



Wik'uuyám Heeta'

"Friend, Away from Here"

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



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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)

Letter from the Chairman

Greetings,

I would like to start my first quarterly Chairman's update by extending my appreciation to my fellow board members for the faith they have shown in electing me as Tribal Chairman. I would also like to acknowledge the hard work and effort that our former Chairman Dan Courtney and the Tribal staff have put forth for the Tribe. They have done a wonderful job. I hope my ideas and leadership prove to be as successful in our future.

Despite the pandemic, our Tribe has seen relatively successful times. However, we cannot ignore the threats and attacks on our sovereignty, jurisdiction of lands, and encroachment on our Tribal homeland. We continue to restore our Tribal reservation that has been devastated by wildfire and extend our Tribal land base. Tribes across our nation are having to buy back their Tribal homelands, we are no exception.

I appreciate our Tribal businesses and fully intend to work hard toward diversification in our Tribal economy. Our Tribal programs depend on the revenue generated by the businesses as federal funding is never enough to fully meet the needs of our Tribe. That being said, business and revenues are very important, but not at the expense

of who we are as Indian people. I believe the economic development is an important focus; it is how we advance ourselves, but our traditions and culture are a reflection of our values and need to be secured for our future generations.

Among the goals I would like to see advanced are not only diversification of our economic development projects, but I would like to see advancement in economic and social opportunities for our membership as well:

1. Tribal General Welfare Exclusion Act
2. Cultural revitalization
3. Healthcare
4. Rock Creek fish hatchery – continuing our tradition of our first food
5. Opportunities of natural resources
 - a. Prevention of wildfires on our Tribal lands
 - b. Water issues
 - c. Biomass
 - d. Forest management

I would like to leave you with this:

The mission of the Cow Creek Band of Umpqua Tribe of Indians upholds Tribal Government, protects and preserves Tribal sovereignty, history, culture and the general welfare of the Tribal membership, and serves to provide for the long-term economic needs of the Tribe and its members through the economic development of Tribal lands. The Tribe encourages and promotes a strong work ethic and personal independence for Tribal members, while strongly upholding the "government to government" relationship with local, State and Federal governments. The Tribe constantly strives to maintain and develop strong cooperative relationships that benefit the Tribe and local community.

Sincerely,

Carla Keene,
Chairman of the Tribal Board



Tribal News

TRIBAL LEADERS MEET WITH GOVERNOR BROWN ONE LAST TIME



The Cow Creek Band of Umpqua Tribe of Indians participated in Oregon Governor Kate Brown's final Tribal-State Government-to-Government Summit in Florence last month.

The annual meeting is a chance for all nine of Oregon's federally recognized Tribes to engage in discussions with each other, as well as state legislators and agencies.

Brown's term limits on the Oregon Governor's Office expire in January of next year, following the results of this November's election.

Former Chairman Dan Courtney stepped in to represent the Cow Creek Umpqua Tribe at the meeting, on behalf of the newly elected Chairman Carla Keene. Also in attendance were Tribal CEO Michael Rondeau, Deputy Director of Tribal Government Alicia McAuley, Director of Natural Resources Kelly Coates, and Umpqua Ventures COO Travis Hill.

"Governor Brown has advocated for Tribes during her time in office, beginning with her time in both the House and Senate, as well as Secretary of State. She has continuously shown she is well informed on Indian affairs," said Rondeau.

Treasurer of the Tribal Board of Directors, Robert Van Norman, carried the Cow Creek Umpqua flag during the summit's opening ceremony.

Sessions of the summit included panel discussions on economic development, workforce hiring, climate and natural resources.

This year's summit was held at Three Rivers Casino Resort in Florence, hosted by the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians. The theme of the summit was "Celebrating our Accomplishments, and Preparing for the Challenges Ahead."

INDIAN CHILD WELFARE ACT GOES BEFORE SUPREME COURT

A case challenging the Indian Child Welfare Act (ICWA) is set to be heard before the U.S. Supreme Court this month.

Brackeen v. Haaland is a potential landmark case that if overturned, could strip Native American governments of the rights to raise Tribal foster children within the Tribe, thus severing a child's connection to culture.

The case was brought by a Texas family, the Brackeens, who adopted a Navajo boy in 2017 after his mother and father's parental rights were terminated. They are fighting to adopt the boy's sister, and argue they are better suited than Navajo family members to raise both children together. They claim ICWA is based on racial discrimination and unconstitutional.

The ICWA is a federal law designed to protect Native children by deferring to Tribes to find foster homes within the Tribal community and maintain familial Tribal connections. It was passed in 1978 as a way to prevent Native children from being stripped away from their Tribes, and to "promote the stability and security of Indian Tribes and families."

The Cow Creek Band of Umpqua Tribe of Indians, as well as Oregon's eight other federally recognized Tribes, signed an amicus brief in August in support of the ICWA.

Oregon legislators passed a law in 2020 that upholds the state's version of the ICWA.

New Leadership for Seven Feathers Casino Resort

Jay Ellenberger has a degree in Electronics Engineering and 25 years of experience in the gaming industry, including three years as the Director of Casino Operations at Seven Feathers Casino Resort. After a short time away, he has returned to take the position of General Manager for the Tribe's casino.

His career in casino gaming began with the Sierra Design Group (now Light & Wonder) as a service technician, where he worked his way up to the role of National Director of Field Services. He then moved from the vendor side of the business to operations, working as the Slot and IT Director at Yakama Legends Casino. Over the next decade, he worked for several casinos, expanding properties with more amenities, renovations, and improvements. After three years at Seven Feathers Casino Resort, he spent a six-month term at Northern Quest Resort & Casino before returning to Canyonville as General Manager.

"I felt like I was family while I was here," he says. "Seven Feathers Casino Resort is a great brand in the industry, and the Cow Creek Tribe takes great care of their people. That's not very common in this industry, and that's one big reason why I came back."

Ellenberger says that one of his top priorities as General Manager is cultivating an environment where both the guests and employees want to keep coming back.

"Our biggest goal is to ensure a successful Exit 99, and to bring together all of our Tribal businesses in Canyonville to create a wonderful experience as a destination resort, and to make this the place people think of when they want to get away from it all for a while."

As General Manager, Ellenberger spends most of his days meeting with team members, assisting department leaders in meeting their goals, planning for the future, and providing employees with training and growth opportunities.

"It's a big honor for me to work in an enterprise that funds the economic side of the Tribe and all the work they do in the community. After 25 years in this industry, I've found that being able to do this for people is what makes me feel good"



Jay Ellenberger

"The Tribe treats me like family, so it is my honor to be able to carry that forward and build up that kind of work environment for my team."



Tribal Participation at the Roseburg 150 Celebration

The Cow Creek Band of Umpqua Tribe of Indians was recently asked to be a part of the 150th anniversary of the City of Roseburg. The Tribe participated in an event called “Party in the Park” on Sunday, October 2 in Stewart Park. Staff from Cultural Resources and Education offered cultural and educational activities for families, including beading, Takelma language games, and traditional Native games.

As a prominent community leader, Tribal CEO Michael Rondeau was asked to speak about the history of Cow Creek in the region.

“We have a lot of Tribal families who are related to fur trappers. The Hudson Bay Company encouraged all of their trappers to marry into the Tribes. So that’s where we get many of our surnames like Rondeau, LaChance, Dumont and others with that French influence,” Rondeau told the audience during the speech.



Prior to Rondeau’s speech, Takelma Language Teacher Learner Elizabeth Bryant offered a prayer in Takelma to open the event. *See the opposite page for the Takelma words and English translation.*

In addition, historical Cow Creek Umpqua photos were also incorporated into a pathway display in Stewart Park decorated with photos from the past 15 decades. *See on pages 8 and 9.*



The City of Roseburg also created a time capsule for the event that included among other things many Cow Creek Umpqua artifacts, including a traditional-style flint-knapped obsidian blade, a carved deer antler in the shape of a fox, and the most current edition of the *Wik’uuyam Heeta’* newsletter.

An autograph book was also placed inside the time capsule. Rondeau signed the book next to a photo of his family member, John Rondeau, with the inscription: “Representing the earliest inhabitants, we look forward to the continued partnerships in our community.”

The time capsule was buried at the Roseburg City Hall and will be opened in 2072.



Takelma Prayer Opens Roseburg 150 Party in the Park



Takelma Language Teacher Learner Elizabeth Bryant offers the Takelma prayer to start the Party in the Park

Hapeepiní tihàuta túu.
Wilihàwt^hek^h.
T'eimi's téehaltan ìxtiil katák^h
lep^hnìkwat^h Roseburg wili-kwalá
yowò'.

Haap^hk'emná's,
Kwènhì alyowoyík^h,
Olóm Nahánk^huotana emè'
yowò'.
Teetát^h Nahánk^huotana emè'
yowò'.

Emè' lep^hnì kwalá kwalá
kwi'neyíxtam k'waayí
tek'iyikík^h
Ka ka'ál tuuwuù'k^h

Tèhì alyowoyík^h,
iìheekwàk^hwatam kelkulukwà'n
kelxiik'iyatam kelkulukwà'n
Yuwáx xaayót^h ,yuwáx wàt^hkwan
kelyót^h, kelkulukwà'n
Kelkii'naxáxta yap'á altíi
kelkulukwà'n
wíip^hik^h.

Haap^hk'emná's,
Kelkulukwanák^h, wíinximin,
kwalá yuwáxtam.
T^hkáa altúu yap'á kelkulùk^hw, ka
ka'ál tuuwuù'k^h.

Yap'átam Kelkii'naxáxta. Ka
ka'ál, tuuwuù'k^h "Roseburiya"
Nahánk^huotana'si k'uyàmhan
yowò'.
Kelkulukwanák^h, wíinximin,
kwalá yok'oyaná^h.
Aká Hem kwi'neyíxtam
mats'axám, tap^hoyòt^h
Altíi tap^hoyòt^h.
tuuwuù'k^h.

Good Afternoon.
Welcome.
The City of Roseburg is 150 years
old.

Creator,
Looking back,
Cow Creek People were here.
Cow Creek People were here first.
Our ancestors existed here many,
many years before.
We have continued to exist.
Because of that, Creator we thank
you.

Looking forward,
I hope for collaboration.
I hope for understanding.
I ask for equal and respectful
views of our existence.
I ask for education, for all people,
Cow Creek and others.
We can walk on.

Creator,
Help us continue to exist together.
Thank you for people who
appreciate and see the beauty of
the land.
Thank you for the opportunities
for our people.

The people of Roseburg, Cow
Creek people and we are friends.
We ask to be helped to know
more.
Bless our ancestors who gave us
this moment in time.
All are blessed.
Thank you.

Tribal News

Historical Photos from Cow Creek at Roseburg 150



Ellen Furlong Crispin is credited with beginning much of the work to acknowledge the Cow Creek Band of Umpqua Tribe of Indians as a federally recognized Tribe in the 1900's. She led efforts to have the U.S. Government honor the Cow Creek Treaty of 1853. She is pictured (left) in the 1900s, standing next to a horse and (right) in the 1950s, wearing traditional garments.



Isadore Rondeau was first elected Chairman of the Cow Creek Band of Umpqua Tribe of Indians in 1919. He played a role in bringing Indian Rodeo to Roseburg. Isadore is pictured with his wife Mandy, ca. 1900s.



These photos show the same Cow Creek Tribal family participating in a horseback parade in Roseburg decades apart. Traditionally, Cow Creek Tribal members did not wear headdresses. Although it's believed it was encouraged for this particular parade as a theatrical element of Indian Rodeo. Photo above, ca. 1950s. Photo below, ca. 1970s.



Mose Dumont, Cow Creek Umpqua Tribe, ca. late 1920s.





Cindy Rondeau and Teddy Rainville. Not long after this photo was taken, Teddy Rainville died of drowning.

James, Pauline and Helen Dumont, Cow Creek Umpqua Tribe, ca. 1920s. Most Cow Creek Umpqua Tribal members lived around Tiller, Oregon, but came into Roseburg to have their portraits taken, like this one. Portraits make up a large portion of the Cow Creek Umpqua historical photos, and have been helpful in outlining Tribal families and relationships.



The Cow Creek Tribal Offices on Stephens Street in Roseburg, where they are currently located, were first opened in 1998. The Cow Creek Tribal Government operated out of small buildings with only a few employees for many years. But as services and Tribal businesses grew, it became increasingly important to build a new headquarters. The Cow Creek Tribal Government now employs 200 people, and Umpqua Indian Development Corporation employs nearly 900 people.

(Bottom Left): The 1998 Cow Creek Board of Directors in front of new Roseburg Cow Creek Tribal Offices. Left to right: George T. Rondeau, Robert Van Norman, Daniel Courtney, Leland Van Norman, Gary Jackson, Wallace "Buster" Rondeau, Tom Rondeau, Sr., Roy "Steve" Jackson, Shirley Roane, Sue M. Shaffer, James Estabrook.



(Below): Grand opening of Roseburg Cow Creek Tribal Offices in 1998. George T. Rondeau, Leland Van Norman, Tom Rondeau (behind the flag), Wallace "Buster" Rondeau, Robert Van Norman and Daniel Courtney (behind Robert Van Norman) can be seen raising the Cow Creek flag for the first time.



Where No Tribal Woman Has Gone Before

A California woman has become the first Native American woman to venture into space.

NASA astronaut Nicole Mann, member of the Wailacki Tribe of the Round Valley Indian Tribes, launched into space on October 5th from the Kennedy Space Center in Cape Canaveral, Florida. Mann was selected as the commander of the NASA SpaceX Crew-5 mission.

Mann is also a Colonel in the U.S. Marine Corps, and a pilot of the F/A-18 Hornet. She has flown 47 combat missions in Iraq and Afghanistan.

Mann and the crew will spend the next several months on board the International Space Station. Their mission includes several planned space walks, as well as science experiments including 3-D printing of human tissue.

John Herrington became the first Native American in space in 2002.

(Right): Official NASA Portrait of Nicole Mann, Public Domain

(Below): The crew of the SpaceX Crew-5 Mission, courtesy of NPR.org



Tribal Police Chief Brett Johnson Completes Executive Leaders Program

Brett Johnson, Cow Creek Tribal Police Chief, completed the Executive Leaders program at the Naval Postgraduate School Center for Homeland Defense and Security (CHDS) this summer.

Throughout the hybrid program, Johnson collaborated with Homeland Security officials from across the nation on current policy, strategy, and organizational design challenges.

The NPS-CHDS participants include professionals from the fields of emergency management, education, law enforcement, fire service, homeland security, public health, and city/county government.

Located at the Naval Postgraduate School (NPS), CHDS is the nation's homeland security educator. CHDS program participants develop critical thinking, leadership, and policy skills. CHDS is sponsored by the U.S. Department of Homeland Security, National Preparedness Directorate, within the Federal Emergency Management Agency (FEMA). For information, visit www.chds.us.



Education Staff Represent Cow Creek Tribe at Native Language Summit and NIEA Convention

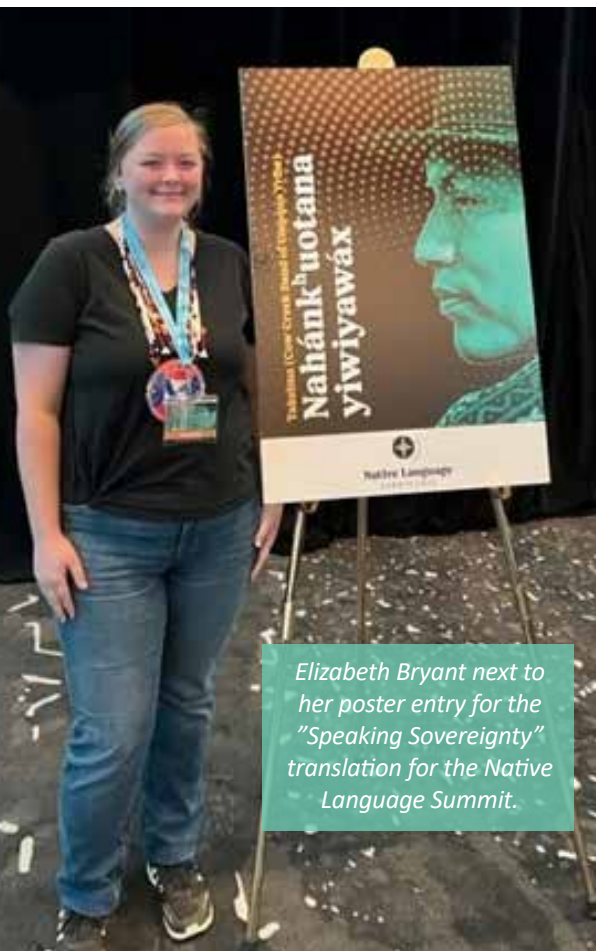
In early October, Takelma Language Learner Elizabeth Bryant and Education Director Sandra Henry traveled to Oklahoma City to attend two national events.

At the National Indian Education Association (NIEA) convention, a number of informational sessions were presented. Among informational lectures on teaching, they attended a presentation by the Standing Rock Sioux Tribe, which had recently been in a lawsuit with the Lakota Language Consortium over the rights to Lakota language materials and data.

“The big takeaway from that was data sovereignty and controlling the rights to your materials,” says Bryant.

At the Native Language Summit (a separate event held nearby), they provided feedback to the BIA and other Federal grant programs regarding the Ten-Year National Plan on Language Revitalization, and how federal language grants will be issued.

“It’s great to find grants and network with other Tribes,” says Bryant, “but every Tribal member can support the language program by learning the language. If they learn it, it can never be taken away.”



Elizabeth Bryant next to her poster entry for the "Speaking Sovereignty" translation for the Native Language Summit.

Tribal News

Prescribed Burns On Tribal Land Near Myrtle Creek

Prescribed burns on Cow Creek Umpqua Tribal lands near Myrtle Creek in late September progressed as planned, according to Tribal staff.

Staff prepped and conducted controlled burns on the Dole and Hurd properties Monday and Tuesday, before rain showers arrived Wednesday.

Burns on the Lilja property were set to begin in early October, but a change in weather conditions forced them to delay the burn until next year.

Crews worked with support from the Douglas Forest Protective Agency (DFPA) to ensure burns were carried out safely. Former Cow Creek Umpqua Tribal Board member Rob Estabrook led the burns with over 20 other staffers on site from DFPA, Cow Creek Natural Resources and Forestry, Cow Creek Emergency Management, Umpqua Indian Development Corporation (UIDC), and Umpqua Indian Utility Cooperative (UIUC). Current Tribal Board Member Gerald Rainville also assisted with controlling the burns.

According to Nathan Jackson, Senior Director of Corporate Services for UIDC, the burns were implemented to reduce wildfire fuels on the land, but also for agricultural reasons. Jackson said the burns will help improve soil health and encourage other beneficial plant species, such as White Oak, to grow in the area, while discouraging weeds.

“[We are] putting regular, low-intensity fire on the ground, much in the same way that the Cow Creek people have used this important tool for generations,” he said.

Burning has been used by Indigenous people as a method of land management for thousands of years. In conjunction with the Natural Resources Conservation Service (NRCS), Cow Creek Natural Resources and Forestry teams are also preparing other densely stocked Tribal lands in the Elk Creek Watershed near Tiller for prescribed burns.

Burns on the Dole and Hurd properties were part of multiple other prescribed burns around Douglas County this week that were permitted and supervised by DFPA.

The Dole, Hurd and Lilja properties are clustered together north of Myrtle Creek and south of Roseburg on both sides of Interstate 5, near milepost 112.



University of Oregon Grants Free Tuition to Tribal Students



The University of Oregon made an announcement in October that will make a significant impact in many Tribal members' lives. Currently enrolled students who are a member of any of the 574 federally recognized Tribes are eligible to receive free tuition at the university.

The announcement launched the new Home Flight Scholars Program at the school, a major advancement in education opportunities for Tribal students.

According to the University of Oregon, the program was designed to overcome three issues that typically prevent Tribal students from attending college: financial hardships, academic difficulties, and a lack of cultural connectedness.

In addition to tuition and fee waivers, the program offers direct support services and mentorships to help Tribal students succeed in their academic careers.

"The Home Flight Scholars Program tackles the unique challenges [American Indian and Alaska Native] students face and prepares them to graduate with an education and the experience that empowers them to return home and make a positive impact

in their communities and for their families," said University of Oregon Interim President Patrick Phillips.

There are currently around 150 self-identified American Indian Alaska Native students enrolled at the University of Oregon who would be immediately eligible to benefit from the program. The Cow Creek Umpqua Education Department will be reaching out to all Tribal members who are enrolled at the U of O to take advantage of this program.

This year, a number of universities across the country, including Oregon State University, Portland State University and Southern Oregon University, announced that out of state Tribal students would receive in-state tuition to attend their schools, a significant financial benefit.

"This is another example of Oregon's higher education institutions removing barriers for Native American students and seeing the value that having the Native perspective brings to education, the workplace, and the world in general," said Cow Creek Umpqua Education Director Sandy Henry.



This Month in Tribal History

November

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.

1990

Dr. Stephen Dow Beckham gave a public lecture: "Things to Remember: The Cow Creek Band of Umpqua Tribe of Indians."

1993

The Smithsonian Museum contacted the Tribe regarding Oregon Tribes' participation in completing the National Museum of the American Indian.
The Klamath Tribe joined efforts to oppose a mining and testing project at the Huckleberry Patch.

2009

Tribal Health Director Dr. Sharon Stanphill met with the Indian Health Service Director to advocate for badly needed regional specialty referral centers and funding for health facilities.

1992

Cow Creek Health Director Bobby Dumont-Smith was selected by the Northwest Portland Area Indian Health Board as "Health Director of the Year" from among 48 health directors in the area.
The Tribe implemented its first Energy Assistance Program for low-income families to help pay for electric, gas, oil, propane, and wood heat.

2008

The Tribe and the Partnership for the Umpqua Rivers Watershed Council completed installation of eight fish-friendly culverts on Jordan and Alder Creeks west of Canyonville.



2007

The Tribe worked with ODOT and local environmental crews to clean up a diesel spill on Highway 38 in Drain.



2010

The Housing Department implemented the Student Rental Assistance Program.
Creekside Restaurant (at Seven Feathers Truck and Travel Center) was highlighted in "Restaurants Revamped," an article in *STOPWATCH* magazine.

This Month in Tribal History

November

2011

Umpqua Indian Foods' Brew Pub Premium Steak Jerky was shown in *Two and a Half Men*, with Ashton Kutcher's character adding it to his shopping cart.



2014

The Tribe's Education and Workforce Center opened in Tri-City.

2015

Rhonda Richardson and Tribal elders searched for the meaning of *Kiuyum-Id*, the name of this monthly Tribal newsletter, and discover it to actually be *Wik'uuyám Heeta'*, meaning "Friend, Away from Here."

2021

Kelly Coates and Elizabeth Bryant were featured on NPR's *Short Wave* podcast, featuring the Pacific Lamprey.

2012

Tribal Chairman Dan Courtney was elected to serve as Vice-Chairman of Oregon's Legislative Commission on Indian Affairs, after serving on their board for three years.

2017

The California Academy of Sciences highlighted Cow Creek educators and youth at the Tribal Community Center in the *Science Action Club* newsletter, featuring the native language literacy classes.

2020

The Education Department announced the first two books in the Takelma Language Primer series: *Animals* and *Places*.
The Cultural Resources Program added extensive historical information to the Tribal artifact displays at Seven Feathers Casino Resort.

2013

Cow Creek's "Thundering Water" drum group received an award from the Veterans of Foreign Wars for their performance at the 2013 Veterans Day Celebration.



Tribal News

COMMUNITY HEALTH FAIR



Thank you to all who attended these events!

FALL GATHERING



TRIBAL VETERAN HIGHLIGHT

NOVEMBER 2022



JOHN RONDEAU

Cow Creek Tribal member John Rondeau served as an interpreter in World War I. His family spoke English, French and Chinook jargon in his childhood home, leading him to become a French interpreter during the war.

This photo was one of a dozen that were shared with the City of Roseburg for their 150th Anniversary celebration Party in the Park, held in Stewart Park on Sunday, October 2nd. See pages 8-9 for the rest of the collection of Cow Creek Umpqua photos shared for that event.

Want to share your story? Contact Rhonda Richardson at 541-677-5575 or rrichardson@cowcreek-nsn.gov (with "Cow Creek Veteran" in the subject line).

Government and Programs

WEEKENDS OFF

**WORK / LIFE
BALANCE**

**EXCELLENT
BENEFITS**



COME JOIN OUR TEAM

SOME OF OUR AVAILABLE POSITIONS:

- ARCHAEOLOGIST
- ENVIRONMENTAL SERVICES PROGRAM MANAGER
- FACILITIES MANAGER
- IT DIRECTOR
- SECURITY OFFICER
- LICENSED CLINICAL SOCIAL WORKER
- REGISTERED DIETICIAN
- CERTIFIED MEDICAL ASSISTANT (SIGN-ON BONUS!)
- PRIMARY CARE PROVIDER (SIGN-ON BONUS!)
- PUBLIC HEALTH MEDICAL ASSISTANT (SIGN-ON BONUS!)
- PUBLIC HEALTH REGISTERED NURSE (SIGN-ON BONUS!)

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



DON'T FORGET:

WE'VE MOVED!

**The Cow Creek Health and
Wellness Center's North
Clinic has moved to a new
location in Roseburg, Oregon**

541-672-8533
PRESS #3 FOR ROSEBURG

**2589 NW EDENBOWER BLVD
ROSEBURG OR**

Government and Programs

Cleaner Air for a Healthier Home

Smoke Mitigation Program

Qualifying Tribal members age 18+ can apply for a free

Winix 5500-2 Air Purifier.

(See the application for qualification details)

To apply, use a smartphone to scan the QR Code on this postcard.
(Tribal enrollment number required)

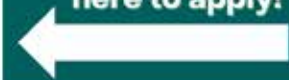
Have questions, or don't have a smartphone or computer? Call (541) 677-5535



Cow Creek Public Health



Point your smartphone camera here to apply!



TAKELMA LANGUAGE CORNER

CLASSES

Family Language Class

Topic: Animals

November 4th @5pm-7pm

Virtual

November 18th @5pm-7pm

Government Office

Dinner is provided!

December 2 @5pm-7pm

Virtual

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



LANGUAGE LESSON

If you attend a language class this month, you will learn how to talk about animals in Takelma. Don't forget your Takelma Animals book! Here are some animals that you might see.

suhuù

[soo-HOO]

Quail



kwìskwas

[GWIHS-gwahs]

Chipmunk



HARVESTING ACORNS

Research has shown that antioxidants, such as the plentiful vitamins A and E in acorns, may help reduce chronic illnesses, such as heart disease and diabetes.

Acorns are also a great source of fiber, and are rich in complex carbohydrates and minerals. They have low sugar content and lower fat than most nuts, but leave a slightly sweet aftertaste, which makes them very good for stews and breads of all kinds.

MARK THE LOCATION

White oak trees, such as swamp oak, Oregon white oak, or burr oak, are best for harvesting, as they have less bitter tannin. When you find some, mark the location for next year.

TASTING ACORNS

To find usable acorns, crack a fat acorn with no worm holes, and examine the meat of the nut for a yellowish color. If it is blackish or dusty, it indicates insects. Nibble or chew a part of the meat of the nut. If it is very bitter, spit it out and try another kind of acorn. Nuts may range from mild and sweet to very bitter, which indicates the level of tannin.

GATHERING ACORNS

Depending on the variety of oak and the climate, acorns usually drop between late September and October. On a dry and sunny day, sit beneath the trees to collect them into baskets or sacks. Be careful not to wait too long, or animals will get there first. Store your acorns in an open container and rotate them weekly, throwing out any that have holes.

Career Corner

COW CREEK CAREER CENTER

IMPORTANT DATES

FAFSA 23-24 IS OPEN

November 15, 2022

NEW Winter Term & Spring Semester Student Applications DUE

<https://www.cowcreekeducation.com/education-programs/>

Is your resume dusty and in need of an update? Have an upcoming interview and could use some practice? Interested in career exploration, but no idea where to begin?

Russ is eager to start working with you to help you meet your professional goals!

Call Russ at 541-677-5562 or email him at russell.cox@cowcreek-nsn.gov.



College Admission Season is Here!

The following are Oregon's university deadlines to apply and all applications are available now on their website. All are for incoming freshman to attend in the fall of 2022-2023 school year:

- Southern Oregon University
 - www.sou.edu/admissions/apply/
 - Priority Deadline: 2/1/2023
 - Regular Admissions: Rolling
- Oregon State University
 - www.admissions.oregonstate.edu
 - Early Action: 11/1/2022
 - Regular Admission: 2/1/2023
- Western Oregon University
 - www.wou.edu/admission/apply/
 - Priority Deadline: 1/15/2023
 - Regular Admissions: Rolling
- Portland State University
 - www.pdx.edu/admissions/first-year
 - Regular Admissions: Rolling (Open until filled): 8/1/2023
- Eastern Oregon University
 - www.eou.edu/admissions/freshman/
 - Priority Deadline: 2/1/2023
 - Regular Admissions: Rolling
- University of Oregon
 - www.admissions.uoregon.edu
 - Early Action: 11/1/2022, college will notify acceptance by 12/15
 - Regular Admission: 1/15/2023

HOT JOBS

WWW.INDEED.COM

- Front Office Assistant- Smiles Dental-Roseburg, OR \$14 - \$17 an hour - Full-time
- General Manager with \$77K-100K -Panda Restaurant Group-Roseburg, OR-Full-time
- Member Services Representative- Planet Fitness West-Roseburg, OR \$15 - \$17 an hour - Full-time
- Ryan Bright Lawns-Landscaper-Full time-\$15/hour *Driver's License required* (541) 670-3204

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

2022 AISES Conference

American Indian Science and Engineering Society



AISES is a national non-profit organization focused on substantially increasing the representation of Indigenous peoples of North America and the Pacific Islands in science, technology, engineering, arts, and math (STEAM) studies and careers (AISES, 2018).

Andrew Pedregon and Korina Worden from the Cow Creek Education Department attended the American Indian Science and Engineering Society's (AISES) conference in October 2022. Universities, research institutions, corporations, professionals, and students from around the nation gathered in Palm Springs, California.



The event focused on professional, educational, and workforce development for Indigenous STEAM professionals and students.

“It was an eye-opening experience. AISES honored Indigenous cultural practices while providing a space for institutions and professionals to establish relationships,” shared Korina Worden, Education Coordinator.

“Our mission at the conference was to network with universities, non-profits, and corporations to find STEAM-related opportunities to inspire our Tribal youth and adult members to pursue careers in STEAM-related fields. There is truly something for everyone.” shared Andrew Pedregon, Youth Engagement specialist.

STEAM is an educational discipline that helps prepare students to become successful innovators in a modern workforce. STEAMS' objective is to spark interest and love for science and art in students of all ages (Lathan, 2022).



Sources:

AISES (2018). Our mission. Online at [https://www.aises.org/about/our-mission#:~:text=The%20Mission%20of%20AISES&text=The%20American%20Indian%20Science%20and,\(STEM\)%20studies%20and%20careers.](https://www.aises.org/about/our-mission#:~:text=The%20Mission%20of%20AISES&text=The%20American%20Indian%20Science%20and,(STEM)%20studies%20and%20careers.)

Lathan, Joseph (2022). Why STEAM is so Important to 21st Century Education. San Diego State University. Online at <https://onlinedegrees.sandiego.edu/steam-education-in-schools/>

Tribal Food Bank

DATES HAVE CHANGED FOR NOVEMBER 2022

We will have Food Bank on

Tuesday, November 8th 9:00 AM to 11:00 AM

Thursday, November 17th 2:00 PM to 4:00 PM

These dates have changed temporarily to ensure that our Tribal members are able to receive a holiday food box.

The holiday boxes will have sweet potatoes, mini marshmallows, french cut green beans, crispy fried onions, cream of mushroom soup, instant mashed potatoes, boxed stuffing, cranberry sauce, turkey gravy, and **a ham or turkey.**

If you have any questions or need help getting your food box during this time, please contact Kelly Sennick at 541-492-5278.





Winter COOKING DEMONSTRATION

Free Demonstration

The Dietetics Team at the Cow Creek Health and Wellness Center will be preparing an assortment of wholesome dishes you can bring to your next holiday party.

Bring your appetite and be ready to sample these homemade dishes!

Friday, December 2nd
2:30 - 4 PM

At the new Healthy Teaching
Kitchen in the Roseburg Clinic
2589 NW Edenbower Blvd

RSVP to 541-672-8533
Press #3 for Roseburg
Registration is Required

Katie Ladd

Diabetes Lifestyle Coach

Shelli Willman

Registered Dietitian Nutritionist



Youth Activity Committee
WINTER GATHERING

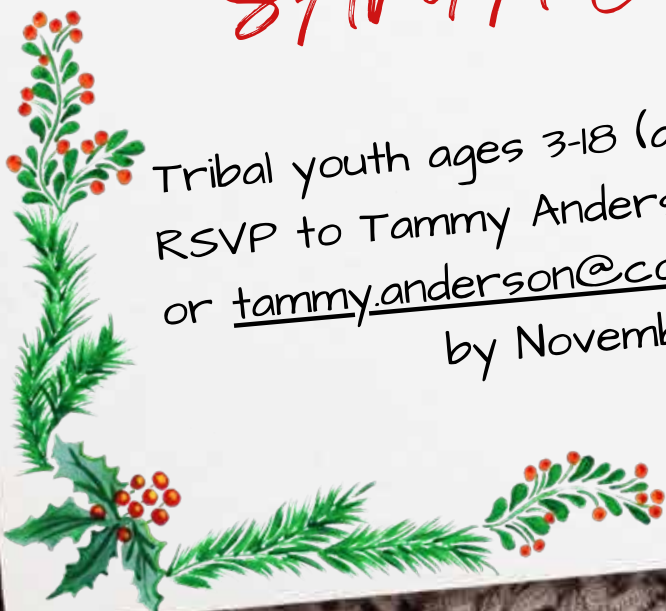
SUNDAY, DECEMBER 4TH

3 - 5 PM

GRAPE/HUCKLEBERRY ROOM
SEVEN FEATHERS CASINO RESORT

SNACKS - DRINKS - PRIZES
and

SANTA CLAUS



Tribal youth ages 3-18 (and their families)
RSVP to Tammy Anderson: 541-672-3861
or tammy.anderson@cowcreekgrc.com
by November 28th

Location
may be
subject to
change

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 Takelma Family Class (Zoom) 5PM	5 Culture is Wellness
6	7 Culture Is Wellness	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	15 Senior Meals	16 Culture is Wellness	17 Senior Meals Women's TREM Food Bank 2-4 PM	18 Takelma Family Class @GO 5PM	19 Culture is Wellness
20	21 Culture Is Wellness	22 Senior Meals	23 Culture is Wellness GO Closes at 2PM for Thanksgiving	24 GO Closed for Thanksgiving	25 GO Closed for Thanksgiving	26 Culture is Wellness
27	28 Culture Is Wellness	29 Senior Meals	30 Culture is Wellness			

December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior Meals Women's TREM	2 Tribal Veterans Group 10 AM @7F Takelma Family Class (Zoom) 5PM	3 Culture is Wellness
4 Winter Gathering	5 Culture Is Wellness	6 Senior Meals	7 Culture is Wellness	8 Senior Meals Women's TREM Food Bank 2-4 PM	9	10 Culture is Wellness
11	12 Culture Is Wellness	13 Senior Meals Food Bank 9-11 AM	14 Culture is Wellness	15 Senior Meals Women's TREM	16	17 Culture is Wellness
18	19 Culture Is Wellness	20 Senior Meals	21 Culture is Wellness	22 Senior Meals Women's TREM GO Closes at 12 PM for Christmas	23 GO Closed for Christmas	24 Culture is Wellness
25	26 Culture Is Wellness GO Closed for Christmas	27 Senior Meals	28 Culture is Wellness	29 Senior Meals Women's TREM	30	31 Culture of 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.

Shop at:
takelmaroasting.com
(541) 492-6248



Introducing Special Tribal Holiday Discount Code!

Use discount code: **TribalCoffee** for **40% Off** all products from November 1st - December 31st

GET BOOSTED AT COW CREEK PUBLIC HEALTH RECEIVE A \$20 VISA GIFT CARD PEDIATRIC VACCINES, NOVAVAX, AND FREE FLU SHOTS NOW OFFERED TOO!



NOW AVAILABLE:

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

NEW NOVEMBER HOURS:

Vaccine Drive-Thru
Monday-Wednesday
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