

Week 1 Into the Woods: June 20, 21, & 22 (This week will be atypical of regular summer programming hours).

June 20:

Field Trip – overnight. Students will travel to South Umpqua Falls for an overnight camping trip hosted by Umpqua Community College Botany Professor Charles “Bud” Donahou. Nature walks with plant and tree identification, campfire cooking, and cultural story time with Ben Steward of Cow Creek’s Cultural Department and Director Jesse Jackson. (Students must be 12 years or older.)

June 21: Hike in South Umpqua Falls. Students return to EHYC for regular pickup.

June 22: **Field Trip – short day.** Travel to Douglas County Museum. UCC Professor Bud Donahou presents local artifacts, plants, trees, and rock specimens. (Ages 11 & under)

Week 2 Technology with UCC: June 27, 28, & 29

Umpqua Community College’s STEAM Hub arrives in Myrtle Creek! Cynthia Pakros, For Information and Recognition of Science and Technology (FIRST) Senior Mentor for Oregon, will be instructing students on multiple robotics projects. Students will learn to code and program various robots.

Week 3 Summer Swim: July 5 & 6

The team will transport students to local park for games and picnic lunch. After lunch, students will travel to South Umpqua Memorial Pool for swimming and sunshine. Certified lifeguards will be present!

Week 4 Body and Mind: July 25, 26, & 27

July 25 & 26: Whitney Yeust and Jesse Spain from Cow Creek’s Prevention Team will instruct students on traditional relaxation techniques and stress relief as well as traditional outdoor activities to aid in emotional regulation.

July 27: The American Red Cross will instruct students on Basic First Aid, Adult and Child CPR, and AED Equipment. Students will receive certification upon completion of the course and demonstration of skills. (This class will last 5 hours. Students must be 12 years or older).

Week 5 Cow Creek Culture: August 1, 2, & 3

August 1: Students will travel to Ten Hat to harvest cattails.

August 2: Students will travel to Bare Park. Students will play traditional games with Ben Steward and Jennifer Bryant from the Culture Department. A pit oven will be dug in preparation for traditional cooking.

August 3: Students will travel to Bare Park. Food will be prepared in a pit oven. Finale to include traditional smudging.

Week 6 Umpqua Natural Leadership Science Hub/Takelma Language August 8, 9, & 10

Elizabeth Bryant, Takelma Teacher Learner, teams up again with UNLSH to take students to a local park. Students will share Takelma Language with local youth while learning about our local terrestrial environment. Students will take a field trip to East Fork Cow Creek.

Week 7 Cooking Class with Cow Creek Dieticians August 15, 16, & 17

Cow Creek Dietitian Shelli Willman will demonstrate healthy choices and meal planning. Students will learn to prepare a nutritious meal and learn to use nutrition labels to make decisions on the best fuels to feed our bodies. Students will prepare and serve their guests in the Tribal Community Center's Gathering Space.