



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Two More Tribal Houses are Ready for Occupants
See page 24 for more on the construction at Gentry Loop

Inside This Issue

The Newest Tribal Board Member is a Survivor

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Gary Jackson to Give Tribal Voice to Wildfire Policy

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Tribe Sets an Example in Forest Management

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The construction at the Tribal offices is estimated to be completed in November (Pages 8-9)

A Look Back Across 40 Years of Tribal History

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Culture and Education

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Government and Programs

Tribal Veterans Corner, Elders Honor Dinner, and Domestic Violence Awareness (Pages 22-26)

Hours of Operation

Government Office Hours

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 5 PM

No Walk-Ins. Please Call (541)672-8533, Option #3
for Same-Day Appointment

Canyonville Clinic Hours

Monday - Friday 8 AM to 5 PM

No Walk-Ins. Please Call (541)672-8533, Option #4
for Same-Day Appointment

Office Closures

January 2 – New Year's Day

January 16 – Martin Luther King Jr. Day

February 20 – Presidents' Day

May 29 – Memorial Day

June 19 – Juneteenth/Freedom Day

July 4 – Independence Day

September 5 – Labor Day

October 10 – Columbus/Indigenous Peoples Day

November 24-25 – Thanksgiving Day (and next day)

December 23-26 – Christmas Day (and Eve)

SITES ACROSS SERVICE AREA RENAMED FOR COW CREEK UMPQUA CULTURE

In an effort to eradicate a derogatory Native word, the U.S. government has official renamed more than 600 places across the country. Many of the sites renamed in Oregon are now reflective of Cow Creek Umpqua culture and language.

In the seven county service area, 31 sites have been renamed, removing the word “squaw.” Three sites were renamed in Takelma, the ancestral language of the Cow Creek Umpqua people. Two sites, Chief Miwaleta Creek and Dumont Butte, were renamed for the historical Cow Creek Tribal leader and the Dumont ancestral family. Several other sites now bear Takelma words, such as *Yulúm* (Eagle) Ridge in Josephine County, and *Téel* (Yellow Jacket) Gap in Jackson County. Some sites were renamed with words that are similar to Takelma words, such as Lapam Gulch in Josephine County, which is a phonetic translation of “frog” (*lapháam*) in Takelma.

A total of 55 sites around Oregon were renamed. Only Arizona (65), Idaho (70), and California (80) had more sites renamed than Oregon.

“I feel a deep obligation to use my platform to ensure that our public lands and waters are accessible and welcoming. That starts with removing racist and


derogatory names that have graced federal locations for far too long,” said U.S. Secretary of the Interior, Deb Haaland. “Together, we are showing why representation matters and charting a path for an inclusive America.”

Previously, the *Wik’uuyam Heeta’* newsletter reported in March on the effort undertaken by the Cow Creek Cultural Resources Program to rename Squaw Mountain in Douglas County to Dumont Butte. At the time, that process was paused due to Secretary Haaland creating a task force designed to confront and right derogatory names across the country.

The task force received over 1,000 recommendations on names, and consulted nearly 70 Tribal governments on name changes.

Jesse Jackson, Cow Creek Education Programs Officer says the renaming of local geographic areas is long overdue. “As we ‘right the wrongs’ of the past, our society becomes more knowledgeable and accepting of other cultures. Let us remain hopeful, that one day our nation will have geographic names associated with truth and kindness— not perpetuating separation and hate.”

Links and maps of the complete list of name changes can be found on our website, www.cowcreek-nsn.gov.

New Name	Previous Name	Landmark Type	Location
Chief Miwaleta Creek	Squaw Creek	Stream	Douglas County
Wilámxa Tip	North Squaw Tip	Summit	Jackson County
Lapam Gulch	Squaw Gulch	Valley	Josephine County
Máalsi Tip	South Squaw Tip	Summit	Jackson County
Yulúm Ridge	Squaw Ridge	Ridge	Josephine County
East Fork Takelma Creek	East Fork Squaw Creek	Stream	Josephine County
West Fork Takelma Creek	West Fork Squaw Creek	Stream	Josephine County
Takelma Creek	Squaw Creek	Stream	Josephine County
Dumont Butte	Big Squaw Mountain	Summit	Douglas County
Right Fork Téel Creek	Right Fork Squaw Creek	Stream	Jackson County
Téel Gap	Squaw Creek Gap	Gap	Jackson County
Téel Creek	Squaw Creek	Stream	Jackson County 



A VOICE FOR OUR FORESTS

The Vice Chairman of the Cow Creek Band of Umpqua Tribe of Indians Tribal Board of Directors has been selected to serve on a federal commission on wildfires.

Gary Jackson was selected as the alternate Tribal Government representative for the Wildland Fire Mitigation and Management Commission. The commission is a group of 50 leaders from across the U.S. who will work toward making federal policy recommendations on wildfire prevention and management.

“Our goal is to have a full report to submit to Congress within a year,” said Jackson. “It’s going to cover a lot of different things.”

The commission was created as a part of the Bipartisan Infrastructure Law (the Infrastructure Investment and Jobs Act), and the positions on the commission are congressional appointments. Jackson said there were over 540 applications nationwide, and being named to the commission is an honor.

“It feels pretty good because they’re starting to pay attention to managing our forests,” he said. “We’ve got to see what we can do, because there are a lot of hurdles that need to be overcome.”

The Wildland Fire Mitigation and Management Commission will work on behalf of the Department of

4 Agriculture, the Department of the Interior, Homeland Security, and FEMA to carry out their work.



GARY JACKSON

Newest Tribal Board Member Tells Stories of Miraculous Survival



“Trust the Creator to take care of you. If it weren’t for Him, I wouldn’t be here today.”

ROYCE DEARDORFF

The newest member of the Cow Creek Tribal Board of Directors, Royce Deardorff, has lived a long life with many stories to tell.

Originally from Bend, Oregon, Deardorff decided to enlist in the U.S. Navy at the age of 17 in April of 1965. After nine weeks of boot camp, he served as a boiler room technician aboard the aircraft carrier USS *Hancock* during the Vietnam War. Maintaining the equipment in the firerooms of a ship is hot work, and he and the other technicians would often sleep in the cooler air of the hangar deck.

In the early hours of June 18, 1966, Deardorff was sleeping on the deck when he rolled off, falling almost 60 feet into the South China Sea. His cries for help were drowned out by the noise of the engines, and the ship left him approximately 38 miles from the coast.

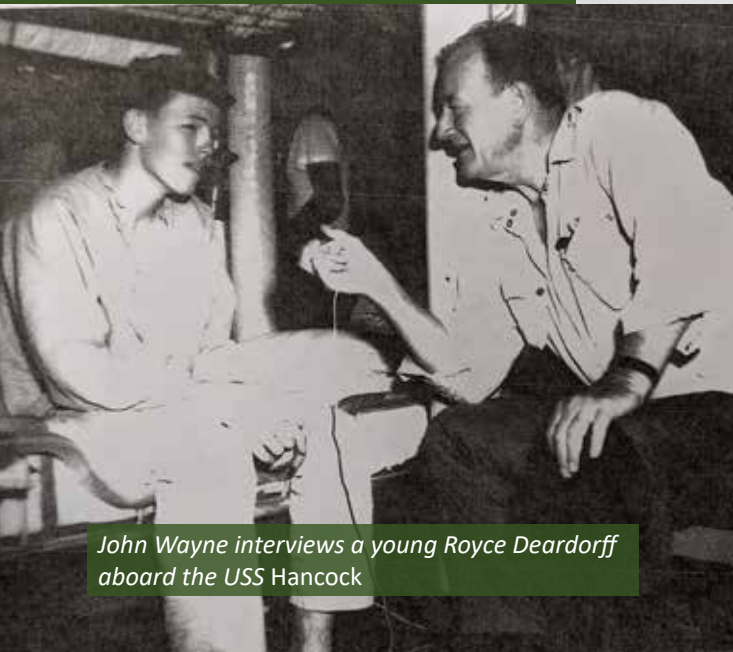
For nine hours, Deardorff was left treading water nearly 38 miles from the coast of Vietnam and contemplating the fact that no sailor in his position had ever been recovered alive.

After six hours of swimming toward shore, Deardorff says that he heard a voice telling him, “Royce, turn around and go back and they will pick you up.” He says the voice had such authority that it had to be God. Following the instructions, he turned away from shore and swam another three hours until he was spotted by the USS *Hancock’s* destroyer escort.

While recovering in sick bay, the ship was visited by movie star John Wayne, who interviewed Deardorff about his experience. In subsequent months, he was also invited to appear on two TV programs: *I’ve Got a Secret* and *To Tell The Truth*.

On October 26, 2010, Deardorff also survived being run over by a 22,000-pound truck trailer while working in Wyoming. He insists that it was divine intervention that allowed him to survive his terrible injuries.

Every four or five years, June 18th falls on Fathers Day, and Deardorff is always thankful for the chance to celebrate it. After all of his experiences, he wants to leave a legacy of faith for his family, and an example of determination in the face of adversity.



John Wayne interviews a young Royce Deardorff aboard the USS Hancock

Are you a Tribal Veteran with a great story to tell? Contact Rhonda Richardson at 541-677-5575 to be featured in a Tribal Veteran Highlight. 5

Tribal News

Cow Creek Umpqua Tribe Leads the Way on Finding Solutions for Healthier Forests

Up the Tiller Trail Highway, a forest rehabilitation project is taking shape that could transform the landscape for generations to come.

The Cow Creek Umpqua Tribe is partnering with the Natural Resources Conservation Service (NRCS) of the U.S. Department of Agriculture to restore and strengthen the forest, returning it to a steady state of health and making it more resilient to wildfires and disease.

Within the Elk Creek Watershed, the Cow Creek Band of Umpqua Tribe of Indians owns about 10,000 acres – just a portion of ancestral homeland that the Tribe has bought back over the years after the involuntarily termination of all rights and lands in 1954.

The lands of the Elk Creek Watershed are significant to the Tribe in many ways.

“There are a lot of important cultural, traditional, spiritual, archaeological areas within this Elk Creek Watershed. It’s a very important place,” says Tim Vredenburg, Cow Creek Director of Forest Management. “It’s also an area that the Tribal members hunt a lot. We’re restoring some important deer and elk habitats that have degraded badly over the years.”

The Elk Creek Watershed wasn’t always in bad shape. It has changed in the last several hundred years, evolving from an oak savannah and meadow to conifers and dense brush. Over time the ability of wildlife to flourish has diminished, and now the area is in need of help.

“This forest, along with the forests along the Western states, is severely overstocked, diseased, and there’s not enough diversity in some of these thick stands,” says David Ferguson, District Conservationist with the NRCS.

In addition to the health of the forest, every day brings an increased risk of wildfires. Within last 20 years, over 50% of the Tiller Ranger District has been lost to fire, and many of the areas have burned two or three times.

“After decades of watching lands burn and succumb to catastrophic wildfire, [Tribal leadership] really became interested in managing the whole landscape for forest health,” says Vredenburg.

Working together, Cow Creek and the NRCS have spent the last three years clearing underbrush, and thinning thick stands of Douglas fir across the Elk Creek Watershed. The next phase of rehabilitation and conservation involves reintroducing prescribed burns to the area.



The first winter after work began on the Joe Hall Unit



Recent work at the Joe Hall Unit

This adoption of fire-resilient forest management is something more experts are turning to, but it's also an Indigenous approach that Tribes have been using for centuries.

"People are beginning to be more comfortable with the idea of underburning," says Vredenburg, "Not only because of its use historically, but because catastrophic wildfires are expensive."

"With the underburning, we'll see more of the diversity come back," says Ferguson.

Before fire is reintroduced, Ferguson and Vredenburg agree that there's a lot more work and fuels reduction that must wrap up to prepare the land. Depending on weather and fire conditions, they estimate the first

prescribed burns could happen as soon as this fall, or as late as next year.

"We're losing entire communities to wildfire. Everyone is being driven to really think more seriously about how we address the issue," says Vredenburg.

When the Elk Creek Watershed project is completed, NRCS and Cow Creek both see opportunities to carry over the holistic method of forest management, rehabilitation and burns to other forests in the region.

"This Tribe has the wherewithal within this community, so this is going to literally light a fire under some other people to start managing their land," says Ferguson.





More Than Just a New Coat of Paint

The Cow Creek Tribal Government Offices, located in Roseburg have been undergoing a renovation since the North Clinic of the Cow Creek Health and Wellness Center moved to their new building on Edenbower Boulevard. While construction is still ongoing, the current projections estimate that the renovations will be completed around November.

The artistic renderings on the right depict the design of the new front reception lobby, where Tribal members and visitors will check in.

As the Tribe's endeavors continue to expand, so too does the team of highly-qualified staff. These renovations will accommodate staff from various Tribal departments, such as Accounting, Marketing, and more.

During the renovation, please remember to check in at the front desk of the South Programs Building during your visits to the Tribal Government Offices.



Pandemic Causes Drop in Native American Life Expectancy

The Centers for Disease Control reports that life expectancy for Native Americans fell six years to age 65 during the first years of the pandemic.

Risk for COVID-19 infection, hospitalization and death were all disproportionately higher in Tribal populations compared to other ethnicities.

<https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-race-ethnicity.html>

Native Americans are nearly three times more likely to be hospitalized with COVID-19, and twice as likely to die from COVID-19, according to the latest data.

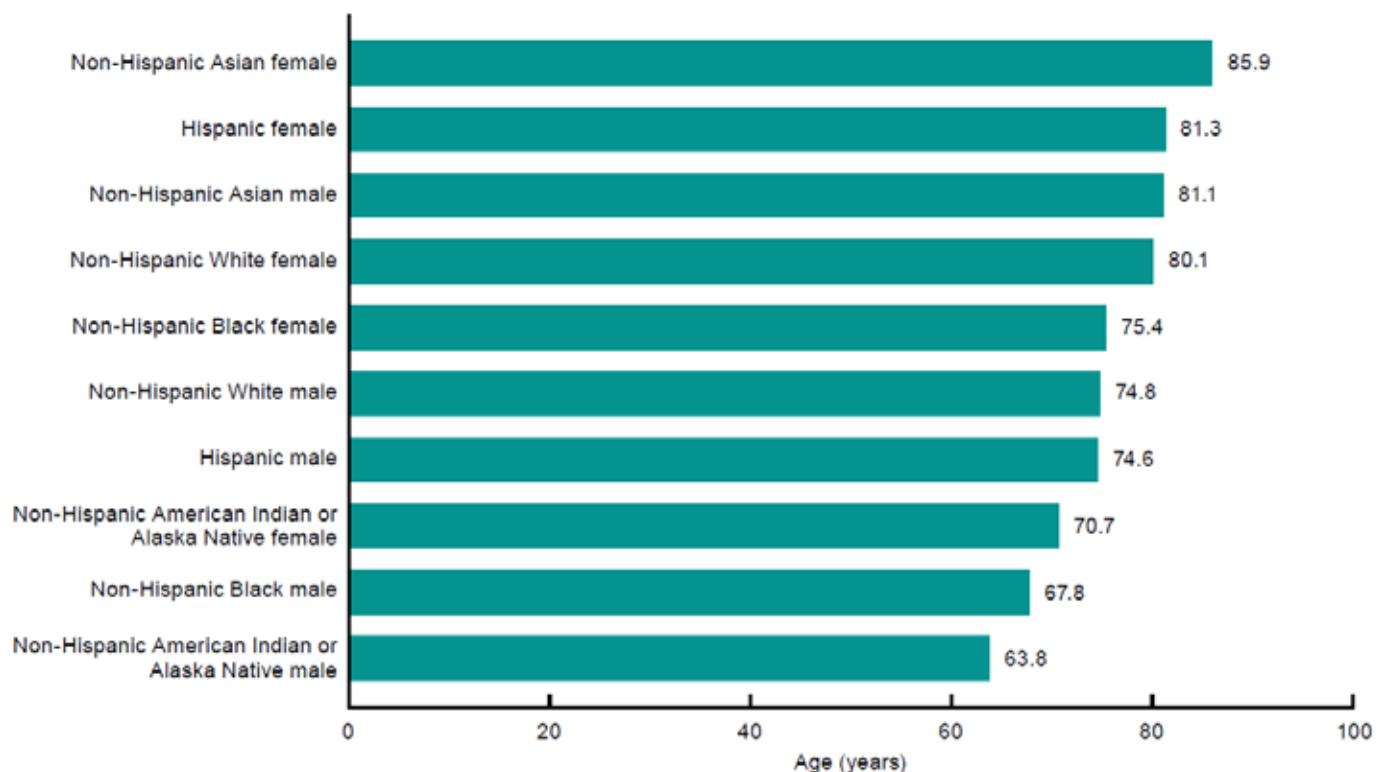
Life expectancy for Native populations fell by four years after 2020, and an addition two years in 2021.

Tribal communities are already faced with a number of unequal health risk factors due to issues such as systemic poverty, obesity, high rates of diabetes, and limited access to healthcare.

Faced with this new data, health experts emphasize the increased importance of healthy lifestyle choices, including scheduling regular visits with medical providers, recognizing risks from alcohol and tobacco, and getting vaccinated and boosted against COVID-19.

See pages 18 - 20 of this newsletter for more information on the latest vaccine sites, healthy cooking demonstrations, and the Diabetes Prevention Program.

Life expectancy at birth, by Hispanic origin and race and sex: United States, 2020



SOURCE: National Center for Health Statistics, National Vital Statistics System, Mortality.

The Cow Creek Band of Umpqua Tribe of Indians will participate in the City of Roseburg's 150th Anniversary events in October.

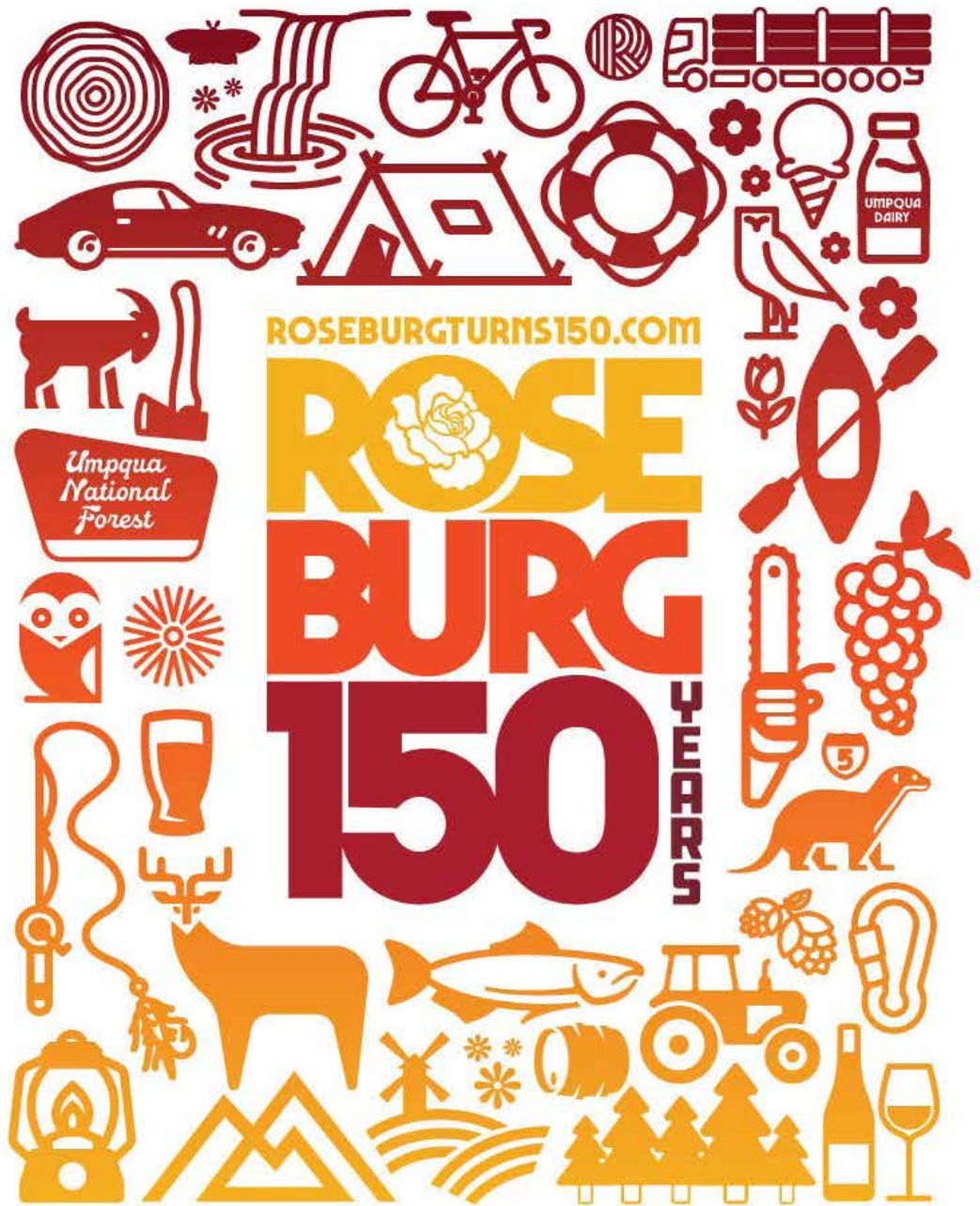
CEO and Tribal Administrator Michael Rondeau was asked to make a speech about the history of the Cow Creek Umpqua Tribe at the Party in the Park event on Sunday, October 2nd. Tribal leaders were also asked to offer a prayer in Takelma prior to the event. Both opportunities give prominent voice and perspective to Tribal, Indigenous and other marginalized groups of the area.

The prayer and speech will then be reprinted in the City of Roseburg's newsletter, and become part of the city's historical record.

In addition, the Cow Creek Cultural Resources Team will participate in the Party in the Park event, teaching Cow Creek traditional games, Takelma language, as well as beading and weaving.

Cow Creek-owned Anvil Northwest designed the official Roseburg 150 logo and poster.

Look for photos from the Roseburg 150 events in November's Tribal newsletter, and online at www.cowcreek-nsn.gov.



**HONORING THE PAST. CELEBRATING THE PRESENT.
BUILDING THE FUTURE.**

ROSEBURG 150 FUN RUN **OCTOBER 2** | PARTY IN THE PARK **OCTOBER 2**
TIME CAPSULE CEREMONY **OCTOBER 3** | BLOCKTOBERFEST **OCTOBER 8**
150 COMMUNITY DINNER **OCTOBER 15** | NEEWOLLAH PARADE **OCTOBER 31**



City of Roseburg

experience
Roseburg
Oregon

This Month in Tribal History

October

This monthly snapshot features some of the important milestones and changes that our Tribe has undergone as we've developed and grown. Reflecting on our past helps us to move forward with purpose and hold the issues that matter most to us close to our hearts.

Read any past newsletters at www.cowcreek-nsn.gov/tribal/tribal-services/newsletters/ (login required). Do you think we missed something? Let us know at info@cowcreek-nsn.gov and we may publish your feedback.

1992

The Tribe signed the first Class III Gaming Compact in the State of Oregon, allowing for use of video poker terminals and Keno at the Bingo Hall.

2003

Oregon Governor Ted Kulongoski praised the Tribe's accomplishments during a visit to the Creekside Development project: "The Cow Creeks are the personification of what can be accomplished."

Chairman Sue Shaffer was awarded the first ever "Eleanor Roosevelt Award" by Senator Ron Wyden in recognition for her community and Tribal leadership.

1998

The Cow Creek Health and Wellness Center opened its doors to non-Tribal members.

2005

The Tribe announced the completion of several low-income rental homes in Tri-City, OR, and opened applications.

1995

Sue Shaffer was selected as Special Speaker at a meeting at the White House with the Clinton Administration and Treasury officials to speak out against a bill which would include huge funding cuts to Tribes. The bill was called "the most concentrated attack on Indian Tribes since Termination in the mid-1950s" and "Termination by Appropriation."

2008

Sue Shaffer worked with 29 other Oregonians to plan a video for the Oregon 150 celebration of the 150th anniversary of the founding of Oregon. The video featured five western Oregon Tribes, how long we've been here, and emphasized Tribal sovereignty and status as a government, and our contributions to communities.

2011

The Umpqua Indian Utility Cooperative celebrated its 10th anniversary.

Tribal leaders held a groundbreaking ceremony for the Cow Creek Health and Wellness Center South Clinic in Canyonville, Oregon.

2001

Seven Feathers Casino Resort guest Nancy Fox won \$3.6 million on the Wheel of Fortune slot machine, the second largest payout in Oregon history at that time. She used the money to help pay for her three-year-old granddaughter's fourth open-heart surgery.



This Month in Tribal History

October

2013

Tribal Chairman Dan Courtney was elected to serve as Chairman of the Legislative Commission on Indian Services.

2015

In the wake of the tragedy at Umpqua Community College, the Tribe lent aid to the community by offering free counseling, and organizing a benefit concert to raise funds to help the victims. The event featured Oregon-born artists ZZ Ward and Jackson Michelson, and raised \$60,000 for the families of the nine victims, eight injured, and remaining seven in the classroom at the time.

2018

The Tribal Board announced a three-year plan to implement a Tribal Police Department.
Takelma Roasting Co. won two bronze medals for their Dark Roast and Single-Origin Burundi Roast at the international Golden Bean Competition.

2019

Tribal youth participate in Orange Shirt Day to honor survivors of the dark days of Indian boarding schools.



2016

The Tribe cosponsored the Indian Child Welfare Act conference, hosted at Seven Feathers Casino Resort Convention Center. Representatives from the Oregon government and all nine federally-recognized Tribes were in attendance.

Seven Feathers Casino Resort was featured on *Diesel Bros.* on the Discovery Channel.



2017

Senate Bill 13 passed into law, supported by Governor Brown and both House and Senate, requiring all school districts in Oregon to work with the nine federally-recognized Tribes and state education programs to develop Native American history curriculum.

2021

Cow Creek Health and Wellness Center's North Clinic moves to the new clinic on Edenbower Blvd.

Oregon Tribal leaders unite in opposition to the Flying Lark private gambling project in Grants Pass, OR, co-authoring an opinion column in *The Oregonian* newspaper.

2020

Leaders from all nine federally-recognized Tribes met with FEMA Administrator Pete Gaynor to discuss ongoing wildfire and COVID response, FEMA grants, and future preparedness.

The Tribe partnered with Douglas Public Health Network and other medical and emergency personnel to offer a drive-thru clinic with 600 free flu vaccines at Douglas County Fairgrounds.

The Career Corner

COW CREEK CAREER CENTER

LEARNING FROM COVID: DISRUPTIONS SHAPE EMPLOYER EXPECTATIONS AND ADVICE TO NEW GRADS



May 15, 2022 | By Heather N. Maletta and Philip D. Gardner

Employers that completed the 2020-2021 Recruiting Trends survey offered key advice for job seekers; although the employment outlook has changed since then, the guidance transcends a single point in time. If the pandemic showed us anything, it is that expectations can change almost overnight, and much of what employers recommended applies to disruption in general.

Adapt one's mindset. The most common piece of advice given by survey respondents, by far, was the call for job seekers to be flexible and adaptable to changing work environments and job opportunities. Casting a wider net, considering lower-level opportunities, and/or accepting less money were among the options employers identified. Some employers suggested that job seekers use their time during the pandemic to show how they are adaptable to change. Being open-minded about opportunities and flexible—career pathways can adapt to changing dynamics—are key in this new and ever-changing workplace.

Source: NACE Journal / May 2022



IMPORTANT DATES:

October 1, 2022
FAFSA 2023-2024
OPENS

November 15, 2022
HIGHER EDUCATION:
ALL NEW term &
semester student
applications

HOT JOBS LIST

- General Plant Utility- job post Murphy Company Sutherlin, OR
- Store Associate In-N-Out Burger, Roseburg, OR \$15.75 - \$19.25/hr
- Package Delivery Driver UNITED PARCEL SERVICE (UPS) Roseburg, OR \$21/hr
- Educational Assistant- DOUGLAS ESD Days Creek, OR Up to \$16.62/hr
- Truck Care Tire Technician- Loves Travel Stops & Country Store Roseburg, OR
- 60 different UIDC Job Openings. Visit <https://uidccareers.com> for more info.

INTERESTED?

contact us at
info-education@cowcreek-nsn.gov
cowcreekeducation.com

DID YOU KNOW?

We can help with GED prep, testing & fees?!
Connect with us today to learn more!

New Faces at the Tribal Community Center



We are happy to introduce two of our newest members, Lisa Biffle and Katie Calhoun, to the Cow Creek Education Department!

Lisa and Katie are serving Tribal youth attending the Expanding Horizons Youth Center (3rd-12th grade). The EHYC's mission is to meet Tribal youth wherever they are on their personal educational journey, with the goal of having every student graduate on time or before. Students at the EHYC are welcomed with a healthy snack and have academic time where they are encouraged to engage in STEAM activities, cultural arts and enjoy the company of their fellow Tribal members. A nutritious dinner will also be provided.

For more information on the program, please contact the Education Department at 541-672-9405.

The Youth Education Program provides up to **\$275** in funding annually to Cow Creek Tribal members that incur parental costs associated with their child's education.

**Y
E
P**

Who

Parents of Tribal children ages 3-18.

What is Covered

- School Clothes • Supplies • Fees
- Sports Fees • Equipment
- Extra Curricular Lessons
- Educational Activities

Go To

www.cowcreekeducation.com
Click on the Education Programs page.

Don't forget, receipts need to show the date and the amount to be reimbursed.

Annual Deadline
December 20th

For questions or further assistance, contact Stephanie at Stephanie.Jackson@cowcreek-nsn.gov or 541-860-7296.

Culture and Education

COW CREEK CULTURAL
RESOURCES PROGRAM



ACORN GATHERING

10 AM - 2 PM

Saturday October 15, 2022
Ford's Pond (Sutherlin, OR)

Please park in the large parking lot

Sack lunches provided for RSVPs

Bring containers for the acorns you pick.

RSVP

info-culturalresources@cowcreek-nsn.gov
or call Ben at 800-929-8229, ext 5236

YANÁ
ACORN



PÓOWN^H
ACORN HOPPER

XNÍK^H
ACORN MUSH

XNÍK^H

ACORN DOUGH

TAKELMA LANGUAGE CORNER

CLASSES

Family Language Class

Topic: Colors

October 7 @5pm-7pm

Virtual

October 21 @5pm-7pm

Tribal Community Center

Dinner is provided!

November 4 @5pm-7pm

Virtual

RSVP by emailing
info-education@
cowcreek-nsn.gov



LANGUAGE LESSON

This month, our focus is colors. If you attend a language class, we will go over how to say these words, and the colors book.

In Takelma, all color words start with al-

almohít^h
[ahl-mohl-HIHT]
orange

The al- prefix means "looking like". In this case, orange means "looking like a fox's ears" Here are some other color words:

alts'íl
[ahl-ts'-IHL]
red

alk'iyìxnat^h
[ahl-k'-ih-YEE-x-naht]
blue

alkwàsi
[ahl-GWAH-sih]
yellow

info-education@cowcreek-nsn.gov
cowcreekeducation.com

Emergency Preparedness

Ready Your Family for Disasters

The Cow Creek Band of Umpqua Tribe of Indians encourages area residents to create a legacy of preparedness and safety for future generations by taking time to prepare for potential disasters and other emergencies.

Make a Portable Emergency Supply and Evacuation Kit

If a natural or human-caused disaster strikes, you might have to survive on your own for a few days or longer, which means you will need to have your own food, water, and other supplies, according to the Federal Emergency Management Agency's website: [ready.gov](https://www.ready.gov).

To prepare for disasters and other emergencies, individuals and families should have a communication and reunification plan; at least two weeks' supply of food and water at home for each person in the household; and a portable evacuation kit in case you need to evacuate your home on short notice.

Make a portable emergency supply and evacuation kit by storing items in airtight plastic bags in easy-carry containers such as duffel bags or plastic bins. A basic evacuation/survival kit should include:

- Copies of important documents, plus family and emergency contact information
- Food and water for at least three days (one gallon of water per person per day)
- Flashlight, first aid kit, tools
- Cellphone and chargers
- Medications for yourself and family members
- Toilet paper and personal hygiene items
- Battery-powered or hand-crank radio (NOAA weather radio)
- Emergency blankets and/or sleeping bags
- Maps of the local area with key locations identified
- Extra cash

Emergency food rations should include canned food, dry mixes and other foods that do not need refrigeration, cooking, water, or special preparation. Pre-packaged backpacking meals, MRE's (Meals Ready to Eat), and other dehydrated foods with a long shelf life are good choices. Remember to check and update your kit regularly to rotate out expired supplies. Don't forget pets, seniors, infants, and individuals with special needs while planning.

For more information, visit the [ready.gov](https://www.ready.gov) website or the Oregon Department of Emergency Management's Two Weeks Ready website: www.oregon.gov/OEM/hazardsprep/Pages/2-Weeks-Ready.aspx

Some of the risks we face in the Umpqua Valley and Douglas County include:

- Wildfire
- Extreme weather
- Medical and health emergencies, such as COVID-19
- Resource shortages
- Earthquakes (Cascadia Subduction Zone)
- Floods

Messages from the Clinic

THE DIABETES PREVENTION PROGRAM IS BACK!



The Dietetics Division at Cow Creek Health and Wellness Center is pleased to announce the return of the Diabetes Prevention Program in October!

This one-year commitment lifestyle change program was created by the Centers for Disease Control to help prevent or delay the onset of Type 2 diabetes. Designed specifically for people diagnosed with prediabetes or at high risk for developing Type 2 diabetes, the curriculum focuses on achieving moderate weight loss through eating well and staying active.

With guidance from a Certified Lifestyle Coach, participants will meet 22-26 times throughout the year in a group setting. Each session will focus on a specific topic.

FOR MORE INFORMATION, PLEASE CONTACT OUR LIFESTYLE COACH AT: 541-492-5267

PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

TOPICS INCLUDE:

- Healthy Eating
- Ways to get active
- Stress management strategies
- And much more

ADDITIONAL BENEFITS:

- Cooking demonstrations by our Registered Dietitians
- Tribal-specific activities
- Grocery gift cards
- Other incentives to help you reach your lifestyle goals

New Health Provider at the Cow Creek Health and Wellness Center

Kimberly Tally, FNP

Kimberly has been a practicing nurse for over 12 years, has extensive emergency medical care experience, and is certified for DOT physicals. She encourages improving lifestyles by incorporating body, mind, spirit, and the patient's culture into healthcare.



Messages from the Clinic

Omicron-Updated COVID-19 Boosters Available at Cow Creek Public Health

Cow Creek Public Health has adjusted its vaccine schedule and will administer doses of the newly updated COVID-19 booster, redesigned to protect against prevalent strains of the virus, to all members of the community five days a week.

As a way for the Cow Creek Band of Umpqua Tribe of Indians to say thank you to the community for getting boosted, **everyone who gets their COVID-19 booster will also receive a \$20 VISA gift card** (see the back cover of this newsletter for details).

Cow Creek Public Health received the updated booster, known as a bivalent booster that targets the Omicron strain of the COVID-19 virus, following the required federal approvals in early September.

CCPH will administer boosters, as well as primary vaccine series, Monday through Friday at the mobile vaccine drive-thru site in Roseburg, located at 2360 NE Stephens Street. The site is open from 10AM-1PM and 2PM-5PM. The site is open to all members of the public and all Tribal members, with no appointment necessary.

CCPH expects to maintain these current hours and days through the fall, and may add additional weekend dates to accommodate demand. They offer Pfizer and Moderna for adults and children, as well as the newly released Novavax COVID vaccine. Visit www.cowcreek-nsn.gov/public-health to view all available options for vaccines and boosters.

The newly updated boosters, known as bivalent, are made by both Pfizer and Moderna, and use mRNA formulas to target the BA.4 and BA.5 strains of the coronavirus.

Cow Creek Health and Wellness patients may also receive their COVID vaccine or booster at either the Roseburg or Canyonville clinic on Fridays by making an appointment. Call (541) 672-8533 and press #3 for the Roseburg clinic, or #4 for the Canyonville clinic.

It is recommended that every person ages 12 and older receive the updated bivalent booster, as long as they've received their initial series of vaccine. If a person received their last dose recently, it's recommended they wait at least two months before receiving the updated booster. If someone has recently been infected with COVID-19, experts say that person should be fully recovered before receiving the updated booster.

Boosters for children younger than 12 are available, but they are not the updated booster that targets Omicron strains of the virus. Currently, children younger than 5 years old may only receive their initial vaccine series.

To check whether you should receive the updated bivalent booster, the CDC has put together a step-by-step questionnaire as a guide, which you can find at www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html

Many community members haven't received a shot for almost a year, and are ready to receive the updated booster to protect against COVID-19 in the coming months.

"As we head into the fall, as more of us spend time indoors, the updated booster will be the best way to protect ourselves and those around us from severe illness and hospitalization caused by the dominant BA.5 and BA.4 COVID-19 subvariants," said Dr. Dean Sidelinger of the Oregon Health Authority.

Since the initial rollout of COVID-19 vaccines in January of 2021, Cow Creek Public Health and Cow Creek Health and Wellness have administered over 7,500 doses to community members.



Messages from the Clinic



Fall COOKING DEMONSTRATION

Free Demonstration

The Dietetics Team at the Cow Creek Health and Wellness Center will be preparing a fall-themed, diabetic-friendly meal. Bring your appetite and be ready to sample this homemade dish!

Friday, October 21st
2:30 - 4 PM

At the new Healthy Teaching
Kitchen in the Roseburg Clinic

RSVP to 541-672-8533
Registration is Required

Katie Ladd

Diabetes Lifestyle Coach

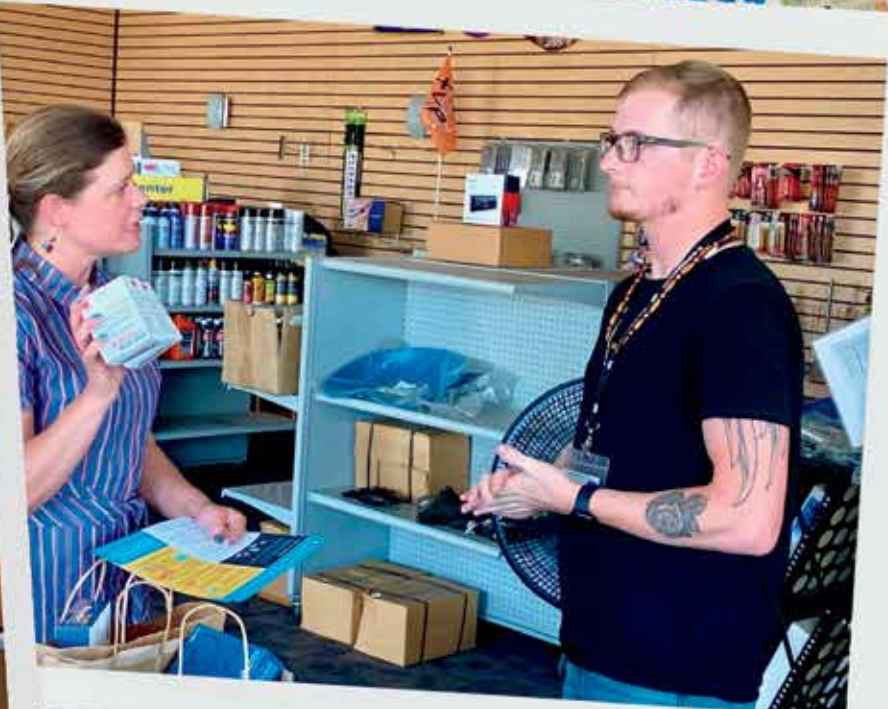
Shelli Willman

Registered Dietitian Nutritionist

Messages from the Clinic

THANK YOU TO EVERYONE WHO
CAME OUT TO VISIT US DURING
THE **SUMMER OUTREACH TOUR**

For more Public Health information, call 541-677-5535
or visit www.cowcreek-nsn.gov/public-health.





TRIBAL VETERANS CORNER

OCTOBER 2022



TRIBAL VETERANS GROUP MEETING

These meetings will
all be held at 10 AM at
the Seven Feathers
Casino Resort
Hospitality Room
(near the pool).

OCTOBER 7

NOVEMBER 4

DECEMBER 2

UPCOMING VETERANS EVENTS

NOVEMBER 11 **Veterans Day Parade in downtown Roseburg, OR**
Contact Rhonda by October 31st to help us show a strong presence in the parade.

NOVEMBER 12 **Tribal Youth Pow Wow**
Please plan to attend this event at Seven Feathers Casino Resort Convention Center. See page 26 for more information.

**TUESDAYS
AND
THURSDAYS** **Culture and Elders Group**
10 - 11 AM at the Grape and Huckleberry Room at Seven Feathers Casino Resort. Work on cultural art projects. Past projects included purple shawls, beautiful necklaces, leather pouches, moccasins, twined yarn bags, and more.

Questions? Contact Rhonda Richardson at 541-677-5575 or richardson@cowcreek-nsn.gov (with "Cow Creek Veteran" in the subject line)



October is Domestic Violence Awareness Month

The National Indigenous Women's Resource Center (NIWRC) reports that **84.3% American Indian and Alaska Native (AI/AN) women, and 81.6% of AI/AN men have experienced violence in their lifetime.** Violence, particularly among AI/AN communities, can come in many forms. These are only a few examples:

Coercion and Threats

Makes and/or carries out threats of injury, abandonment, or reporting to authorities. Forces victim to do illegal things. Stalking.

Cultural Abuse

Competes over "Indianness", or misinterprets culture to prove gender superiority or gender stereotypes.

Ritual Abuse

Uses religion or ritual to persecute victims or prevent victim from practicing religious or cultural ceremonies.

Physical or Sexual Abuse

Kicking, punching, slapping, biting, causing injury, unwilling sexual contact, being treated as an object.

Isolation

Controls what the victim does, and with whom they interact. Limits outside involvement. Uses jealousy to justify actions.

Emotional Abuse

Causes victim to feel bad about themselves, or to distrust their own emotions. Makes victim feel guilty or humiliated.

No one deserves to be the victim of domestic violence.

For more information, visit www.niwrc.org or call the StrongHearts Native Helpline: 1-844-7NATIVE (762-8483)

Government and Programs

Construction on Tribal Housing Continues at Gentry Loop

The Wili Department and Umpqua Indian Utility Cooperative have been hard at work on the project to build 17 new houses on the Tribal-owned Gentry Loop in Myrtle Creek, Oregon. Two were completed earlier this year, and more are on the way. The graphic below offers a look at some of the various stages of construction.

Breaking Ground

With the completion of 205 and 213 Gentry Loop, the next areas have taken the first steps to becoming new Tribal Housing. This ground was broken in early September in preparation for construction.



Gentry Loop



Under Construction

These two units have been worked on for several months. The structure and exterior are making progress, but there is still a way to go before they are ready.

Gentry Loop



205 and 213 Gentry Loop

With construction complete on these two houses, the Wili Department will soon choose applicants from the waiting list to move in.

Weaver Avenue

Elders Honor Dinner and Blanket Ceremony

**Saturday, November 12th
Seven Feathers Casino Resort
Doors open at 4 PM**

- Elders will receive an invitation in the mail with instructions on how to RSVP, and secure a room at the hotel.
- The Blanket Ceremony will honor all those who became Elders this year, as well as in the past two years, as the ceremony could not be held during the pandemic.
- Each Elder is allowed to bring one guest for free. Any other guests will require a fee of \$48 to cover dinner and lodging.
- There will be entertainment, prizes, and an Elders-only breakfast the morning of the 13th.

**For more information, please contact
Sophia Gosselin at 541-677-5575.**



Elders Events Notices

The monthly Elders Luncheons are held the first Friday of every month at 11 AM at Seven Feathers Casino Resort.

The Senior Meal on October 27th will be held in the Styx Sports Bar at Seven Feathers Casino Resort.

Youth Activity Committee
YOUTH POW WOW

NOVEMBER 12TH



**SEVEN FEATHERS
CASINO RESORT
CONVENTION CENTER**



3 PM: Pow Wow Etiquette
(Attendance required to receive dinner ticket)

4 PM: Dinner

6 PM: Grand Entry

9 PM: End of Youth Pow Wow

RSVP BY NOVEMBER 4TH

Tammy Anderson: 541-672-3861 or

tammy.anderson@cowcreekgrc.com

Tribal vendors are welcome with no fee, and may bring a six-foot table. Vendors RSVP to Rhonda Richardson at 541-677-5575 or RRichardson@cowcreek-nsn.gov.

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Culture Is Wellness Level 1 Takelma Class	4 Senior Meals Parenting Workshop 6 - 7:30 PM (Zoom)	5 Culture is Wellness	6 Senior Meals Women's TREM	7 Tribal Veterans Group 10 AM @7F Family Takelma Class 5-7 PM (Zoom)	8 Culture is Wellness Also on the 7th: Elder Monthly Luncheon 11AM@7F
9	10 GO Closed for Indigenous Peoples' Day Culture Is Wellness	11 Senior Meals Food Bank 9-11 AM Parenting Workshop 6 - 7:30 PM (Zoom)	12 Culture Is Wellness	13 Senior Meals Women's TREM	14	15 Culture is Wellness YAC Fall Gathering
16	17 Culture Is Wellness Level 1 Takelma Class	18 Senior Meals Parenting Workshop 6 - 7:30 PM (Zoom)	19 Culture Is Wellness	20 Senior Meals Women's TREM	21 Fall Cooking Demo 2:30 PM @NC Family Takelma Class 5-7 PM @ TCC	22 Culture is Wellness
23	24 Culture Is Wellness Level 1 Takelma Class	25 Senior Meals Food Bank 2-4 PM	26 Culture Is Wellness	27 Women's TREM Senior Meal at Styx Sports Bar 11AM @7F	28	29 Culture is Wellness
30	31 Culture Is Wellness Level 1 Takelma Class					

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meals	2 Culture is Wellness	3 Senior Meals Women's TREM	4 Tribal Veterans Group 10 AM @7F Youth Pow Wow RSVP Deadline	5 Culture is Wellness
6	7 Culture Is Wellness Lvl 1 Takelma Class	8 Senior Meals Food Bank 9-11 AM	9 Culture is Wellness	10 Senior Meals Women's TREM	11 Veterans Day Parade @ Roseburg OR	12 Culture is Wellness Elder Honor Dinner & Youth Pow Wow 3 PM @7F
13 General Council 10 AM @ 7F	14 Culture Is Wellness Lvl 1 Takelma	15 Senior Meals	16 Culture is Wellness	17 Senior Meals Women's TREM	18	19 Culture is Wellness
20	21 Culture Is Wellness Level 1 Takelma	22 Senior Meals Food Bank 2-4 PM	23 Culture is Wellness	24 GO Closed for Thanksgiving	25 GO Closed for Thanksgiving	26 Culture is Wellness
27	28 Culture Is Wellness Level 1 Takelma	29 Senior Meals	30 Culture is Wellness			

Location Abbreviations

GO: Government Offices, Roseburg, OR
NC: North Clinic, 2589 NW Edenbower Blvd, Roseburg, OR
SC: Cow Creek Health & Wellness Center, Canyonville Clinic
7F: Seven Feathers Casino Resort, Canyonville, OR
TCC/EHYC: Tribal Community Center/Expanding Horizons
 Youth Center, 825 NE Leon Ave, Myrtle Creek, OR

Regular Events Times/Places

Culture Is Wellness: Women's/Men's Healing Circle
 Mon: 6 PM, Medford Tribal Office, 40 S. Central St, Medford, OR
 Wed: 7 PM at Block House behind Seven Feathers Casino
 Sat: 6 PM at 940 Garden Valley Blvd, Roseburg, OR
Senior Meals: 11 AM - 1 PM @7F
Women's TREM Workshop: 6 - 7:30 PM @GO South Building

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

WEEKENDS OFF

**WORK / LIFE
BALANCE**

**EXCELLENT
BENEFITS**



COME JOIN OUR TEAM

SOME OF OUR AVAILABLE POSITIONS:

- ARCHAEOLOGIST
- ELDERS PROGRAM ASSISTANT
- GENERAL COUNSEL
- IT DIRECTOR
- DIRT FOREMAN
- CERTIFIED MEDICAL ASSISTANT (SIGN-ON BONUS!)
- LICENSED CLINICAL SOCIAL WORKER
- PRIMARY CARE PROVIDER (SIGN-ON BONUS!)
- PUBLIC HEALTH MEDICAL ASSISTANT (SIGN-ON BONUS!)
- PUBLIC HEALTH REGISTERED NURSE (SIGN-ON BONUS!)
- REGISTERED NURSE (SIGN-ON BONUS!)

COWCREEK-NSN.GOV/EMPLOYMENT
541-672-9405
INFO@COWCREEK-NSN.GOV



GET BOOSTED AT COW CREEK PUBLIC HEALTH

RECEIVE A \$20 VISA GIFT CARD



NOW AVAILABLE:

Updated Omicron boosters
Moderna, Pfizer for all ages
Novavax
No appointment needed

NEW HOURS:

Vaccine Drive-Thru
Monday-Friday
10 AM - 1 PM, 2 PM - 5 PM
2360 NE Stephens St. in Roseburg



HELP FIGHT COVID-19 BY STAYING UP-TO-DATE

Questions? Call (541) 677-5535 | cowcreek-nsn.gov/public-health