



# Wik'uuyám Heeta'

"Friend, Away from Here"

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



**Young Faces Learn Traditions at Youth Pow Wow**  
See Page 11 for more photos from this Youth Activity Committee event

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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 4 – Labor Day

October 9 – Columbus/Indigenous Peoples Day

November 23-24 – Thanksgiving Day (and next day)

December 23-26 – Christmas Day (and Eve)

## From Burned To Beautiful

Just as a deadly wildfire may also bring new life in the aftermath, the Tribe's Forestry Department is giving new purpose to trees damaged in the Milepot 97 fire that threatened Canyonville in 2019. Wood taken from the burn scar area of that fire has been processed into panels, which have been installed in the renovated lobby of the Cow Creek Tribal Government Offices in Roseburg.

In addition to the updated lobby, many offices have also been updated to accommodate the growing numbers of Tribal Government employees. Come see the lobby for yourself when we announce the completion of the renovations!





## Introducing: The Cow Creek Tribal Food Pantry

Email questions or suggestions:  
[foodpantry@uidcorp.com](mailto:foodpantry@uidcorp.com)

### What is a food pantry?

A food pantry is a general store that offers shoppers a variety of shelf-stable items at a discounted cost compared to retail grocery stores.

### How is it different than the Tribal Food Bank?

The Cow Creek Tribal Food Bank provides groceries to Tribal families based on income limits, therefore not all Tribal members are eligible to utilize their services.

### How much does it cost to shop at the Tribal Food Pantry?

Items available at the Cow Creek Tribal Food Pantry are sold at a lower cost than most retail grocery stores.

### How do I pay for my items at the Tribal Food Pantry?

The Cow Creek Tribal Food Pantry accepts cash, debit, most major credit cards, as well as RapidPay cards.

### Are shopping bags provided?

Shopping bags are provided, but it is encouraged to use your own reusable grocery bags.

### Can I bring my friends?

No. At this time, the Cow Creek Tribal Food Pantry is for enrolled members of the Cow Creek Band of Umpqua Tribe of Indians only.

520 SE Spruce St,  
Roseburg OR, 97470

Tuesdays 10 AM - 6 PM  
Fridays 8 AM - 4 PM

Please Bring Photo or  
Tribal ID

### What can I buy at the Cow Creek Tribal Food Pantry?

Available goods include: occasional fruits and vegetables, pasta, rice, beans, baking supplies and more at a reduced cost; in addition, locally-raised K-Bar beef packages will be available **FREE OF CHARGE**. Each package will include 12-14 pounds of steaks and roasts, as well as 6-8 pounds of ground beef hamburger. Each Tribal household may receive at least one free K-Bar beef package per quarter; households of four people or more may receive two packages (totaling 40 pounds).



## What do I need to bring with me to show that I am a Cow Creek Tribal member?

Shoppers are required to show their photo I.D. at checkout so that they can be verified as an enrolled Cow Creek Umpqua Tribal member. Cow Creek Umpqua Tribal I.D. cards are also accepted.

## Can I show my Tribal I.D. Card?

Yes, Cow Creek Tribal I.D. cards are encouraged. If you don't have a Tribal I.D. card, you can call the Cow Creek Tribal Government Office at (541) 672-9405 and ask about getting a Tribal I.D. card; or visit [www.cowcreek-nsn.gov](http://www.cowcreek-nsn.gov), **log in**, and click on Forms.

## When can I shop at the Tribal Food Pantry?

The Cow Creek Tribal Food Pantry is open Tuesdays from 10AM-6PM, and Fridays from 8AM-4PM. Hours and dates may change in the coming weeks, so check for updates on our website [www.cowcreek-nsn.gov](http://www.cowcreek-nsn.gov), and on our social media platforms.



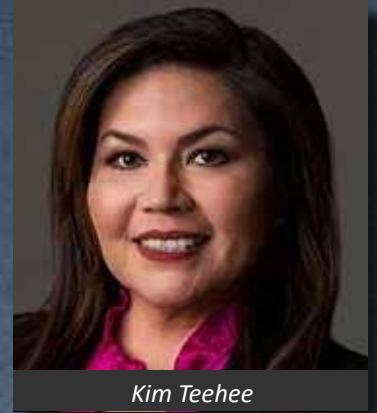
## CHEROKEE NATION PURSUES CONGRESSIONAL SEAT PROMISED IN TREATY

The Cherokee Nation of Oklahoma is calling on Congress to fulfil their nearly 200-year old treaty that guaranteed a non-voting delegate in the U.S. House of Representatives.

In mid-November, the House Rules Committee held a hearing on the legal process of potentially granting membership for Kim Teehee, who Cherokee Nation named as their representative in 2019.

Teehee formerly worked as the Senior Policy Advisor for Native American Affairs in the White House Domestic Policy Council under President Barack Obama. She also serves as Cherokee Nation's Director of Government Relations, and Senior Vice President of Government Relations for Cherokee Nation Businesses.

The COVID-19 pandemic delayed the process for moving ahead with Cherokee Nation's representation. But with new leadership slated to assume control of the House of Representatives in 2023, there has been renewed effort to seat Teehee before the end of the year.



*Kim Teehee*

The treaty signed by Cherokee Tribal leaders in 1835 prompted the massive removal of Cherokee people from Georgia, Tennessee, Alabama and North Carolina, beginning the Trail of Tears. Thousands of Indian people died of starvation, exhaustion and disease during the walk to Oklahoma.

There are currently six non-voting members within the House of Representatives: one each for the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, the Northern Mariana Islands, and American Samoa.

While the other non-voting delegates were elected by the people they represent, Teehee was named to the position. Some members of Congress have expressed concern about a non-elected official serving on committees and introducing legislation.

Teehee has said she does not intend to pursue voting rights on the floor of the House. Cherokee Tribal members are represented by other voting House members in relation to where they live.

A treaty reached with Choctaw Nation in 1830 also promised a non-voting delegate in the House of Representatives. Delaware Nation also signed a similar treaty in 1778. Neither Tribal governments have yet to exercise those treaty rights.

## NATIVE CANDIDATES ELECTED IN NOVEMBER

Several Native Americans from across the country won their races in the November midterm elections.



Republican Markwayne Mullin (Cherokee Nation) was elected to serve in the U.S. Senate from Oklahoma. Mullin has been a U.S. House Representative since 2012 for Oklahoma's 2nd congressional district.



Kevin Stitt (Cherokee Nation) was elected to serve as Governor of Oklahoma.



Democrat Mary Peltola (Yupik) won her election to continue serving as Alaska's at-large representative. Peltola was first elected in September in a special election, following the death of Rep. Don Young who served in the House for 49 years.



Peggy Flanagan (White Earth Band of Ojibwe) won her election to become Lieutenant Governor of Minnesota.



Democrat Sharice Davids (Ho-Chunk) was re-elected to the U.S. House of Representatives from Kansas's 3rd congressional district.



Oregon State House Representative Tawna Sanchez (Shoshone-Bannock, Ute, Carrizo) won re-election to continue serving North and Northeast Portland.



Republican Tom Cole (Chickasaw Nation) was re-elected for an 11th term as the House Representative for Oklahoma's 4th congressional district.



Annessa Hartman (Cayuga Nation) was elected to serve in the Oregon State House of Representatives for Gladstone and Oregon City.

(Peacemakers)

## Training Inbound for *Xaawíisaahan*

In preparation for implementing the Tribal Peacemaking Court, the Cow Creek Tribe will be partnering with the Native American Rights Fund legal team to host a training for Peacemakers in early 2023.

This training will cover the basics of restorative justice peacemaking training, including the history of the practice, structures of this system, and common practices, among other topics. On the final day of the training, attendees will practice what they learn by simulating a mock peacemaking experience.

This first training will lay the groundwork for equipping the Tribal Peacemaking Court with a number of fully-trained Peacemakers. More trainings are being planned for the future.

The Tribal Peacemaking Court will be part of the Tribal Court system, and will provide an alternative to Tribal civil and criminal court. It is an important step for the Tribe in reclaiming its own cultural ways of resolving conflict and promoting healing in the community.

Interested in learning more about the Tribal Peacemaking Court? Contact Jesse Jackson at (541) 492-5259 or [jesse.jackson@cowcreek-nsn.gov](mailto:jesse.jackson@cowcreek-nsn.gov).



## Tribal Youth Council Toured Many Nations Longhouse at University of Oregon

In late October, members of the Cow Creek Tribal Youth Council walked into the The Many Nations Longhouse at the University of Oregon for the first time. Youth Council and advisors instantly stood in awe of the immense-and-impressive architecture and construction work done by the 9-federally recognized tribes of Oregon. With its towering wooden beams and cultural Native decor, The Many Nations Longhouse “serves as a respite for American Indian students as they navigate their academic endeavors.” According to the University of Oregon’s website, “Its mission is to provide welcome, respecting the diversity of numerous American Indian cultures and beliefs.”

The Cow Creek Band of Umpqua Tribe of Indians Tribal Youth Council was honored to receive an invitation to visit the Many Nations Longhouse, and a guided tour provided by the University of Oregon’s Pre-College Visit Programs team. The Cow Creek Education Department collaborated with Ms. Katie Staton, Many Nations Longhouse Steward and a Tsimshian native of the Sitka Tribe of Alaska. Ms. Camille Erskine, Coordinator of Pre-College Visit Programs, provided a Student Orientation Programs Ambassador for the Guided Walking Tour.

“It was an amazing opportunity for our high school students to learn about the various opportunities and supports available at the University of Oregon. Even if U of O was not on their radar, students came away impressed with the beautiful campus, state-of-the-art facilities and a Native American outlet in the Longhouse,” shared Russell Cox, Education Coordinator.

The Culture and Education Department deemed it exceptionally important for our Cow Creek high-school tribal youth to become involved in learning about the immediate educational opportunities available, especially after the University of Oregon’s announcement of the Home Flight Scholars Program<sup>[1]</sup>.



### Sources:

University of Oregon (n.d.) About the Many Nations Longhouse. Online at <https://longhouse.uoregon.edu/about-many-nations-longhouse>  
University of Oregon (2022). Home Flight Scholars Program. Online at <https://homeflight.uoregon.edu/>

### Footnotes:

[1] Home Flight Scholars Program from the University of Oregon: “Covers full tuition and fee costs, creates a new academic advisor position at U of O, enhances mentorship opportunities, and develops a culture-rich program for new students to help launch successful academic careers for American Indian/Alaska Native residents (University of Oregon, 2022).”

# Tribal News

## 2022 Cow Creek Elders Honor Dinner and Blanket Ceremony



*New Tribal Elders in attendance*  
*(Very back, left to right) Teresa Killian, Juli Ulm, Susie Steward, Derrick Roane, Randy Richardson.*  
*(Middle row, left to right) Edward Sturgeon, Becky Quillian, Eunice Halstead, Dawn Wheaton, Robert Kandel, Merissa Golden, Denace Gatewood, Rhonda Richardson, Mike Gatewood, David Cox*  
*(Front row, left to right) Cindy Grizzle, Gidget Young, Angel Weist*

This year, the Elders Honor Dinner and Blanket Ceremony recognized not only those Tribal members who had come of age in 2022, but also those who could not be honored in 2020 and 2021, due to the pandemic.

The event featured Takelma blessings by Elizabeth and Jennifer Bryant, and entertainment by musician/comedian Joe Stoddard. Those in attendance also participated in a raffle for many fun prizes.

During the dinner, the Ts'ámx Tap'aálaw Tribal Youth Council served the Elders by delivering food, refilling drinks, and collecting dishes.



*Tribal Youth Council President Samantha Morris*



*Musician/comedian Joe Stoddard*



*Amara Mata*



**Photos from the  
2022 Youth Pow Wow  
Organized by the  
Youth Activities Committee**



# Tribal News



**Photos from the 2022  
Roseburg Veterans Day Parade**



## TRIBAL VETERANS CORNER

DECEMBER 2022



**Veterans  
Crisis Line**

**DIAL 988 then PRESS 1**  
or text 838255 or chat online  
at [veteranscrisisline.net](https://veteranscrisisline.net)

**24/7, confidential  
crisis support  
for Veterans and their loved ones**

You do not have to be enrolled in VA  
benefits or healthcare to connect.

**Tribal Veterans and families, the Cow Creek Band of Umpqua Tribe of Indians salutes you for all of your sacrifices, and the duties you took on to protect this country and the people who call this nation home.**

**Holidays can be a tough time for many people. Be kind to yourself and others, and may this be a truly joyous and wonderful holiday season. If you need to talk to someone, please call the hotline above.**

Stay tuned for upcoming 2023 Veterans meeting dates and activities.  
Questions? Contact Rhonda Richardson at 541-677-5575 or  
[richardson@cowcreek-nsn.gov](mailto:richardson@cowcreek-nsn.gov) (with "Cow Creek Veteran" in the subject line)

# This Month in Tribal History

## December

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

### 1982

Tribal leadership mailed a letter to Tribal members with this message written at the top:

DEC. 29, 1982  
COW CREEK NEWS FLASH!!!!!!!!!!!!!!  
THIS MORNING PRESIDENT RONALD REAGAN SIGNED INTO LAW THE BILL GIVING FEDERAL RECOGNITION TO OUR TRIBE. THE BILL PASSED BOTH THE HOUSE AND SENATE BY UNANIMOUS CONSENT. IN THE HOUSE ON DEC. 6TH AND IN THE SENATE ON DEC. 17TH.

### 2007

The Tribe announced a major hotel and resort expansion at Seven Feathers, which would increase hotel rooms from 146 to 298, including 12 suites. It also moved the hotel entrance and lobby, replaced the ice cream parlor with the Gathering Place buffet, and added the River Rock Spa.

### 1991

The Cow Creek Band of Umpqua Tribe of Indians began designing its official flag.

### 2005

Oregon Governor Ted Kulongoski presented Sue Shaffer with the Private Sector Gold Award for building economic diversification for the Tribe, and being a national leader in Tribal affairs.

### 1995

The Tribal Board held the first out-of-state meetings with Tribal members in the state of Washington.

### 1996

The Tribe held a soft opening of the new gaming floor at Seven Feathers Casino Resort. The 21,441 square feet area featured 500 slot machines, 40 blackjack tables, a new poker room, and a Keno area. The grand opening was set for April 1997.

# This Month in Tribal History

December

**2009**

The Cow Creek Health and Wellness Center Clinic Annex opened in Canyonville. While recruiting new employees, existing staff rotated between Roseburg and Canyonville.



**2019**

The Ts'ámx Tap'aálaw Tribal Youth Council participated in the Compassion Highway Project, to provide food and basic necessities to those in need in Jackson County.



**2017**

After 165 years, the United States government fulfilled its treaty obligation, restoring over 17,500 acres of land to the Cow Creek Band of Umpqua Tribe of Indians by passing the Western Oregon Tribal Fairness Act (H.R. 1306). The law, sponsored by retiring Representative Peter DeFazio, included the Cow Creek Umpqua Land Conveyance, as well as the Oregon Coastal Land Conveyance, and amendments to the Coquille Restoration Act.

**2012**

Representatives from Navajo Nation (*Diné*) visit Cow Creek Tribal leadership to learn more about the self-administered portion of Nesika Health Group.



**2020**

The Tribe switched to utilizing Rapid PayCard visas instead of paper checks, an easier and faster way to distribute funds to Tribal members.

## TIPS FOR ORDERING FROM THE NATIONAL EAGLE REPOSITORY



Cow Creek Tribal member Susan Galovin receives her order for a pair of wings and a tail from a bald eagle. She plans to use the feathers as part of the smudging ceremony, and for use in designating the speaker in talking circles.

For many Native American Tribes, eagles hold a special place in cultural traditions and symbolism. Their feathers and other body parts are respectfully prepared and used in ceremonial items, regalia, and more.

“I was taught that the eagle flies the highest of all the birds,” said Susan Galovin, Cow Creek Tribal member, “and that when we use an eagle feather to smudge, they carry your prayers to the Creator.”

However, national laws are set in place to protect eagles and many other kinds of animals from excessive hunting. In order to acquire eagle parts in a way that honors the animal, and complies with national laws, these parts must be ordered from the National Eagle Repository.

### WHAT IS THE NATIONAL EAGLE REPOSITORY?

The U.S. Fish and Wildlife Service maintains the National Eagle Repository. Whenever a Golden or Bald eagle is found deceased, it should be reported to local park services or law enforcement, which will send the bird to the repository. The staff there test the eagle for any toxins or other substances on the body that could be hazardous for human contact. If it is deemed safe, then any non-damaged portions of the bird are sent out to fulfil orders requesting eagle parts.

“The waiting is bittersweet,” said Galovin. “You don’t get them quickly, but it means the birds aren’t dying off in an unsustainable way.”

“The repository folks are nice, but they are busy and understaffed,” said Ben Steward, Cow Creek Cultural Programs Coordinator.

**Please note:** If a Native American with a permit to own eagle parts finds a dead eagle, they must still send it to the repository so that it can be tested for toxins. If deemed safe, those parts will be returned to the Tribal member who sent them.



# Culture and Education

## WHAT TO KNOW WHEN ORDERING FROM THE REPOSITORY

- When filling out the application for the first time, part of that process will be applying for a permit to possess eagle parts. Subsequent orders from the repository will reference the license issued. Selling eagle parts will invalidate this license.
- Parts are not received right away. Due to short staffing at the repository, high demand for parts, and the safe and respectful way those parts are gathered, applicants may wait several months to receive requested parts. Current expected wait times are listed here: [www.fws.gov/library/collections/eagle-repository-documents-forms](http://www.fws.gov/library/collections/eagle-repository-documents-forms)
- Be sure to read the application carefully and complete all required areas.
- Wait times are longer for Golden eagles than Bald.
- Ordering an entire eagle usually entails a longer waiting period, as not every animal that is sent to the repository is fully undamaged. Orders for smaller parts of the bird (such as talons or feathers) are usually fulfilled much more quickly.
- Applicants may have one order in with the repository at a time, so only order what parts needed to reduce the wait time between orders.
- Multiple parts equal to one eagle (for example, you could not order two heads, or four wings) may be ordered.
- Incarcerated Tribal members may still apply, but usually handle the requests through the prison's Chaplain's office.

## HOW TO PLACE YOUR ORDER

- Visit [https://fwsepermits.servicenow.com/fws?id=fws\\_index](https://fwsepermits.servicenow.com/fws?id=fws_index)
- Click "Explore Permits"
- Search for application **3-200-15a: Eagle Parts for Native American Religious Purposes**.
- Click either "Start Application Online" to complete the form online, or "Download a Complete Blank Application Form" to submit a mail-in submission.
- Contact our Cultural Resources Department at [info-culturalresources@cowcreek-nsn.gov](mailto:info-culturalresources@cowcreek-nsn.gov) to verify your Tribal membership on the application, and for any questions or assistance.

## WHAT TO DO WHEN YOU RECEIVE YOUR ORDER

The repository will contact applicants to ensure that the parts are delivered and properly received. The parts are frozen when they are shipped, and come in insulated boxes. However, the eagle parts will not be prepared for use when received.

To prevent rotting or damage from mites, be ready to either dry and prepare the parts immediately, or store them in a freezer until ready.

"Preparing an eagle for ceremonial use is a sacred and respectful thing, so if you make an order, be prepared to respect that animal," said Steward. "Each family may have their own traditions for the process of preparing and drying the parts."

Out of respect for the sacred process, Steward's methods are not documented here. However, he is willing to share the ceremony he was taught with anyone who wishes to learn, and can be contacted at [info-culturalresources@cowcreek-nsn.gov](mailto:info-culturalresources@cowcreek-nsn.gov).

## ORDERING PARTS FROM OTHER BIRDS

The U.S. Fish and Wildlife Service also partners with several regional organizations on repositories for parts from non-eagle birds, such as raptors or migratory birds. To learn more about where to find these repositories, please contact our Cultural Resources Department at [info-culturalresources@cowcreek-nsn.gov](mailto:info-culturalresources@cowcreek-nsn.gov).

# Career Corner

COW CREEK CAREER CENTER

## 5 Tips for a Standout Resume

### 1) Numbers, Numbers, Numbers

- Resumes get reviewed less than 30 seconds before a decision is made. Quantify anything and everything you can on your experience.
- Examples: Saved labor hours? Planned an event with XXX attendees. How much profit was made?

### 2) Focus on yourself

- What contributions did YOU make to the organization? Did you work within a team? What did you own or execute? Employers are hiring you, not your co-workers or team.

### 3) Show action not presence

- Don't just state your job responsibilities. Where did YOU shine?
- Bullet points should show actions taken (Leading, Managing, Organizing, etc.,). Start every bullet point with an action verb to show you are a doer.

### 4) Don't forget the "so what"?

- Every bullet in resume should be purpose-driven – be clear why your action matters. Don't make the reader guess.

### 5) Keep it relevant

- Tailor resume to the position or role you are applying for.
- Use verbiage directly from the job description. Auto tracking systems will kick out resumes without this verbiage present.
- Generic resumes no longer work. Be clear your resume mirrors position you are applying for.

Source Gagan Vaseer LinkedIn

## High School Junior and Seniors Students Applying for College?

The Cow Creek Education Department can help with application fees. Contact us today for more information or to set up an appointment.

## High School Seniors!

Take advantage of your winter break! it's time to make a plan for after high school. Keep track of what you have to do and key deadlines for college admissions and scholarships. Oregon high school/college students should apply to OSAC at [www.oregonstudentaid.gov](http://www.oregonstudentaid.gov)

## Native American Scholarships

American Indian College Fund (Full circle & Tribal College Scholarships)

American Indian Graduate Center (Graduate, Undergraduate, High School) Scholarships go to [www.aigcs.org](http://www.aigcs.org).

Hot Jobs

Warehouse Package Handler - UPS - Roseburg, OR  
Admin Assistant - Douglas County - Roseburg, OR  
Vending Tech - Timber Country Coca-Cola - Roseburg, OR  
Home Caregiver - Advantage Home Care - Douglas County

# Culture and Education

## Tribal Scholarships Available for UCC Truck Driving School

Truck drivers are in high demand nation-wide, and now Tribal members can receive all the training needed for this valuable career in just four weeks without paying tuition, thanks to nine scholarships established with the Umpqua Community College Driving School.

This program has a 95% completion rate, and a rate of employment within months of finishing of over 85%. The class runs from 7:30 AM - 3:30 PM, and divides training time into one week in the classroom and three weeks with the trucks.

### Program Benefits:

- Launch a new in-demand career in just 4 short weeks of training.
- Learn from skilled instructors in a real world setting, driving a cargo-filled semi with overnight trips available.
- Connect with local trucking companies immediately upon graduation.
- Potential job opportunities range from freight or over-the-road drivers, local delivery, timber transport to sanitation.
- Scholarships available



Interested? Learn more by contacting Cow Creek Education Coordinator Russell Cox at 541-677-5575, or visit [www.umpqua.edu/commercial-truck-driving](http://www.umpqua.edu/commercial-truck-driving)

COW CREEK CULTURAL  
RESOURCES PROGRAM



## SAVE THE DATES

### COW CREEK CULTURE NIGHT

Tuesday January 10, 2023, 5 - 7 PM  
Tuesday January 24, 2023, 5 - 7 PM  
Location to be determined

### LEP<sup>H</sup>NI (Winter) GATHERING

Saturday January 21, 2023  
Location and time to be determined

### FOR MORE INFORMATION

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

# Messages from the Clinic

Exciting things are coming to the Cow Creek Health and Wellness Center Dietetics Division in 2023! Jump start your New Year's resolutions by taking advantage of our new programs:

**Diabetes Prevention Program (DPP)** is starting a new group on Thursday, January 5th, 2023, 6 PM at the South Campus in Canyonville. We are grateful to our first group, who are about a quarter of the way through the year-long program! Their dedication is amazing. If a year-long commitment seems like too much to take on, keep in mind you are only obligating 24 to 30 hours of your time for the year. Call Katie Ladd, DPP Lifestyle Coach, today at (541)492-5267 to see if you qualify!

**Cooking Demonstrations** will take place the fourth Friday of every month in our Healthy Teaching Kitchen (HTK), North Campus. The Dietetics team prepares a healthy recipe highlighting the nutritional value of the ingredients used, answering questions as they go. Guests get to sample the food and take the recipe home with them. (Due to limited space, please re-register)

**Look for Group Education Classes** led by our Registered Dietitian in 2023. These are hands-on learning experiences where Medical Nutrition Therapy patients will sign up to cook right along with our Dietitian in the HTK. Talk with your primary care provider about this opportunity! (Dates/times to be arranged with Dietitian)

**Grocery Store Tours** will offer participants a chance to visit grocery stores and farmers markets with our knowledgeable Dietitian. Participants will learn all about food labels, tips on identifying the nutritional value of foods, budget-friendly food options, and much more! (Dates/times to be arranged with Dietitian)

## NEW LOCATION FOR CULTURE IS WELLNESS

OPEN WOMEN'S & MEN'S RECOVERY  
HEALING CIRCLE

Starting in December, the meeting on Wednesdays at 7 PM will now be held at the Tribal Community Center at 825 NE Leon Avenue, Myrtle Creek.

The meetings on Monday in Medford and the meetings on Saturday in Roseburg will remain at the same locations.

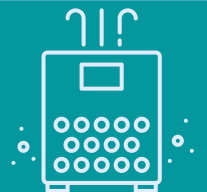
For any questions, please contact Jesse Spain at (541) 492-5284

## ● COW CREEK PUBLIC HEALTH ● ● BY THE NUMBERS ●



503 BIVALENT  
BOOSTERS AND  
3381 FLU SHOTS  
ADMINISTERED

215 AIR PURIFIERS  
DELIVERED



OVER 600 DENTAL  
CARE KITS MAILED

# Messages from the Clinic

## JUVENILE CRIME PREVENTION PROGRAM

AGES 10-17

Fostering culturally preventative strategies and treatment to promote development of emotional needs and building resiliency in each youth.

## CULTURALLY-FOCUSED PREVENTION ACTIVITIES:

EQUINE THERAPY

POTTERY CLASSES

YOUTH CONNECTIVITY VOUCHERS

MONTHLY CULTURAL OUTINGS

Contact Cow Creek Prevention Coordinator Whitney Yeust at (541) 492-5286 for more information, or send a referral if you have a patient that may qualify for this program.



## COW CREEK BEHAVIORAL HEALTH



Many thanks to Cow Creek Public Health for mailing dental supplies and information out to Tribal children!



# Emergency Preparedness

## THE OREGON WINTER DRIVING GUIDE

*Oregon's beautiful scenery is a year-round source of enjoyment. Driving in Oregon's winters, however, can be challenging. Follow these recommendations so you arrive safely at your destination!*

### KNOW BEFORE YOU GO!

Before you go, visit [www.TripCheck.com](http://www.TripCheck.com) or call the numbers below for the latest in road conditions, weather forecast, chain requirements, and incident information.

**5-1-1**

(if available from your cell phone service provider)

**1-800-977-6368**

**or 1-503-588-2941**

*The Oregon Winter Driving Guide is a collaborative project of the Governor's Transportation/Tourism Task Force. Production assistance by Travel Oregon, ODOT, and other partners.*

### TAKE YOUR TIME . . .

- Check Oregon's road conditions and weather forecasts at [www.TripCheck.com](http://www.TripCheck.com) before you leave, or call 5-1-1 for valuable travel information, updated continuously.
- Choose main routes and be rested and alert.
- Make someone aware of your routes, and if plans change, let someone know. Check in when you've reached your destination.
- Remember, cell phone coverage is not available in many remote areas.
- Keep your gas tank at least half full.
- Clear any snow, ice or frost from windows, lights, hood, heater and air inlet vents (don't forget mirrors and wipers).
- Do not drive with heater in recirculation mode; it can increase humidity.
- Drive with your lights on and reduce your speed.



### USE THESE TIPS TO PREVENT SLIPS

Adjust your driving for the conditions; if there is ice or snow on the road, you must take extra care.

- Don't use cruise control in wet, icy or snowy weather.
- Position your hands on the steering wheel at 9 o'clock and 3 o'clock, or lower.
- If you lose traction, gradually slow down – don't slam on the brakes!
- Steering, braking and accelerating smoothly are key to maximum vehicle control on slippery surfaces. Steer just enough to follow the path you intend (most people steer too much or too fast).
- Be ready to handle potentially dangerous situations by thinking "15 seconds" ahead about your options, such as controlling your speed, changing lanes or communicating with others on the road.
- Use extra caution when driving on bridges or concrete highways: ice forms first on these surfaces.
- Avoid driving through snowdrifts; they may cause you to lose control of your vehicle.
- Slow down in advance of shaded areas (especially curves) where ice and snow are the last to melt.
- Chain up early.

### TUNE UP YOUR VEHICLE

- Make sure your antifreeze is good to -25F; check and fill washer and other fluids and make sure hoses aren't loose or brittle.
- Keep wipers clean and in good condition.
- Make sure your heater and defroster are working.
- Make certain your battery is fully charged (also check battery age and make sure cables are not loose or corroded).
- Ensure your tires are in good condition and properly inflated.
- Carry chains or use traction tires.

### WATCH OUT FOR PLOWS!

In Oregon's winters, you will encounter snowplows and sanding trucks.

- Following a plow or sander too closely can be dangerous – give them (and yourself) room.
- Don't pass the plow or sander; be patient!
- Be aware that sometimes plows work side-by-side to clear the road faster.




### Be Prepared!

Use this handy checklist to make sure you're prepared every time you make a trip in Oregon's winter wonderland:

- Tools: Jack, lug wrench, shovel
- Chains or traction tires
- Flares
- Road maps
- Extra warm clothes, boots, hat, and gloves
- Ice scraper and snow brush
- Cell phone and car adapter
- Rechargeable flashlight
- First aid kit
- Matches or lighter
- Battery jumper cables
- Extra food and water
- Blanket/sleeping bag(s)
- Paper towels
- Pocket knife
- Extra washer fluid

### FOLLOW OREGON CHAIN LAWS

Oregon's chain laws apply to all roads and highways.

- Look for signs indicating when chains or traction tires are required. When required, pull over to the right of the highway as far as possible or pull into a "chain up" area.
- Chains include link and cable chains and other devices that attach to the vehicle, wheel, or outside of the tire that are designed to increase traction in ice or snow.
- A traction tire is a studded tire or a tire that meets the tire industry's definition as suitable for use in severe snow conditions, marked with .
- Studded tires can only be used between Nov. 1 and April 1.
- Under some conditions, four-wheel and all-wheel drive vehicles may be exempt from the requirement to use chains.
- Find out more about chain requirements at [www.TripCheck.com](http://www.TripCheck.com).



# Emergency Preparedness



## BE PREPARED FOR A WINTER STORM

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

## IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services



**Know your area's risk for winter storms.** Extreme winter weather can leave communities without utilities or other services for long periods of time.

**Pay attention to weather reports and warnings of freezing weather and winter storms.** Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

**Gather supplies in case you need to stay home for several days without power.** Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

**Create an emergency supply kit for your car.** Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.



**Stay off roads if at all possible.** If trapped in your car, stay inside.

**Limit your time outside.** If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

**Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows.** Never heat your home with a gas stovetop or oven.

**Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.**

**Watch for signs of frostbite and hypothermia and begin treatment right away.**

**Check on neighbors.** Older adults and young children are more at risk in extreme cold.



**Frostbite** causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

**Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

# Government and Programs



## TRIBAL FIREWOOD PROGRAM

With the approach of winter, the Tribe's Social Services Department wants to help Tribal members keep their homes warm.

The Tribal Firewood Program is designed to help provide firewood to Tribal members who have a wood burning stove or furnace, and/or those who have a demonstrable need to use firewood as a heating resource. Each Tribal household can receive two cords of firewood per year at only \$55 per cord.

Tribal Elders are also eligible to receive the first cord—and delivery to their home—for free. This program is not limited to the seven-county service area. Tribal members will be responsible for loading, transporting, and unloading their own firewood, as

well as scheduling pickup or delivery of the wood from the Firewood Program Vendor.

To apply, or for more information, please contact Kelly Sennick at (541) 492-5278 or [Kelly.sennick@cowcreek-nsn.gov](mailto:Kelly.sennick@cowcreek-nsn.gov).

If Tribal members instead prefer to cut their own firewood for personal use, they can contact Clara Gardner at (541) 492-5231 or [CGardner@cowcreek-nsn.gov](mailto:CGardner@cowcreek-nsn.gov) to apply for a Free-Use Permit and a map of where to cut wood. A Free-Use Permit allows cutting firewood for personal use, and cannot be used to cut firewood for commercial sale. This permit, along with visual identification, must be on your person while harvesting firewood.



# Government and Programs



## Join the Youth Activity Committee

### THREE POSITIONS AVAILABLE

Help us provide fun and educational activities for Cow Creek Tribal children!

Applications are now open for three positions on the Youth Activities Committee.

The seven members of this committee serve a three-year term, and are elected from the available applicants by the Tribal Board of Directors.

### APPLICANT REQUIREMENTS

Applicants must pass a background check and be affiliated with the Tribe in one of these ways:

- Cow Creek Tribal member
- Married to Cow Creek Tribal member
- Parent/guardian of a Cow Creek Tribal Youth

### YAC MEMBER RESPONSIBILITIES

- Attend monthly planning meetings
- Assist with purchasing supplies for activities
- Assist with running activities
- Participating in YAC events
- Must attend Culture Camp in June, and the Youth Pow Wow in November

Compensation is provided for your service!

To apply, please contact Jennifer Bryant, Cultural Resources Program Manager, at (541) 677-5575 or [Jennifer.Bryant@cowcreek-nsn.gov](mailto:Jennifer.Bryant@cowcreek-nsn.gov).



## DEATH NOTICES

### Howard Ernest Volkman

George Rondeau Family

Date of Birth: 10/31/1968

Date of Death: 11/05/2022

Age at Death: 54

# December Food Bank

*Dates have changed for December 2022*

We will have Food Bank on

**Thursday, December 8<sup>th</sup> 2:00 PM to 4:00 PM**

**Tuesday, December 13<sup>th</sup> 9:00 AM to 11:00 AM**

**These dates have changed temporarily to ensure that our Tribal members are able to receive their Holiday Food Box.**

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



# 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 3-5 PM @7F	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 Christmas Day	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

# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 GO Closed for New Year's	3 Senior Meals	4	5 Senior Meals Women's TREM	6	7 Culture is Wellness
8	9 Culture Is Wellness	10 Senior Meals  Food Bank 9-11 AM	11 Culture is Wellness	12 Senior Meals Women's TREM  Food Bank 2-4 PM	13	14 Culture is Wellness
15	16 Culture Is Wellness GO Closed for MLK Jr. Day	17 Senior Meals	18 Culture is Wellness	19 Senior Meals Women's TREM	20	21 Culture is Wellness
22	23 Culture Is Wellness	24 Senior Meals  Food Bank 2-4 PM	25 Culture is Wellness	26 Senior Meals Women's TREM	27	28 Culture is Wellness
29	30 Culture Is Wellness	31 Senior Meals				

## 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 TCC  
 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](http://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

**WEEKENDS OFF**

**WORK / LIFE BALANCE**

**EXCELLENT BENEFITS**

## COME JOIN OUR TEAM

### SOME OF OUR AVAILABLE POSITIONS:

- ARCHAEOLOGIST
- FACILITIES MANAGER
- IT DIRECTOR
- NETWORK MANAGER
- LICENSED CLINICAL SOCIAL WORKER
- PUBLIC HEALTH MANAGER
- PUBLIC HEALTH ADMINISTRATIVE ASSISTANT
- 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**

