribal members must register to vote in the Tribal Board of Directors Elections. Registration is only required once. If you have been married, divorced, or have changed your name, a new registration form needs to be completed and turned in to the Government Office. If you would like to register to vote, call the Government Office to request an application. Applications have also been included in this edition of the newsletter.

YAC Presents:



Snacks and drinks provided.

This is a drug and Alcohol Free Event!! <u>Limited spots</u> so please call or email Jasmine Naylor to R.S.V.P. by

February 12th, 2021! 541-672-3861 or

jasmine.naylor@cowcreekgrc.com

When?

February 27th, 2021

1PM-4PM



PARENTING WORKSHOP SERIES

WEDNESDAYS 6:30PM-7:30PM

MARCH 17TH THRU MAY 5TH

LOCATION: ONLINE/ZOOM



RSVP - NO LATER THAN MARCH 11TH, 2021* A ZOOM LINK AND INSTRUCTIONS WILL BE SENT TO ALL WHO RSVP

Call: Ally VanNorman 541-492-5278 or

Email: AVanNorman@cowcreek-nsn.gov

RAFFLE PRIZES FOR PARTICIPANTS WHO ATTEND!

FOR THOSE THAT ATTEND ALL 8 WORKSHOPS
YOU WILL BE ENTERED INTO A DRAWING FOR THE GRAND PRIZE SO DON'T MISS OUT!!

Presented by the CTCLUSI Health and Family Support Services in Partnership with The Confederated Tribes of the Siletz Indians and Cow Creek Band of the Umpqua Tribe of Indians







Have you been impacted financially by Covid-19?

Funding is now available for relief. If you are behind on utilities or rent, contact the Wili Department for assistance.

Qualifications:

- Must be a Cow Creek Tribal Member
- · Live in the seven county service area
- Be behind on rent or utilities
- Qualify for low income assistance per HUD guidelines.

For more information contact:

Jennifer Bryant Housing Program Manager 541-677-5575 ibryant@cowcreek.com



IHBG COVID-19 CARES ACT EMERGENCY RENT AND UTILITY ASSISTANCE







2371 NE Stephens St STE #100 Roseburg OR 97470 Phone: (541) 677-5575 Email: jbryant@cowcreek.com

Government and Programs

Medicare Part B Reimbursement Program Information

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

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

To request your reimbursement, submit a 1099 form for an annual reimbursement, or submit a benefit statement for a monthly payment. The Social Security Administration Office will send these to you.

Medicare Part B Reimbursement Reminder for the New Year

It is important to keep your insurance premium information updated so that you won't miss out on the reimbursement. As soon as you receive your 2021 benefit statement or your 2020 1099 Form, please submit either by fax at 541-677-5565, email to aholmgren@cowcreek.com or mail to Amy Holmgren at 2371 NE Stephens, Roseburg, OR 97470.

To request assistance, please contact Amy Holmgren at 541-677-5575.

Tribal Member Death Notices

Kirsten Nikol Ward

Date of Birth: July 12, 1982

Date of Death: December 13, 2020

Age at Death: 38

Volunteer Opportunity Available with ODFW and Natural Resources

Tribal Membership, are you interested in handling some of the largest fish to call the Umpqua River home? Consider volunteering for the Oregon Department of Fish and Wildlife (ODFW) at the South Umpqua Falls fish ladder. ODFW, in cooperation with the Tribe, will be operating the trap at the falls from January to May to determine if hatchery Winter Steelhead are straying past Canyon Creek and to get early counts of Spring Chinook returning to their spawning grounds.

The main activity at the trap for volunteers will be to capture and move the fish.

Fish will be confined to a trapping area in the fish ladder at the falls. Volunteers will use nets to capture the fish and bring them to the biologist for processing where gender, origin, and species will be identified.

The plan is to work the trap approximately twice a week on weekdays, but trapping days will vary due to number of fish in the trap and weather conditions.

Covid-19 restrictions will apply to this activity which will limit the number of people we can have at the trap at one time to six total (staff and volunteers). Volunteers that would like to work with these amazing fish will need to do the following:

- Notify either Travis Mackie, Cow Creek Fish Biologist (<u>tmackie@cowcreek.com</u> or 541-671-3881) or Evan Leonetti, ODFW STEP Biologist (<u>evan.leonetti@state.or.us</u> or 541-464-2175) of their interest to volunteer and provide your availability.
- If entering the trap, you will need to complete
 a Confined Space Training (there is not a lot of
 activity outside the trap, so preference will be to
 those with the training. The training is 45 minutes
 and will be offered when needed)
- Bring waders if you have them; if not, there are a limited number for loan.
- Provide your own transportation

Government and Programs

Emergency Resources to Aid our Honored Tribal Veterans

Do you know how many Native Tribal Veterans live in Oregon? According to the Tribal Veterans report from the Oregon Department of Veterans' Affairs, "an estimated 3,856 of Oregon Veterans are American Indian, representing nine distinct Tribes. Tribal Veterans have one of the highest records of military service per capita of any ethnic group, and the Native American communities in Oregon have a long and rich history of honoring and supporting all Veterans."

Of the total number of Native American Veterans (3,856), we currently have 75 of them enrolled with Cow Creek Umpqua Tribe. That number is higher when we count the spouse of a Tribal member who served in the Armed Forces.

Sometimes, Veterans have concerns about another Veteran or themselves and want to talk to someone about an urgent matter. If you do, you can contact the Cow Creek Health and Wellness Center at 1-800-935-2649 and ask for Behavioral Health Reception; when connected, they will let you know who is available to speak with. The Veteran can also call the Veterans Crisis Line at 1-800-273-8255.

If you have any Cow Creek Tribal related questions please contact Rhonda Richardson at the Tribal offices at 541-677-5575.



Access to COVID-19 Vaccine for Tribal Veterans

Attention, Tribal Veterans: We would like to offer you a Covid-19 Vaccination through our Cow Creek Health & Wellness Center. You will be contacted over the next week by the Covid Vaccination Team to schedule an appointment to get your Covid-19 Vaccine at the Seven Feathers Casino Resort, in the Huckleberry and Grape Conference Rooms.

After you are contacted and have a date and time of your appointment, your appointment is secured. Please wear a mask and social distance upon your arrival. There are forms to complete online at www.cowcreek-nsn.gov/public-health/ or you can pick them up from the Covid Screener outside. Forms have to be complete before you can enter. Please arrive 15 minutes before your scheduled appointment to complete this documentation.

Tribal Veterans, Don't Forget about Your Free Dinner at K-Bar Steak House

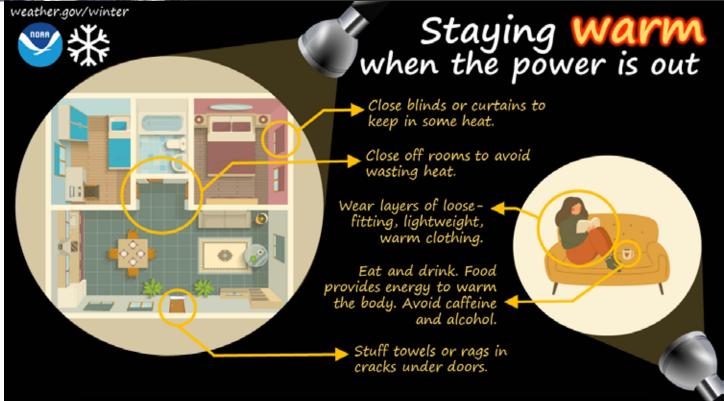
Don't forget about your free K-Bar Steakhouse dinner!

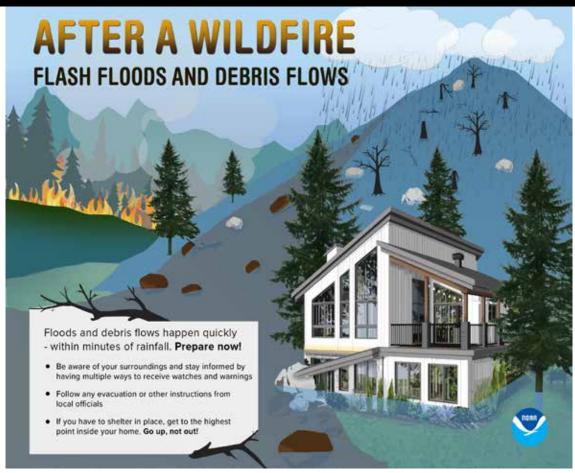
The tickets have been mailed for the "no-charge" Veteran dinner for two at the K-Bar Steakhouse located at Seven Feathers Hotel and Casino! Be on the lookout for them!

For questions, please contact Rhonda Richardson at 541-677-5575.



Emergency Preparedness





February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 Food Bank Open 9 AM - 11 AM	10	11	12 RSVP Deadline Diamond Lake Snow Tubing	13
14 General Council 10 AM @7F Convention Center No food bank after	15 GO Closed for Presidents Day	16	17	18	19	20
21	22	23 Food Bank Open 2 PM - 4 PM	24	25	26	27 YAC Diamond Lake Snow Tubing 1 - 4 PM
28						

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	1	2	3	4	5	6			
7	8	9 Food Bank Open 9 AM - 11 AM	10	11 RSVP Deadline Parenting Workshop Series	12	13			
14	15	16	17 Parenting Workshop 6:30-7:30	18	19	20			
21	22	23 Food Bank Open 2 PM - 4 PM	24 Parenting Workshop 6:30-7:30	25	26	27			
28	29	30	31 Parenting Workshop 6:30-7:30						

Location Abbreviations

GO: Government Offices, Roseburg, OR

SC: Cow Creek Health & Wellness Center, Canyonville Clinic

7F: Seven Feathers Casino Resort, Canyonville, OR

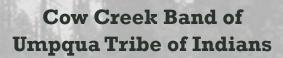
7FRV: Seven Feathers RV Resort, Canyonville, OR

TCC/EHYC: Tribal Community Center/Expanding

Horizons Youth Center

825 NE Leon Ave, Myrtle Creek, OR

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2371 NE Stephens St. Suite 100 Roseburg OR, 97470

