



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Dancers at Pow Wow 2021

Volume 31, Issue 8
August 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

June – Juneteenth/Freedom Day

July – Independence Day

September – Labor Day

October – Columbus/Indigenous Peoples Day

November – Thanksgiving Day (and next day)

December – Christmas Day (and Eve)

ROBERT VAN NORMAN RECEIVES LEGION OF HONOR AWARD AT VETERANS DINNER

Tribal Board member and veteran Robert Van Norman received the Chapel of Four Chaplains Legion of Honor, a once-in-a-lifetime award given for the selfless work he has done and continues to do for veterans in the Tribe and in the community. A quote on the plaque states that the award is, "In recognition of your lifetime service to all people, regardless of race or faith. This award symbolizes for all Americans and for all time the unity of this Nation, founded upon the Fatherhood of One God."

He received the award by surprise at the 21st Annual Veterans Luncheon honoring Tribal and local Veterans, held at Seven Feathers Casino Resort on July 4, 2021. Around 300 veterans and guests were able to attend, and included guest speakers Mary Newman (the Douglas County Veterans Service Officer) and Oregon Senator Ron Wyden (via video).

The award was inspired by the selfless sacrifice of four Army chaplains during World War II: a Methodist minister, a Roman Catholic priest, a Rabbi, and a Dutch reformed minister. On February 3, 1943, a German submarine torpedoed the *USAT Dorchester* in the Atlantic Ocean. Survivors told the story of the courage and leadership of the chaplains—George Fox, Clark Poling, Alexander Goode and John Washington—who gave up their life jackets to others and guided men to their boat stations, giving up their own chances of survival. They were among the 672 soldiers, sailors, merchant marines and women who drowned in the icy waters that day.



Robert Van Norman receiving the Chapel of the Four Chaplains Legion of Honor Award alongside his wife Linda



The Cow Creek Color Guard

A CHANGE OF PLANS

UIUC Switches Tactics for Eliminating Algae Blooms in Canyonville Reservoir

Due to unpredictable supply chain issues for the “bird balls” that would prevent sunlight from reaching algae blooms, the Umpqua Indian Utility Cooperative (UIUC) is going a different way to treat the water in the reservoir that supplies all of the Tribe’s Canyonville businesses.

Recent algae blooms throughout the Umpqua Basin, caused by high heat and conditions resulting from the recent severe fires, have produced noticeable levels of geosmin, a non-toxic phosphorous chemical in the water that gives it a pond-like taste and smell. Despite its unpleasantness, UIUC General Manager Brian Boswell assures that the water has always been safe to drink.

“The geosmin is an aesthetic issue,” he says. “It only affects taste and smell, and that’s what we’re treating.”

After the price for the “bird balls” went up over 30% due to supply issues, UIUC went back to Murray Smith, their consultants, to revisit treatment options for the reservoir. In addition to the powder- and granular-activated carbon filters they are currently using, UIUC will be adding an ozone filter and a hypolimnetic oxygenation system. This device re-enriches the water that algae has depleted, while distributing a non-toxic geo-chemical binding agent to eliminate the phosphorus that produces geosmin.

“This option will treat the water we pump from the South Umpqua before it has a chance to affect the water in the reservoir, and it will tackle the algae,” says Brian. “We hope to have it all in place before we resume pumping in November.”

Although water suppliers throughout the region have heard complaints about taste and smell from phosphorus in the South Umpqua River, UIUC is proud to say that their current treatments have reduced geosmin levels enough to be nearly unnoticeable.

“It speaks a lot to the amount of effort we’ve made that we haven’t had any complaints since we started these treatments,” says Boswell. “It’s proof that the investments we’ve made are paying off.”



UIUC staff install a new piece of equipment for treating the water in the reservoir

NOW HIRING

Join the team at UIUC!

Hiring bonus available for each of the
\$\$\$ following positions: \$\$\$

General Journeyman Electrician

Responsible for the installation, modification, maintenance, and repairs of electrical appliances, systems, facilities, and related electronic controls of varying design or complexity for UIUC and all UIDC businesses

Water/Wastewater Plant Operator

Responsible for controlling the pumping of water for supply and storage, and interpreting and following specific, detailed instructions on operations, maintenance, and lab procedures to operate the Water and Wastewater Treatment Plant in accordance with guidelines developed by the National Pollution and Discharge System and enforced by the Environmental Protection Agency (EPA).

To see the full job descriptions, or to apply, please visit:

www.cowcreek-nsn.gov/employment/

On Schedule: Roseburg Clinic to Move to New Space Soon

The north Cow Creek Health and Wellness Center clinic is on track to move in mid-September into the new space in Roseburg, Oregon.

The COVID-19 crisis has demonstrated the need to keep potentially contagious patients separate from others, so the building will feature a second entrance, leading directly into the Infectious Control wing of the clinic. These patients will be shown into individual “negative-pressure rooms” to minimize the chance of infecting others. When not being used for a contagious patient, the rooms will be sanitized and used for patients to meet with specialists like pediatricians, endocrinologists, podiatrists, psychiatrists, and other providers.

With the high instances of diabetes in Douglas County, the clinic staff are excited about another feature of the new building: the Diabetes Center. This wing has a large educational classroom, offices for the life coach and dieticians, and a large kitchen that can hold cooking classes for up to 12 people to all cook at the same time on their own cook stations.

Though COVID’s impact on supply chains the world over has delayed the arrival of some equipment, clinic staff have backup plans to meet every need until the equipment arrives.



Once finished, the new building will offer much more space for the north clinic to care for patients



Renovations to the building will be done in time for the clinic to open in mid-September

Calling All Cow Creek Artists

Do you have a unique artistic talent for Tribal art forms? The Cow Creek Cultural Department wants to learn more about you. We’re looking to find more artists among our membership with diverse skills, such as:

- Painting, Drawing, Sculpting
- Weaving
- Tool Making, Flint Knapping
- Singing or Playing Musical Instruments
- Poetry
- Any Other Artistic Skills

If you would like us to know about your artistry, let us know by contacting Ryan Bochart at (541) 677-5551 or RBochart@cowcreek-nsn.gov.

DEATH NOTICES

Christina May Witt

Lachance Family
Date of Birth: 1/17/1984
Date of Death: 7/4/2021
Age at Death: 37

David Eugene Olikkala

Tribal Spouse
Date of Birth: 4/27/1959
Date of Death: 7/5/2021
Age at Death: 62

Tribal News

Tribal Peacemaking Court in Development

by Cassidy Rice, Attorney at Law

Wiliháwt^hek^h! My name is Cassidy Rice, and I am a Tribal member and attorney. I am working on developing a Peacemaking Court as part of our Cow Creek Tribal Court System with the assistance and support of the Government Offices, including the Cultural Department, the Language Department, and the Board of Directors.

Generally speaking, Peacemaking Courts provide an alternative space to resolve conflicts outside of the European-derived civil and criminal court systems. Civil and criminal courts are very adversarial and focused on legal responsibilities and consequences. Usually in civil and criminal courts, lawyers speak for individuals, and a judge makes the final decision in a case. It is a highly individualized and adversarial process.

In contrast, Peacemaking Courts are focused on community healing and restoring trust in relationships. If a case goes to Peacemaking rather than civil or criminal court, a Peacemaker would be assigned to the case. A Peacemaker is a Tribal member trained in dispute and conflict resolution. Peacemakers are often specifically trained in facilitating talking circles, where people sit in a circle and take turns communicating their thoughts on the issue at hand. Peacemakers help parties come to solutions and agreements to resolve their conflicts. When a consensus is reached, the parties, with the help of the Peacemaker, then put their agreement into a written resolution that the Tribal Court would sign and adopt as a formal court order. This process is more group-oriented and collaborative, rather than adversarial.

A Peacemaking Court could potentially save a lot of court and attorney costs, and is a more community-focused way of approaching conflict. Peacemaking Courts can also be an opportunity for the revitalization and incorporation of traditional values, practices, and customs related to dispute resolution. More information about Peacemaking Courts can be

We would like to develop a Peacemaking Court for the Cow Creek Tribal Court system. If a case starts out in either Tribal Criminal Court or Tribal Civil Court, the parties could agree and consent to moving the case to the Peacemaking Court, where a Peacemaker would be assigned to try and help the individuals resolve their dispute and heal the community. It may also be possible to have cases start in Peacemaking, so that people do not have to get involved in the Tribal, Civil, or Criminal Court at all. We would like to have our Tribal Peacemakers receive training in dispute resolution so that they have expertise in this area.

We have been working to uncover traditional methods of dispute resolution and healing after conflict that we could potentially incorporate into the Peacemaking Court. We have some historical documentation about the traditional use of mediators, including Gwísgwashān's (Francis Johnson's) narrative of "How a Feud was Settled" in Takelma Texts, in which she tells about a "xaawíisaa" (x-ah-WEE-sah), which means "between-person who goes" or "go-between;" a person who helped to negotiate peace after a murder.

We do need and would welcome the knowledge of the general membership as we work on developing the Peacemaking Court. If you have any wisdom or stories that you could share about traditional dispute resolution—formal or informal—and healing after conflict, please get in touch with me at (503) 832-0443 or cassidy@cassidyricelaw.com by September 1, 2021. Please also contact me with general input and ideas about a Cow Creek Tribal Peacemaking Court. I look forward to hearing from you!



The Takelma Roasting Company, first established in 2017, has opened the first outlet for a Tribal-owned business at the Seven Feathers Casino Resort. The Cow Creek Tribal Board attended the Grand Opening event, held on July 14th, in celebration of this achievement. Suzie Steward, Carla Keene, Yvonne Dumont-McCafferty, and Luann Urban had the honor of cutting the ribbon to officially open the outlet.

The new, bistro-style restaurant and bakery offers a wide range of “grab and go” food options, and can seat around 60 guests. The decor features photos of culturally-significant locations and words in the native Takelma language, with accompanying translations.

“It’s going to have a big, positive impact on each guest’s experience,” says Dan Courtney, Tribal Chairman. “It’s in a prime location, and allows families to sit and enjoy, rather than having to take food elsewhere to eat.”

The Grand Opening featured special pastries and treats unique to the event, showcasing the skills of the pastry chefs and coffee brewers. Attendees took home various Takelma memorabilia, including stickers, shirts, coffee mugs, stress relievers, and more.





The First Annual Community Health Fair

The first annual Community Health Fair, held on July 10th, gave Tribal staff a chance to share valuable information with Tribal members, along with a lot of fun giveaways and activities.

Staff from the Clinic, Culture, Health Education, Administration, Public Health, Behavioral Health, Tribal Youth Council, Career Center, and Suicide Awareness and Prevention departments provided useful information, fun games, and giveaways to attendees. To beat the heat, staff had provided a large air-conditioned tent with plenty of free water and snacks so attendees could stop in to rest.

At check-in, everyone was given raffle tickets for prize drawings every 15 minutes, with a Grand Prize of a \$300 Yeti cooler. All Tribal members who attended were also given one emergency preparedness backpack per household, valued at \$200.

"We could not have hosted this event without all of the assistance we received from the staff," says Melinda Sprague, Public Health Improvement Manager. "The participation we received was far more than expected, and we want to thank everyone for their hard work. We are looking forward to hosting this event next year, and hope you can all participate again!"



Pow Wow 2021

The annual Cow Creek Tribal Pow Wow was finally able to be held again at the South Umpqua Falls campground, a sacred place where the Tribe has historically gathered.

Attendees camped, spent time catching up with family, swam in the South Umpqua river, and more.

Allen Mata once again served as Arena Director for the Pow Wow's Grand Entry and other dances, and Bob Tom again served as the Master of Ceremonies.

Many thanks go out to all the Tribal staff and volunteers who gave so much effort to organize the event, prepare the grounds, transport equipment, secure raffle items, and all the other details that made this Pow Wow great.



Tribal News

Tribal Member Monica White Publishes Her First Novel: *Water's Edge*

Tribal member Monica White has authored her first book, titled *Water's Edge*. The 160-page fantasy novel is published by Fulton Books, and features a woman whose predictable daily routine is upturned by strange dreams of dragons and magic.

The Tribe offers its congratulations to Monica for this achievement.



If you would like to feature a Tribal member's accomplishment in this newsletter, please reach out to us at info@cowcreek.com so we can all share in your celebration.

2021 Tribal Member Graduates

Isaias Sanchez

Isaias Sanchez of Longview, WA graduated from Mark Morris High School this year.



Jaiden Blaze Dumont

Jaiden Blaze Dumont graduated from Glide High School this year.



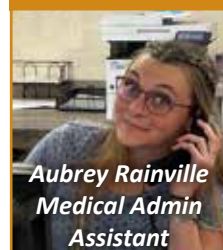
If you know of another Tribal member who graduated from high school or higher education in 2021, please reach out to us at info@cowcreek.com so we can all celebrate their accomplishment with you.

Tribal Departments Hire Youth Interns

With summer comes new opportunities, specifically several internships offered by Tribal departments and organized by the Cow Creek Career Center. Kelly Warner, Career Center Manager, worked with each youth's interests to find them an internship. She then helped them write a resume and cover letter, apply, and interview for each position.

This Summer Youth Employment Program was organized to provide first-hand knowledge of daily job duties, as well as invaluable work experience, for the Tribal youth. Each internship is a ten-week, part time, paid position.

If you are interested in applying for next year's summer work opportunities, please reach out to Kelly Warner at 541-677-5575.



Aubrey Rainville
Medical Admin
Assistant



Samantha Morris
Social Services
Intern



Hannah Lowell
EHYC Program
Aide



Caden Dumont
Willi Housing
Laborer



Michael Zimmerman
Willi Housing
Laborer



Zoey Hoyt (left)
Melissa Bryant (right)
Wildlife Youth Interns

TRIBAL YOUTH COUNCIL

ATTENDS

by Kelly Warner,
Career Center Manager



After a long pause due to the pandemic, the Cow Creek Tribal Youth Council (TYC), consisting of 15 members, attended the United National Indian Tribal Youth (UNITY) National Conference in Dallas, Texas, hosted by the Alabama-Coushatta Tribe. UNITY celebrated its 45th

anniversary with a variety of well-known guest speakers, like Norma Baker, fashion designer for Red Berry Woman; Hud Oberly, Creative Director for Urban Native Era; Tia Wood, Tik-Tok sensation with indigenous music; actress/comedian Jana Schmeiding; and Lauren Schad, professional volleyball player who is the Nike N7 Ambassador. The Youth Council participated in hours of workshops that provided them with cultural awareness, leadership activities, and networking with other Tribal youth from across the nation.

Lance Gipson partook in the UNITY drum circle, and many TYC members made way to the main stage, participating in activities, ribbon skirt runway, and cultural dancing. As part of the cultural presentation, the Aztec Dance Group put on a performance like no other.

The TYC walked in the Grand Entry Parade of Nations along with Tribes from the Great Plains, Midwest, Northeast, Northwest, Pacific, Rocky Mountains, Southeast, Southern Plains, Southwest, and Western states, totaling approximately 800 attendees.

The TYC was delighted to gift a Tribal Youth Council blanket to Mary Kim-Titla, the Executive Director. In 2024, UNITY will be coming to Portland, Oregon, where the TYC has been asked to help as committee members to put on this large event. The TYC looks forward to Unity 2022 in Minneapolis, Minnesota.

The lessons that the Tribal youth learned at the UNITY conference have given them valuable experience, and will shape them into the strong leaders of the future.

The Tribal Youth Council (left to right): Melissa Lowell (Parent Advisor), Zoey Hoyt, Jennifer Bryant (Chaperone), Melissa Bryant (Peer Advisor), Samantha Morris (Treasurer), Lance Gipson (Peer Advisor), Hannah Lowell, Madison Fife, Melissa Bryant (VC President), Krista Deardorff, Thunder Estabrook, Madison Jones, Robert Lowell (Parent Advisor), Michael Zimmerman (Vice President), Kelly Warner (Lead Advisor)



The Youth Council represented the Tribe in the Grand Entry Parade of Nations



The youth gifted a blanket to Mary Kim-Titla, Executive Director of UNITY

Tribal News

Cow Creek Foundation Awards Grants to 57 Charities in Southwestern Oregon

The Cow Creek Foundation was established in 1997 as part of a revision to the Tribal Gaming Compact with the State of Oregon that required 6% of Class III Revenues to be donated to nonprofit in the Tribe's service area. In exchange for this donation, the Tribe would be able to operate Class III games, such as Blackjack, on a permanent basis.

The Foundation and the Tribal Board, two of the donating arms of the Tribe, are very careful in selecting where these required charity funds are distributed, focusing on Basic Needs (food and emergency support), Abuse Prevention and Intervention, Education, Health and Wellness, and Community Support. This year, the Foundation donated to 57 charities in southwestern Oregon.

One such recipient is the AllCare Community Foundation, which is building a tiny home project in Josephine County to provide 17 spaces for unhoused individuals to receive shelter, case management, laundry, showers, and kitchens.

Other recipients include the Maslow Project, providing wrap-around services for unhoused youth and families; the Josephine County Food Bank, which helps improve food distribution and food safety; and CASA of Jackson County, which offers program support for recruiting, training, and supporting new



The Josephine County award presentation was held at Foundry Village, built by the AllCare Community Foundation (Left to right):

Jed Keller (Foundry Village), Jamie Schroeder (Maslow Project), Sanne Specht (CASA of Jackson and Josephine Counties), Carma Mornarich (Cow Creek Umpqua Indian Foundation), Josephine Sze (Josephine County Food Bank), Doug Walker (Foundry Village Construction Manager)

CASA facilities, which themselves provide advocacy, mentoring, and objective and compassionate support for children in the foster care system.

For a full list of Cow Creek Umpqua Indian Foundation grant recipients, visit www.cowcreekfoundation.org.

In lieu of a large awards ceremony, Executive Director Carma Mornarich made three small face-to-face check presentations at the Roseburg Senior Center, at the Oregon Coast Community Action, and at Foundry Village for four grant award winners in Josephine County. Remaining checks were mailed to grant recipients.

Senior Meals are back!!

EVENT DATE: Tuesdays & Thursdays
TIME: 12:00 PM to 1:30 PM
PLACE: Seven Feathers Casino Resort Hospitality Room

Please contact Adrionna Brim with any questions

Phone: 541-492-5278

Email: abrim@cowcreek.com

DON'T FORGET



**Rapid PayCard applications
needed by August 31st**

**All Tribal Members over age 18
(excluding Elders)**

Help Is Here

Monthly payments for families with kids

Raising kids can be expensive, and the Child Tax Credit is here to help. President Biden's American Rescue Plan increased the amount of the 2021 Child Tax Credit to support families with children.

The full benefit of the Child Tax Credit is now \$300 per month per child under age 6 and \$250 for each child age 6 to 17.

Did you file taxes in the last 2 years? Then you don't have to do anything to get the money you're already owed!

If you filed your 2020 taxes this year or filed your 2019 taxes last year, or used the IRS "Non-Filer Portal" to get a stimulus check last year, you don't need to do anything. The IRS will automatically send you a monthly payment by direct deposit or check starting on July 15, 2021.

The Child Tax Credit is \$3,000 to \$3,600 per child with advanced monthly payments.

In order to get money to families quickly, the IRS will pay half of the credit as monthly payments now and the other half when you file your taxes next year. In total, you'll receive a total of \$3,600 for each child under 6 and \$3,000 for each child between 6 and 17.

Didn't file taxes in the last 2 years? There's 1 easy step to start getting your Child Tax Credit payments.

Just fill out a simple form to begin receiving your monthly Child Tax Credit payments. You can access it by going to childtaxcredit.gov

All you'll need to apply are:

- A reliable mailing address
- E-mail address
- Your children's Social Security Numbers
- Your Social Security Number (or ITIN)
- Your bank account information (if you want to receive your payment by direct deposit)

Eligibility: Most families, even those with little to no income, can receive the full amount. If you are a single parent making less than \$112,500 or a married couple making less than \$150,000—and have children under age 18 who will live with you for more than half of 2021—you are likely eligible for the full benefit. These benefits do not affect your eligibility for other federal benefits like SNAP.

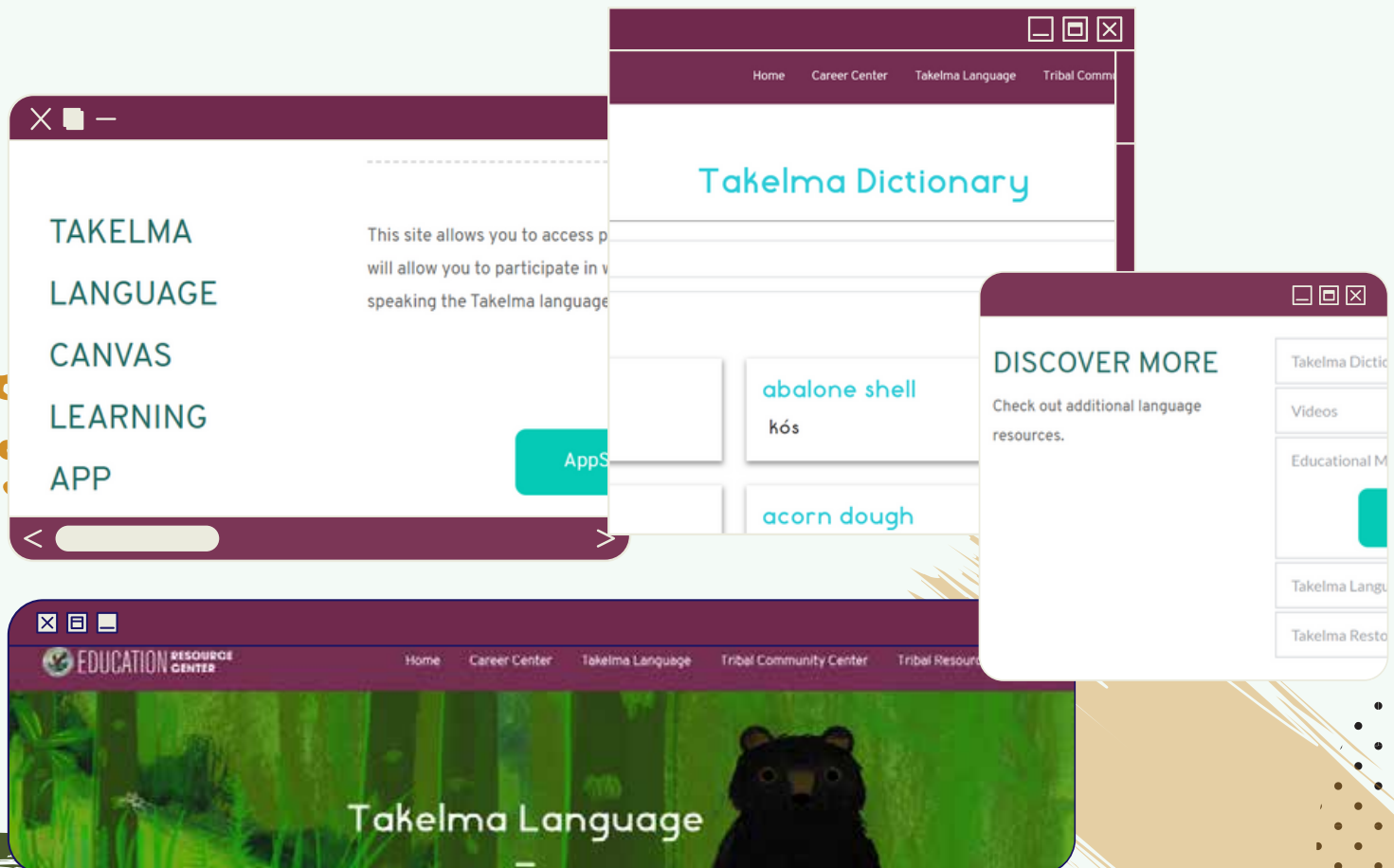
Learn more and check out resources to help you fill out your form at [**ChildTaxCredit.gov**](https://ChildTaxCredit.gov)

Takelma Language Corner

THE TAKELMA LANGUAGE HAS A
NEW WEBSITE!

Pée túu! Want to learn the language online? How about look up a word
in the dictionary? Maybe learn how to introduce yourself, or listen to
Francis Johnson speak in Takelma?
ALL of this and more is now available online!

www.cowcreekeeducation.com



THE CAREER CORNER

COW CREEK CAREER CENTER



IMPORTANT DATES

AUGUST 15

NEW TERM Higher Education student applications for Fall 2021 are DUE!

SEPTEMBER 28

Third Biennial: Southern Oregon Trade Careers Expo @ Seven Feathers Convention Center

ATTENDING COLLEGE IN THE FALL? WE'VE GOT YOU COVERED

Did you know? About 67% of high school graduates continue their education with a college degree, according to the most recent data from Education.org.

There are so many things to look forward to! Here are some differences between High School & College Life:

HIGH SCHOOL: In high school, everyone is required to be there.

COLLEGE: In college, everyone wants to be there.

HIGH SCHOOL: In high school, teachers read from the textbooks they use.

COLLEGE: In college, professors refer to the textbooks they wrote.

HIGH SCHOOL: In high school, you wrote notes to friends.

COLLEGE: In college, you take notes for yourself.



HOT JOB LIST

- Summer Trail Maintenance
- Mill Production
- Packhouse Workers
- Laborer
- Summer crew at Ford's Pond Community Park
- Umpqua Dairy Ice Cream Scoopers for local summer events!

INTERESTED? CONTACT US!
INFO-CAREERCENTER@COWCREEK.COM

COWCREEKEDUCATION.COM

*Source: <https://www.fastweb.com/student-life/articles/the-20-differences-between-high-school-college-life>

Culture and Education

TRADITIONAL FOOD PROCESSING

The Cow Creek people used many methods for preparing food, depending on what was needed. Some resources were eaten raw, some were cooked for days in underground pit ovens, and others were simply left out to dry.

Fish and Fresh Meat

Fish and fresh meat were dried on wooden racks or on rocks in the sun, and were also smoked for storage for the winter months. Interestingly, salmon, once dried or cooked, was packed back into its skin, which was then sewn together. The skin and scales of the salmon would keep the meat from rotting, so it could last for longer time periods.

Acorns

Acorns (after leaching out the tannic acid) and other plant resources would be mashed or ground into flour for use in a gruel. While the Cultural Program does not know the exact leaching process, it is believed that the acorns had holes drilled on either side and were then placed in the river to wash the tannic acid out.

Other Resources

Other resources, like camas or shellfish, were cooked within a pit oven. Camas cakes would be baked in an earth oven for six to ten days and then be sun-dried. After camas was baked in the oven, a resin-like material as sweet as candy was gathered and relished.

Another interesting method of cooking was with the use of the cooking basket. These baskets would be made from hazel shoots, bear grass, and maidenhair fern. The basket would be soaked in water prior to use, causing the weave to swell and ensuring it was water-tight. Then, hot rocks pulled from the fire would be added to the water, bringing it to a boil.



Sketch showing preparation of a pit oven



Pit oven being prepared at the 2021 Culture Camp

Culture and Education

“Little Libraries” Are Back!

by Sandy Henry, Education Director

The Education Department is very pleased to announce that the “Little Libraries” have returned, located in the lobbies of both Health Clinics, and next to the playground at Taylor Street Tribal housing.

The Little Libraries were closed during Covid-19, in order to help prevent the spread of the disease. Now that restrictions have been lessened, the libraries are stocked back up with quality books for young readers. The Education Department staff has selected a wide variety of books to put in each library that will appeal to readers from birth to young adult. It is never too early to expose children to the joys of reading.

First, set the scene in your head. You choose a book. You sit down in your favorite armchair, with your child in your lap, and open to the first of many smooth, colorful pages. You begin to read, and your child is utterly captivated by the story. It’s magic. What’s even better is that your child isn’t just having fun, they’re learning!

Reality may look a little different, but just know you’re not alone if your baby tries to eat the book or your toddler wanders around the room instead of sitting patiently. The benefits of reading remain the same. Reading aloud to children helps develop listening skills, attention skills, language skills, increases vocabulary, and helps create a stronger bond between adults and children.

Books taken from the Little Library are yours to keep if you want. Sharing them with another reader is even better. Remember: good readers are made in the lap of a caring adult!



COW CREEK TRIBAL
YOUTH COUNCIL
proudly announces their

NATIVE DESIGNED BLANKET

ARTIST: KRISTA DEARDORFF

ON SALE NOW!
\$89.00 EA.

All proceeds go towards leadership events & activities

Contact: KWarner@cowcreek-nsn.gov

Culture and Education

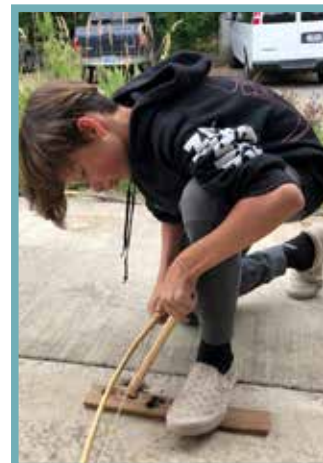
Fun, Sun, and Life Skills at the Expanding Horizons Youth Center Summer Activities

This Expanding Horizons Youth Center (EHYC) packed this summer full of exciting and useful skills for the Tribal youth, helping them connect with their peers and learn traditional crafts in a Science, Technology, Engineering, Arts, and Mathematics (STEAM)-focused environment.

With additional government funds, the EHYC was able to provide amazing activities like Building Blocks Equine Therapy (facilitated by Health and Wellness' Darlene Chapman), a cancer prevention cooking class (see page 19), soap making with the owner of the local business Ranch Suds, and a hands-on survival course where each attendee received their own 500-piece survival kit.

Jim and Shila rich volunteered to help with the survival days, and also led another class that helped the youth construct their own individual hand drums.

"The youth had a blast," said Amber Lomascola, Tribal Community Center Program Manager. "The events produced some of the largest smiles I've seen on them all year."



The EHYC is now accepting after-school students for the 2021-22 school year. Apply online at www.cowcreekeducation.com.



Messages from the Clinic

5th Annual Cancer Prevention Class for Tribal Youth

Cow Creek Health and Wellness Center's Health Education Department once again joined forces with Expanding Horizons Youth Center to teach Tribal youth to "Eat the Rainbow" in a three-day cancer prevention-themed class from June 22nd – 24th.

This year's theme focused on the health benefits of eating a variety of colors of fruits and vegetables, and their role in preventing certain types of cancers and other chronic diseases.

Highlights included a field trip to Brosi's Sugar Tree Farm in Winston for U-pick cherries, an exotic fruit tasting featuring tropical fruits purchased a local grocery stores, and a day-long cooking class featuring Asian-inspired healthy recipes. Tribal youth learned to prepare spring rolls, sushi and fruit and yogurt smoothies featuring a range of colorful fruits and vegetables. All participants received their own sushi-making kits and recipe booklets to inspire continued creativity and cooking at home.

Special thanks is due to the Northwest Portland Area Indian Health Board's Cancer Project for grant-funding this event!



Health Education Manager Becky Johnson and Registered Dietician Ansley Hill teaching at the Tribal Community Center



Sushi was just one dish the Tribal youth learned to make



One of the highlights of the class was a field trip to Brosi's Sugar Tree Farm, where Tribal youth picked cherries

Messages from the Clinic

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 **(Limited to one per year)**. Enrolled Tribal members under the age of 18 are eligible for an annual allowance of \$50 **(Limited to one per year)**.

Tribal members need to fill out a new form each year to obtain these funds. There are several ways to obtain a form:

1. For your convenience, the 2021 OTC Check Claim Form is available at the following link: www.cowcreek-nsn.gov
 - If you do not have an account and wish to create one, or you have questions about logging into the website, please visit www.cowcreek-nsn.gov/login-assistance/
2. You may pick up a form at the reception desks of the Tribal Government Offices or the Cow Creek Health & Wellness Centers.
3. You may call Laurie Jones at 541-677-5584 and request a form be mailed to you.
 - Be sure to include your current mailing address, phone number, and email address.

In order to claim your annual allowance, your 2021 OTC Check Claim Form must 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. Tribal members need to submit a new OTC Check Claim form once per year.

For questions regarding this program, please contact the OTC Administrator, Laurie Jones, at:

Cow Creek Health & Wellness Center

PO Box 1400, Roseburg, OR 97470

Email: info-OTC@cowcreek.com

20 Phone: 541-677-5584 Fax: 541-492-5217

FREE LOW IMPACT EXERCISE CLASS



Cow Creek Health & Wellness Center is now offering a low impact exercise class that can help you stay mobile, no matter your activity level!

This class can improve strength and flexibility, and reduce joint pain. It is also safe for those who have arthritis!



Classes are held on Tuesdays at 1:30 pm
at CCH&WC Canyonville, OR

*Classes will be starting this fall at the new CCH&WC campus in Roseburg; stay tuned for more details!

Please call Elisa at 541-672-8533 for more information!

Don't Forget: Casey Eye Event

WHO: Tribal members (Preference is given to those with diabetes and those without vision insurance)

WHAT: OHSU's Casey Eye Institute Mobile Eye Clinic

WHEN: Saturday, September 18th from 10 AM – 4 PM (appointments are required)

WHERE: Cow Creek Health & Wellness Center in Canyonville, Oregon

WHY: It is important to get your eyes checked annually for serious problems

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

Messages from the Clinic

Tri-Tip and Brussels Sprouts Chopped Salad

by Becky Johnson, CCH&WC Health Education Manager/Registered Dietician, adapted from Washington State Beef Commission

Prep Time: 20 minutes **Cook Time:** none **Servings:** 4

Nutrition Facts per serving: 357 calories, Total fat: 13g, Saturated Fat: 4g, Total Carb: 30g, Fiber: 5g, Protein: 32g, Sodium: 690mg

Ingredients:

12 oz. leftover grilled tri-tip or other lean cut of beef (e.g. skirt steak, sirloin or tenderloin)

4 cups thinly sliced Brussels sprouts (about 10 ounces)

1 ½ cups chopped fresh pineapple or apple

1 red bell pepper, thinly sliced

½ cup dried blueberries or 1 cup fresh blueberries

½ cup reduced-fat poppy seed dressing or red wine vinaigrette

¼ cup reduced-fat feta cheese (optional)

½ cup chopped macadamia nuts or toasted walnuts



Directions:

1. Combine steak, Brussels sprouts, pineapple/apple, bell pepper, and blueberries in a large bowl.
2. Add dressing; toss to coat.
3. Sprinkle with cheese and nuts; if desired.

Public Health Is Hitting the Road in Their New Mobile Medical Unit!

The Public Health Department has received a new mobile medical unit. This unit contains an exam room, blood draw seating, work stations, and more. Public Health plans to utilize this unit to provide outreach medical services to the Cow Creek community, starting with flu vaccination clinics.

Flu Vaccine Events Coming Soon

With this new unit, Public Health will be hitting the road with flu vaccine events all fall! They will be visiting Grants Pass, Medford, Klamath Falls, Redmond, Eugene, and more.

Dates and locations will be posted in advance in the **Cow Creek Umpqua Official** group on Facebook. If you haven't joined it yet, please contact us at info@cowcreek.com to be added.



(Left to right): Ryan Bochart, Justin Mathison, Tyler Ramer, Melinda Sprague, Sarah Noonan, Amber Maples, Dennita Antonellis-John

Blue Zones Project Corner

A Reintroduction of the Blue Zones Project® Umpqua

*Submitted by Juliete Palenshus, BZP Umpqua Community
Engagement Director*

The secret to living longer and better can be found in the simple things we all do every day, like the foods we eat, the company we keep, how we move and our overall outlook on life.

A community-led well-being initiative is helping people right here in the Umpqua Valley work together to turn the settings where we spend most of our time into places where we can easily walk and bike outdoors, find more healthy food options, live a more purposeful life, and build more connections with one another. Blue Zones Project is designed to unite communities behind a common goal: making healthy choices easier so we can all live longer, better.

Blue Zones Project best practices are inspired by the indigenous populations of five areas in the world considered to be longevity hot spots. Also known as Blue Zones, people are living to the age of 100 about ten times more than the average person living in the United States, with a fraction of the chronic illness.

Four years ago, local leadership came together to start Blue Zones Project-Umpqua, demonstrating both a need and readiness for improvement in our wellbeing. As the Umpqua Valley has a long track record of individuals and organizations working to create opportunities for community members to live healthy, happy, and productive lives, Blue Zones Project's approach is to amplify this kind of work by helping to build connections, bring more person-power to wellness-related issues, and provide expertise and programmatic resources to the area.

Umpqua is now a Blue Zones Certified Community. Led by local staff, community leaders, and residents, the initiative is informed by the unique strengths and opportunities of each community. The Steering

22 Committee and Leadership Team serve as

advisors, champions and change-makers through the implementation period. Additionally, sector committees collaborate on each area that Blue Zones Project focuses on, including the policy areas of built environment, food, tobacco/smoking, worksites, schools, restaurants and grocery stores, faith-based organizations, and engagement.

In recognition that you can't put a changed person back into an unchanged environment, Blue Zones Project draws upon evidence-based interventions to make it easier for residents to move more, eat wisely, connect socially, and have a positive outlook on life. By helping people and organizations transform these settings, Blue Zones Project aims to make the healthy choice the easy choice, so that people naturally adopt healthier behaviors as a community. Community organizations are already implementing these best practices, nudges, and defaults to guide employees and patrons toward healthier behaviors and options. Efforts across this comprehensive scope will help communities make the overall environment, or a person's life radius, one that encourages and supports healthy behaviors.

As community-wide participation is critical to the success of this effort, all are invited to get involved! A great way to learn more about the project is to visit the Facebook and Instagram pages "Blue Zones Project-Umpqua" and [@bzumpqua](#), where people can learn about upcoming events and free resources. Community members are also encouraged to get on the email list by sending a request to [@bzumpqua](#) and become a part of creating a culture of well-being within the community. You're invited to be a part of making the Umpqua Valley an even better place to live, work, learn, pray, and play!

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Senior Meal Exercise Class EHYC Takelma Mural Class	4 EHYC Takelma Mural Class	5 Senior Meal EHYC Takelma Mural Class	6	7 YAC Hellgate Rafting Trip
8 General Council 10 AM @GO Food Bank open after meeting	9	10 Senior Meal Exercise Class Food Bank Open EHYC 3D Printing	11 EHYC 3D Printing Class	12 Senior Meal EHYC 3D Printing Class	13 (Also on the 12 th) Huckleberry Trip RSVP Deadline	14
15 NEW TERM Higher Ed Student Applications Due	16	17 Senior Meal Exercise Class EHYC Prevention Class	18 EHYC Prevention Class	19 Senior Meal EHYC Prevention Class	20	21 Huckleberry Gathering Trip YAC Movie Night
22	23	24 Senior Meal Exercise Class Food Bank Open	25	26 Senior Meal	27	28
29	30	31 Senior Meal Exercise Class Leftover Elk Tag for Elders Apps Due	(Also on 31 st): Rapid PayCard Forms Due			

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Senior Meal	3	4
5	6	7 Senior Meal Exercise Class	8	9 Senior Meal	10	11 Tribal Picnic 11 AM - 2 PM @ Tribal Gardens
12	13	14 Senior Meal Exercise Class Food Bank Open	15	16 Senior Meal	17	18 Casey Eye Mobile Eye Clinic 10 AM - 4PM @SC Need Appointment
19	20	21 Senior Meal Exercise Class	22	23 Senior Meal	24	25
26	27	28 Senior Meal Exercise Class Food Bank Open	29	30 Senior Meal		

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

Regular Events Times/Places

Senior Meals: Tuesdays & Thursdays, 12 - 1:30 PM @7F
Exercise Class: Tuesdays, 1:30 PM @SC
Food Bank: 9-11 AM second Tuesday, 2-4 PM fourth Tuesday @GO

For any questions regarding activities, please call the Government Offices at 541-672-9405.

SAVE THE DATE!

TRIBAL FAMILY PICNIC

Saturday, September 11, 2021, 11 AM - 2 PM

Tuú Yap'a Xumá Tribal Gardens

Presented by the Youth Activities Committee

COME FOR A RAFFLE, KIDS GAMES, AND MORE!
LUNCH IS PROVIDED



It's Time for Huckleberry Gathering!

10 AM to 2 PM, Saturday, August 21, 2021

Huckleberry Gap, along the Rogue & Umpqua Divide

Come learn about the Huckleberry Patch area, gather delicious berries, and play a game or two of stick game with the Culture Department for chance at a prize! Transportation will be available for Elders and those that need it, if requested. Sandwiches, snacks, and water will also be provided.

**Please RSVP
by August 12th**

Email:
info-culturalresources@cowcreek.com

Call:
541-677-5575



Can you beat the Cultural Program? There will be a small stick game tournament for those that would like to participate; teams of two are needed.

The winners will receive one of the new Cow Creek Youth Council blankets and a cedar berry basket.

(Runner up gets the prizes if the Cultural Program wins)

