

Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 31, Issue 4 April 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.

Letter from the Chairman

Although experts say the current pandemic will be with us for some time, the roll-out of the COVID-19 vaccines do offer some encouraging news. With continued efforts to vaccinate America, the reality that pre-pandemic life can resume to some sort of normalcy is a reality.

Aside from the terrible deaths that the virus has caused, there are other areas of concern surrounding emotional well-being. According to the Center for Disease Control's website, communities are facing mental health challenges related to COVID-19, such as: associated morbidity, mortality, and mitigation activities.

Adults in the U.S.A. have reported considerably elevated adverse mental health conditions associated with COVID-19. Younger adults, racial/ethnic minorities, essential workers, and unpaid adult caregivers reported having experienced disproportionately worse health outcomes, increased substance use, and elevated suicidal ideation.

If you, or someone you know, are having difficulty with mental or emotional health for any reason, there is help available.

Sincerely,

Dan Courtney,
Chairman of the Tribal Board



EAP Program

The Tribe has extended its Employee Assistance Program (EAP) to all Tribal members, at no cost to you. It offers 24/7 confidential advice, support, and practical solutions to real-life issues, with face-to-face, video, or telephonic sessions, and much more. There is also a new chat-bot "Tess," available 24/7 to provide emotional support and wellness check-ins through text.

Visit <u>www.ibhsolutions.com/members</u> or call 866-750-1327, and use the code "Cow Creek Tribe" to schedule your first free session, or text "Hi" to 1-650-825-9634 to start chatting with Tess.

Cow Creek Health and Wellness Center (CCH&WC)

Our Behavioral Health Program provides in-person or tele-health therapeutic and psychiatric services for adults, teens, and children ages 7 years and older. These include individual counseling, evaluations for diagnosis and medication recommendations, and medication management, among other services.

You can reach the CCH&WC Behavioral Health
Department Monday through Friday, 8:30 AM - 4 PM
at the following numbers:

North Clinic (Roseburg): 541-672-8533 South Clinic (Canyonville): 541-839-1345 info-behavioralhealth@cowcreek.com

National Suicide Prevention Hotline

The National Suicide Prevention Lifeline offers free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones, 24/7. Call at 1-800-273-8255, or, for a text chat option, visit www.suicidepreventionlifeline.org.

Crisis Text Line

If you are uncomfortable speaking over the phone, there is an option to text or use Facebook Messenger to speak with a Crisis Counselor for free, 24/7.

Just text HOME to 741741, or find instructions on how to message them with Facebook Messenger by visiting www.crisistextline.org.
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Much Ado about ALGAE

The quick action of Umpqua Indian Utility Cooperative staff has played a key part in combatting the unprecedented algae bloom in the reservoir above Canyonville, Oregon

In early January, consistent complaints about a muddy taste and odor in the water led the Umpqua Indian Utility Cooperative (UIUC) to investigate the reservoir that supplies water to all of the Tribal-owned businesses in Canyonville, Oregon. After reaching out to Murray Smith, a consulting firm based in Portland, Oregon, UIUC staff discovered high levels of geosmin in the reservoir, indicating an algae bloom--a problem that the UIUC reservoir has never had.

They determined that the heavy forest fires over the past several years have spread nutrient-laden ash over a wide area of the Pacific Northwest, an abundance of food for algae that has caused an unprecedented growth of algae across the whole region.

The pond-like muddy taste of the water is attributed to the chemical

geosmin, which is a byproduct of algae. It is not a toxic compound, but is does reduce the quality of water, due to its unpleasant taste and smell. A human can detect geosmin in as little concentration as 10 parts per million. When UIUC received the water sample results back, they discovered that there were over 240 parts per million of geosmin in the water, indicating a serious algae bloom that the UIUC plant was not equipped to handle.

"Quality is our number-one priority," says Paul Wolford, UIUC Plant Operator. "We're really proud of it, and when we got complaints, I took it personally."

Guided by the advice of the consultants, UIUC staff leapt into action, working tirelessly in almost 20-hour shifts over days to address the algae bloom situation and gather supplies to treat the water.

"Our crew did an amazing job," says Brian Boswell, UIUC Operations Manager. "They really stepped up to do whatever it took. The amount of work that has gone into improving the water is tremendous."

The problem they had to solve was how to reduce the geosmin levels without outright killing the algae, which would release even more geosmin (and possibly toxins as well) into the water. Murray Smith suggested two short-term treatments to get the geosmin levels under control, thus buying time to implement a more permanent long-term solution.

The first was to halt the spread of the bloom by applying barley straw over the surface of the water. UIUC staff found a seller near Klamath Falls, and rushed to acquire and apply the straw within 24 hours.

Next, was to find a way to treat the water with Powder-Activated Carbon (PAC), a safe compound that is able to drastically reduce geosmin levels in water if it has enough contact time. After the City of Salem very generously donated their surplus PAC to UIUC, Wolford and his team had to devise a way to introduce the PAC to the treatment plant, and give it enough time to reduce the geosmin, even though the plant is not equipped for it. They were able to construct a mechanism that fed into the raw water system outside the plant, which—while not the most elegant-looking device—is able to give the PAC the contact time it needs to clean the water before being filtered out.

Working with the consultants, they were able to select 17 possible permanent solutions to present to the Tribal Board, of which three were selected: two short-term and one long-term.

"We are so fortunate to have such a great Tribal Board," says Boswell. "They helped us select the best possible solution, and have been supportive through the whole thing."

First, UIUC will acquire enough 5-inch plastic "bird balls" to cover the whole surface of the reservoir, thus preventing sunlight from feeding the algae. Then, the plant will be modified to apply a Granular-Activated Carbon filter to the water after treatment, but before disinfectant, as a permanent geosmin-reducing measure. Finally, they will implement an ozone filter to get the water quality as good as it can possibly be. UIUC hopes to have all these solutions in place within 6 months, if not earlier.



Powder-activated carbon (PAC) is a harmless substance that is a quick, albeit messy, short-term solution to reducing geosmin levels from the algae bloom



The "bird balls" will block sunlight from reaching the water, and without the UV rays, the algae cannot grow Image courtesy <u>dailymail.com</u>



Left: UIUC Plant Operator Paul Wolford monitors the hastily assembled yet efficient mechanism for applying the PAC to the reservoir water. The longer the PAC has exposure to the water, the more it is able to reduce the geosmin levels in the water--a process that Wolford is improving all the time. Eventually, this mechanism will be replaced with a dedicated facility for treating water for geosmin in the future

Tribal Member Spotlight: Robert Lowell

By Kelly Warner, Tribal Workforce Development Manager

Tribal member Robert Lowell wears a lot of hats, but luckily, I was able to corner him for a brief moment in his crazy-busy schedule for an interview in this month's Spotlight Series. In our interview, Robert spoke about his past.

"I was originally a lumber mill worker with a college education in computers, and was a computer tech on my own time. I volunteered with a local fire department as a firefighter and EMR for 7 years, and started to really like the care I was able to give people in my community. Before 2010, I was employed by 7 Feathers Casino for 4 years as a Security officer, Emergency Medical Responder, and Slot Technician. I never thought during those years that my passion and interest was pointing in the direction of a medical field, but found that I really like helping and caring for people in need of assistance. So, in 2010, I decided to go to UCC and study to become a Medical Assistant. I came to the Cow Creek Health and Wellness Center in the fall of 2015 as a Medical Assistant through the Tribal Internship Program, and became certified by the National Healthcare Association shortly after."

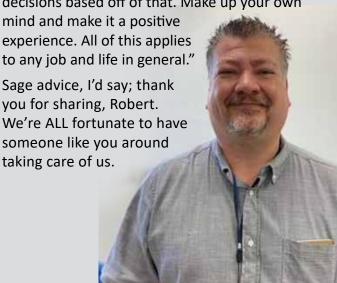
I asked what his experience has been like working for the Tribe and in the medical field.

"Working for the Tribe has been a good experience, and only wished I could have done it sooner. I have enjoyed being able to meet Tribal members from all around the United States. Listening to their stories and getting to know them has been a joy. The Tribe does take care of their employees, and it is my pleasure to be here. The Tribe has provided ample opportunity for me to grow. Through Tribal programs, I could advance as far as I want to go in my career. Who knows where it will lead? I am learning every day and finding areas that I can help out our membership and community. I've had a lot of other jobs in the past where I did not feel like I belonged, and working alongside of my coworkers and supervisors here has made where I am today feel like home to me."

Robert treats Tribal members like family, and his kindness, humor, and professionalism is beyond compare. I have watched Robert and his wife Melissa demonstrate this over the last 5 years, as they have been actively involved as Parent Advisors to the Youth Activities Committee and the Tribal Youth Council, going above and beyond to attend all meetings, activities, and events. Known amongst the council youth as our "Van Driver," he has given generously of himself to transport students who would otherwise not be able to be a part of this leadership group. Traveling out of state to attend Youth Council national conferences, he keeps everyone in line with his socalled "Bad-Dad Jokes," as well as taking an Uber just to go shopping for snacks for all of us. I am forever indebted and grateful for his time and service.

Robert's advice to other Tribal members is as follows:

"Go to work every day and work hard. Give your best and learn every day. Ask for help when needed. Be ready for anything. Be kind and understanding. If you hear negativity, don't be encouraged to make decisions based off of that. Make up your own





Tribal Youth Internship Opportunity

The Wildlife Program is currently seeking 2 Tribal Youth Interns to assist with the Elk Conservation & Restoration Project. This paid internship will allow Tribal youth the opportunity to assist with elk captures, learn about wildlife, assist with habitat enhancement projects, and develop useful skills for potential natural resource career paths. This is a wonderful opportunity for Tribal youth to explore a career in wildlife science and/or natural resources.

The Tribal Youth Internship opportunity is currently posted on the Tribal webpage as well as the Tribal Facebook page. Applications are due by April 20th. For inquiries about the Tribal Youth Internship program and position requirements, please contact Cailey Powell at CPowell@cowcreek.com or at (541)530-2303.

Tribal Hunting Program

As a reminder, Tribal Hunt applications are due by May 14th, 2021.

National Eagle Repository: Bald & Golden Eagle Parts & Feathers Procurement

The Tribal Wildlife Program is available to assist with applications for procurement of Bald or Golden Eagle parts, feathers, or whole carcasses.

Tribal applications for procurement are sent to the National Eagle Repository to be processed for fulfillment. Tribal members may apply for loose feathers, a pair of wings, a whole tail, a whole carcass, or other parts from either a Bald or Golden eagle. Wait times for application fulfillment vary, depending on the order request. For first time applicants, applications are first sent to the United States Fish & Wildlife Service for permit issuance before the application is transferred to the National Eagle Repository for fulfillment.

For more information on the National Eagle Repository, or if you would like assistance with your application, please contact Cailey Powell at CPowell@Cowcreek.com. You can also learn more about the National Eagle Repository and access application forms by going to www.fws.gov/eaglerepository.

MAKING TRIBAL HISTORY

March 15th was a day of great celebration for Native Americans all across the country as they heard that the United States Senate had confirmed Representative Debra Haaland as the Secretary of the Interior, a position she was selected for by President Biden on December 15, 2020.

She was sworn in on March 16th, becoming the second Native American to serve in a president's cabin, after former Vice President Charles Curtis of the Kaw Nation. She is also the first Native American to serve as a Cabinet Secretary.

"I look forward to what the future holds, and I'm excited to continue my service for all our families."

- Rep. Debra Haaland

This isn't be the first time Haaland has made history. She was also one of the first two female Native Americans in Congress. Haaland worked in New Mexico state politics before seeking federal office. She is credited as

raising enough money during her two- year term as the chair of the Democratic Party of New Mexico to eliminate seven years' worth of debt that had been accumulated during the tenure of her predecessors.

Tribes across the nation lent
Debra their support of her
nomination to the cabinet. Her
accomplishment is very exciting
for the Cow Creek Band of
Umpqua Tribe of Indians, as we
know that she will be a relentless
advocate for our Tribe and the
work we have yet to complete.





FREE SUICIDE PREVENTION TRAINING

QPR stands for Question, Persuade, and Refer.

3 simple steps anyone can learn to help save a life from suicide.

People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone at risk to get help.

Join Zoom meeting

https://cowcreekhealth.zoom.us/j/93914153568

Meeting ID: 939 1415 3568

When and Where:

Wednesday, April 28th 5:30pm-7pm Via Zoom



Brought to you by, Cow Creek Health & Wellness Center

Any questions email or call Britney McNeil at bmcneil@cowcreek-nsn.gov

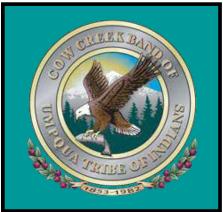
OF

Darlene Chapman at dchapman@cowcreek.com 541-672-8533

Diabetes Prevention Program

Offered Through Cow Creek Health and Wellness Center





PROGRAM HIGHLIGHTS

- One Year Course Commitment
- Group Classes Led by a Certified Lifestyle Coach
- Topics include Healthy Eating, Being More Active, Stress Management
- · Private Weekly Weigh-Ins
- In-Person and Zoom Sessions Available
- Covered by most insurance plans at no cost to you

Please call 541-492-5266 or 541-839-1345 for more information

We look forward to hearing from you!

You must meet eligibility requirements to participate in DPP



Government and Programs

Over-the-Counter Prevention Program

The Over-the-Counter Prevention Program (OTC) was created to assist all enrolled Cow Creek Tribal members with the expense of health-related items that can be purchased over the counter. The program does not cover prescription medications. Each enrolled Tribal member aged 18 years and older is eligible for an annual allowance of \$100. Enrolled Tribal members under the age of 18 are eligible for an annual allowance of \$50.

The 2021 OTC Check Claim Form is available on the Tribal-only side of our website. If you don't have a way to print out the form, send an email to info-OTC@cowcreek.com requesting a form be mailed to you. Please include your current mailing address, phone number, and email address in your email.

Your 2021 OTC Check Claim Form needs to be submitted no later than December 15th. Any forms received after December 15th will not be processed, and the funds for the current year will be forfeited.

For questions regarding this program, please contact the Clinic Admin Assistant, Laurie Jones, at:

Cow Creek Health & Wellness Center

Attn: OTC Admin PO Box 1400

Roseburg, OR 97470

Email: info-OTC@cowcreek.com

Indian Housing Program and Annual Performance Report Available for Tribal Members to Review

The Indian Housing Program & Annual Performance Report is now available for Tribal members to review by contacting the Wi'līⁱ Housing Departmentat at 541-492-5259.

Tribal Board to Travel to Washington

The annual informational meetings will be held in June 2021 this year. The first meeting is 6-8 PM on June 4th (location TBD). The second meeting is 1-3 PM on June 5th at the 7 Cedars Resort in Sequim, WA.

Healthy Recipe:

Curried Cashew Salmon Salad

By Ansley Hill, Registered Dietitian. Adapted from Basics Market.

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

Servings: 6

Nutrition Facts (per Serving): 240 Calories, 14g protien, 8g carbohydrate, 18g total fat, 3g saturated

fat, 0g fiber

Ingredients:

1/3 cup mayonnaise

Juice of one lemon

3 teaspoons yellow curry powder

2 teaspoons honey

2 teaspoon fresh ginger, peeled and finely chopped Black pepper, to taste

¼ teaspoon cayenne pepper (optional)

12 ounces canned salmon (2 cans)

1 stalk celery, finely chopped

 $\frac{1}{4}$ cup red onion, finely chopped

½ cup red grapes, halved

 $\frac{1}{2}$ cup salted cashews, rough chopped

Directions:

Mix mayonnaise, lemon juice, curry powder, honey, ginger, black pepper, and cayenne pepper together in a bowl until well-combined.

Add the salmon and mix until fully coated.

Mix in the celery, onion, grapes, and cashews.

Eat it by itself, or serve over a bed of leafy greens, with crackers, or on toasted bread.

Leftovers can be stored in a tightly sealed container for up to 5 days.

Government and Programs

Health Advisory Committee Vacancy

We currently have one opening for a position on the Tribal Heath Advisory Committee: an Employee Representative (this person does not need to be a Tribal member, but must be employed by the Tribe).

The Health Advisory Council is the Tribal voice when it comes to the health and wellness of the Tribe and gives valuable feedback to the Chief Health Officer for the Cow Creek Band of Umpqua Tribe of Indians. The Tribal Health Advisory Committee has the following duties:

- To review and make recommendations over existing Health and Wellness Center policies and procedures.
- To review programs and services performed by the wellness center annually in accordance with the goals and priorities.
- Will meet at least quarterly over the calendar year depending on the necessity volume of programs and to be updated on current events.

There is a small stipend for attending a meeting. There is a telecommute option for standing meetings if you are unable to meet in person.

If you are interested in a position on the Tribal Health Advisory Committee, please send your letter of interest to Leona Sanders at LSanders@cowcreeknsn.gov. If you have questions concerning the open position, or want more information about the role of the Tribal Health Advisory Committee, please contact Leona at 541-677-5526.

Tribal Member Death Notices

Anthony Glen Gockerell Date of Birth: Jun 7, 1985 Date of Death: Mar 2021

Age at Death: 35

Frances Elaine Parson

(Tribal Spouse)

Date of Birth: Jun 5, 1951 Date of Death: Feb 28, 2021 Age at Death: 69

Corrine Kay Hill Date of Birth: Feb 28, 1956 Date of Death: Mar 2021 Age at Death: 65

Tribal Member Liaison Can Help You

Pée túu! (Beh doo) Ttranslation: "Good day!"

Are you having trouble connecting with the correct person in the Tribal Programs? Are you not sure where to start, but know that you need something? Do you wonder who can help you contact the right people or program at the Cow Creek Tribal Offices? A good place to start is calling the Tribal Member Liaison, Rhonda Richardson, at 541-677-5575 ex 5513. She can help get you connected to the correct people, so you can get answers to your specific questions.

Don't Miss Out on Veterans Benefits

Thr Tribe honors veterans or active soldiers of the Armed Forces of the United States for your selfless devotion to this country and our people, and we have extended



several tokens of our appreciation. Many of the Veterans have already picked up a jacket, a coinemblem, a portfolio pad and pen, and have also used the dinner ticket to the K-Bar Steak House at Seven Feathers. Please remember that we appreciate you, and your commitment to serve this country.

Youth Activites Participants: Keep Your Eyes Open for Updates

With Covid-19 being a big part of planning activities over this last year, and our number of people participating declining, it's hard to effectively plan dates with advanced notice for fun activities. As activities are solidified, all families with youth ages 3 - 17 have the opportunity to participate. We will be sending out additional flyers, post-cards, invitations or notices in the newsletter, as well as posts in the Cow Creek Umpqua Official group on Facebook. If you are part of that group, please contact info@cowcreek. com with your name, Tribal ID number, and the email you use to log in to Facebook. Joining the group allows you to get the notices quickly, without needing to wait on snail mail.

Traditional Takelma Story: "Singing Falls"

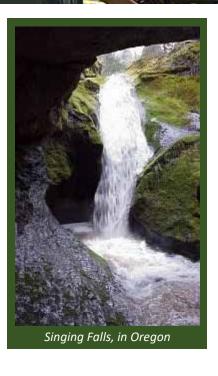
This is not really a story, but rather an oral history describing a significant place near "Lone Indian Woman Rock" (featured in the March 2021 newsletter). It is being provided here so as to not be forgotten.

"Singing Falls"

Along Joe Hall Creek, a waterfall is tucked away and hidden from all but those with keen eyes, in spite of its sixty foot drop. This is a place that is only known through oral traditions. It is "up and back there"; a spot called "Singing Falls."

According to Tribal Elders Charles Jackson and Jack "Tooter" Ansures, Singing Falls is a very significant place to the Cow Creek People. The falls is a ceremonial place that never dries up. When one stands in front of the falls, the sound of drumming can be heard; hence its name.

The falls was also used as a birthing place. Poles would be placed into holes that were chipped into the rock a long time ago, and cedar bark planks would be placed on top as a roof in the summer heat because it would stay cool that way. The chipped holes are still visible today.



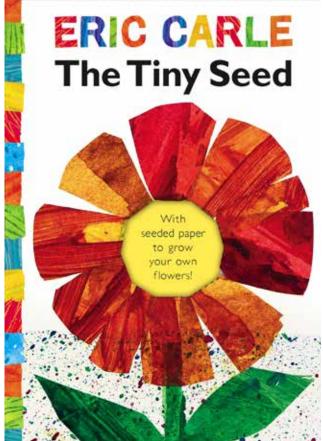
Tribal Youth to Prepare Gift Bags for Local Youth

Students from the Expanding Horizons Youth Center (EHYC) will be creating gift bags for youth in our local community of Myrtle Creek.

Each bag will include the book *The Tiny Seed* by Eric Carle, a planter with dirt, and seed paper. Students will receive paint markers to decorate their planter, along with a link to a video of youth center kids reading the story. Resource information to the local food bank, book and clothing voucher for St. Vincent DePaul will also be included.

We will have a drive-through event on May 22 (time TBA) at Mill Site Park in Myrtle Creek.

We are inviting the *News Review* to emphasize the importance of afterschool programs.

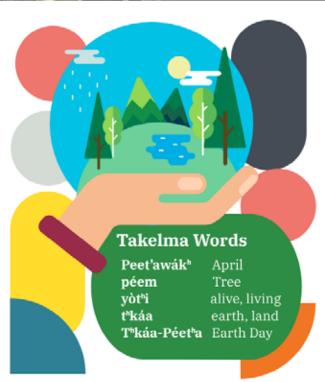


Other upcoming EHYC activities, which are still very tentative as we monitor always-changing state COVID-19 quarantine restrictions, will include:

May 22rd: "Paint Me a Story" community book and art giveaway by EHYC kids.

June 23rd: Diabetes and cancer prevention with Cow Creek Health and Wellness Center dieticians.

June 29th: Summer STEAM soap-making class.



Takelma Language Corner

Cow Creek Education

Happy April, everyone!

This month is special for a number of reasons. First, it's the only month that appears to have a Takelma word *Peet'awák'*, described as "spring month when there is much wind". It's also the month we celebrate Earth Day, something we might have called *Tºkáa-Péet'a* "The Day of the Land". While we celebrate Earth Day to remind us to focus on sustainable practices, we can learn a lesson from our ancestors on the same idea.

This time of year, when the sap flows freely, Cow Creek families would harvest cedar bark to use for basketry. What makes this remarkable and relevant to Earth Day is that the bark was harvested while keeping the trees alive. This allowed the bark to grow back for future harvesting and kept the trees intact to provide oxygen and shade. The Tribe historically had many practices that promoted the land while being sustainable.

How will you honor Thkáa-Péetha?

For More Information:

Email info-education@cowcreek.com

www.cowcreekeducation.com



have a language request?

NO PROBLEM!

Head on over to our website to start your request & we'll help you out!

WWW.COWCREEKEDUCATION.COM/TAKELMA-LANGUAGE/

check it out!

Culture Camp 2021

The Cultural Program is pleased to announce that Culture Camp will be held this year on June 18th & 19th at Bare Park from 8 AM to 5 PM! See below for more information on available time slots.

You'll be able to make cedar headbands, fish whackers, smudge kits, and traditional dentalia jewelry. We will offer workshops about the Takelma language, projects within the Natural Resources Department that are aimed at increasing gathering opportunities, and the process for heat treating rocks to make better material for flint knapping. There will also be Takelma Coffee, free snacks, and raffles!

Salmon Ceremony Swimmers Needed!

The Culture Program is looking for Salmon Ceremony Swimmers to be part of this year's Culture Camp. We need young men ages 10-15 years old. The Salmon Ceremony is an ancient tradition to honor Haapk'emná's (the Creator). Young men who are strong swimmers take the bones of the first salmon, along with the prayers of the members, to the river to return to Haapk'emná's.

The Salmon Ceremony will be held on Saturday Morning, June 19th, and a release form will need to be signed by the swimmer's parent.

If interested, please contact Rhonda Richardson at (541) 677-5575 or rrichardson@cowcreek.com.



The "Wolf's Eye" was a pattern traditionally woven into basketry by the Cow Creek people. This basket is from the 1880s.

Culture Camp Time Slots

Due to COVID-19, this year's Culture Camp will look a little different than in the past; simply to help protect Tribal Members. To help limit exposure to the virus, there will be three time slots that Tribal Members can sign up for to attend Culture Camp. By selecting one of the three time slots, and attending at that time, you will be helping to protect our Elders and Tribal Family during this time.

- Slot 1 Friday Morning: 8:00 AM to Noon
- Slot 2 Friday Afternoon: 1:00 to 5:00 PM
- Salmon Ceremony Saturday Morning (open to all Tribal Members)
- Slot 3 Saturday Afternoon: 1:00 to 5:00 PM

To RSVP, please contact the Cultural Program at (541) 677-5575 or info-culturalresources@cowcreek.com, and include in what time slot you would like to attend Culture Camp.

Hands-On Learning at Yimisa' Preschool

By Stefanie Arents, Yimisa' Preschool Teacher

Children have a natural curiosity. By encouraging them to explore, create and improve on their ideas, we introduce them to the STEAM approach of learning (Science, Technology, Engineering, Art Innovation, and Mathematics). Yimisa' Preschool Promise's curriculum intertwines daily activities to provide students the opportunity to become critical thinkers, creators, and cooperating team members. We offer materials to motivate our children to continue with their natural curiosity (as seen by the photos to the right).

Hands-on learning is always the best way to keep students engaged. In this lesson, students will observe and verbalize the differences in a variety of balls. Then, they will build ramps and discover what happens when the ramps are adjusted a little. Will the ball/car/truck roll faster or slower?

We then partnered with DC Partners for Student Success/Umpqua Valley STEAM Hub. They offer a resource lending library, and our children love exploring the activity boxes they provide.

"Marble Run" allows for hand-eye coordination and creativity in a child. The "Gears Building" set contains the gears, connectors and cranks to give a child the chance to construct and problem solve. "Mag-formers" are a set of shapes to allow for magnetic explorations and construction.



"Gears Building" helps to develop problem-solving skills



"Marble Run" can improve hand-eye coordination and creativity



"Mag-Formers" lets children construct 3-dimensional shapes with magnetic connectors

THE CAREER CORNER

COW CREEK CAREER CENTER

RESUME & COVER LETTER CLEAN-UP

Make an appointment today!

It's a great time to clean-up/update your resume & cover letter. Start here:

https://www.surveymonkey.com/r/SR NTFXY



HIGHER EDUCATION DEADLINES

April 15, 2021

All NEW semester students looking to attend summer school must submit an application.

Applications can be found here: https://www.surveymonkey.com/r/c owcreekeducationalbenefits



CAREER PATH PALOOZA

Seven Feathers Hotel May 6, 2021

The Palooza allows students to explore careers through informational interviews.

*This event is for In-Service area high school students only.

Contact: info-education@cowcreek.com



Emergency Preparedness



ShakeAlert® **Comes to Oregon**

By the Oregon Office of Emergency Management

If the recent disasters that have impacted our state have taught us anything, it's that being prepared can make a big difference.

The USGS ShakeAlert® Earthquake Early Warning System became available in Oregon on March 11, 2021, a date that coincides with the 10th anniversary of the magnitude 9.1 earthquake of Great Tohoku, Japan.

> ShakeAlert® uses science and technology to detect significant earthquakes quickly and sends a real time alert to people on compatible cell phones and other mobile devices through text-like messages, and through apps as they become

available. These important alerts come automatically on most cell phones, making a distinctive sound and displaying a text message that reads, "Earthquake Detected! Drop, Cover, Hold On. Protect Yourself." This text message is also available in Spanish.

> ShakeAlert does not predict when or where an earthquake will occur, or how long it will last. It detects earthquakes that have already begun, offering seconds of advance warning that allow people and systems to take actions to protect life and property from destructive shaking.

ShakeAlert infrastructure is already in place along most of the West Coast, and can be used to trigger automaticaction systems, such as slowing a train, water utility valve shutoffs, opening fire station doors and starting back-up generators.

No sign up is required to receive ShakeAlert notifications, and no action needs to be taken other than enabling emergency alerts on your cell phone. To do this, and to learn more, follow the directions at www.oregon.gov/oem/ hazardsprep/Pages/orshakealert.aspx.

If you FEEL SHAKING or GET AN ALERT...

DROP! COVER! HOLD ON! DO NOT WAIT!

Shake \(\left \) Because seconds matter.

Take Protective Action! **DROP-COVER-HOLD ON**

ShakeAlert.org

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Easter Sunday	5	6	7 Parenting Workshop 6:30-7:30	8	9	10
11	12	13 Food Bank Open 9 AM - 11 AM	14 Parenting Workshop 6:30-7:30	15 Higher Education application deadline	16	17
18	19	20 Wildlife Tribal Youth Intern Application Deadline	21 Parenting Workshop 6:30-7:30	22	23	24
25	26	27 Food Bank Open 2 PM - 4 PM	28Parenting Workshop 6:30-7:30 QPR Training 5:30 - 7	29	30	

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Frida y	Saturday				
2	3	4	5 Parenting Workshop 6:30-7:30	6 Career Path Palooza 7F Hotel 8:30 AM - 12 PM	7	8				
9	10	11 Food Bank Open 9 AM - 11 AM	12	13	14 Tribal Hunt Application Deadline	15				
16 General Council Nominations Meeting 10 AM @7F	17	18	19	20	21	22 Community book/ art giveaway (EHYC)				
23	24	25 Food Bank Open 2 PM - 4 PM	26	27	28	29				
30	31									

Location Abbreviations

GO: Government Offices, Roseburg, OR

SC: Cow Creek Health & Wellness Center, Canyonville Clinic

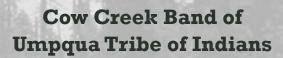
7F: Seven Feathers Casino Resort, Canyonville, OR

7FRV: Seven Feathers RV Resort, Canyonville, OR

TCC/EHYC: Tribal Community Center/Expanding

Horizons Youth Center

825 NE Leon Ave, Myrtle Creek, OR



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

