

Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 29, Issue 12 December 2019

We will be known forever by the tracks that we leave.

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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 for Same-Day Appointment

Canyonville Clinic Hours

Monday - Friday 8 AM to 5 PM

No Walk-Ins. Please Call for Same-Day Appointment

Office Closures

January -- New Year's Day

January -- Martin Luther King Jr. Day

February -- Presidents' Day

May -- Memorial Day

July -- Independence Day

September -- Labor Day

October -- Columbus/Indigenous Peoples Day

November -- Thanksgiving Day (and next day)

December -- Christmas Day (and Eve)

Tribal News

Tribal Youth Council Designs Tribe's Entry to the Festival of Trees

The Tribal Youth Council's design team partook in the 2019 Mercy Foundation's 26th Annual Festival of Trees, sponsored by Cow Creek Umpqua Tribe. This event auctions off decorated trees, the proceeds of which are donated to support children's healthcare programs and services of the Mercy Foundation and its local partners.

This year's Tribal-themed tree, named "Winter Beauty" (lephníxa tuu), was spectacular. It featured hand-crafted cedar rose ornaments, a custom built bench, leather and fur Christmas stockings, a fire pit, getaway packages, and a rock and water creek display, along with many other details that truly made their display stand out in culture and scenery.

After weeks of planning, organizing, and decorating, the Tribe invited the students who designed the tree to the annual Silver Bell Luncheon, a prestigious part of the event. The 4-day Festival of Trees ended with the Gala Dinner and Auction, and our tree earned \$6,500 for charity. The tree will be on display at the Tribal Community Center and Yimìsa' Preschool in Myrtle Creek. It seems like the best place for this year's tree to be celebrated and admired.



The complete display of "Winter Beauty - lephníxa tuu" with Elizabeth Bryant, Lance Gipson, Kelly Warner, and Nick Lowe (left to right)



Close up view of the custom bench, holding decorations and some of the gift packages



The Youth Activities Committee Design Team, left to right: Nick Lowe, Lance Gipson, Kelly Warner, Carol Ferguson, Melissa Bryant, Elizabeth Bryant, and Samantha Morris

Tribal News

Tribal Youth Council Participates in Compassion Highway Project

This year, the Tribal Youth Council decided to participate in the Compassion Highway Project, a non-profit organization native to Jackson County, Oregon, which seeks to feed the hungry, provide basic necessities, and share love and compassion to those in need. The Tribal Youth Council was able to donate \$150 worth of items to the cause, ranging from scarves, hats, socks, to personal items. The Council wanted to extend their contributions to those in Jackson County.

"It's about giving," says Kelly Warner, Tribal Workforce Development Manager. "That makes all of us feel that we can make a difference."



Tribal Youth Council member Melissa Bryant and TYC President Elizabeth Bryant organizing items for donation to the Compassion Highway Project

Tribal Youth Council Crafts Holiday Baskets to Raffle to Food Pantry Recipients

As part of the holiday gift giving season, the Youth Council has its annual Holiday Basket Raffle to families that participate in the monthly Food Pantry distribution program. The Youth Council generously donates their time to shop for themed baskets to give away to those in need. This year's baskets are "Everything Christmas," "Chocolate Lovers," "Sports Fanatics," and "Late Night at the Movies."



Youth council members show off the "Chocolate Lovers" raffle basket



Youth Council Members display the "Everything Christmas" raffle basket

Tribal Youth Council Honors Elders by Serving for Third Year

For the 3rd year in a row, the Tribal Youth Council have volunteered as servers at the Elders Honor Dinner, held at the Seven Feathers Convention Center on November 9th.

The students donated their time and service to honor our Veterans and Elders. The youth helped with registration, served meals, assisted with raffles and gifts, and helped prepare the traditionally smoked salmon.

This annual event is meaningful to both our Tribal Elders and its youth, as the rising generation honors those who came before them.



The Tribal Youth Council the day of the Elders Honor Dinner

Seven Feathers Truck & Travel Center Adds Wow Factor with Soda Display

The Seven Feathers Truck & Travel Center has added an exciting Pepsi® Display in the front lobby, in the spirit of one of America's favorite pastimes. If you'd like to see it for yourself or take photos with it, you should visit soon! The soda will sell quickly as the Super Bowl approaches.

(Right): Christine Miller, Barista Manager at the Truck & Travel's coffee shop, poses next to the foot-ball themed display in the lobby



Tribal News

Restoring the Huckleberry Patch

In August 2017, the Broken Lookout Fire burned portions of the Huckleberry Patch Special Interest Area (SIA) on the Rogue-Umpqua National Forest Divide. The Rogue River Siskiyou National Forest (RRSNF) Botanist submitted an internal application for funding to replant huckleberries in the SIA. The Tribe, Rogue Native Plant Partnership (RNPP), and the Umpqua National Forest are partners in this project.

Over the past year, the partners have been working together to identify the planting areas, complete the cultural resources surveys prior to planting, and determine a monitoring protocol for after planting. The RRSNF had collected Huckleberry seeds prior to the fire, and were able to successfully grow over 11,000 plants for this restoration project. Growing Huckleberry is not an easy task, and because of this, there have been very few huckleberry restoration projects in the Pacific Northwest.

On September 26th, the Tribe hosted a cultural event for a volunteer planting day. Cow Creek Tribal staff, elders and youth attended the event. Jennifer Bryant started the event with a Tribal prayer and thanked the volunteers for their help. Overall there were 37 volunteers who helped with planting and we were able to get 1,500 plants in the ground. The remaining plants were planted the following two weeks by RRSNF and JD Forestry (a Tribal-member-owned business).

Thank you to everyone who was able to attend. We look forward to continuing to work on this project through monitoring efforts with the RRSNF and RNPP.



Tribal member and the Tribe's Water and Environmental Resources Program Manager Kelly Coates with her daughter on planting day



Volunteer planting crew, minus Cultural Activities Specialist Jennifer Bryant, who took the photo



Tribal Elder Larry Davis helping with planting efforts

Tribal Basketry Series Finishes Out Strong

Kathey Ervin came to teach us a new technique: full-turn twine. This technique uses two different colored threads to create the design in the basket. Our weavers created a small, 2" x 3" amulet pouch with an animal design. We saw deer, butterfly, and frogs come to life in the patterns. Seven students (from beginner to advanced) attended.

Cedar, willow, and pine needle classes will be offered in the coming year. One main focus will be on harvesting traditional materials. As we develop next year's schedule, Cultural Activities Specialist Jennifer Bryant would love to hear from any beginner or experienced weavers on what classes you are interested in. What ideas do you have that would make a more robust program? Come join us to build your stock. Email Jennifer Bryant at jbryant@cowcreek.com or call 541-677-5575.



Participants chose from a number of beautiful animal designs for their amulet pouches

Smithsonian Museum to Honor the Military Service of Native Americans

The Smithsonian's National Museum of the American Indian has announced that by Veterans Day 2020, they will have opened and dedicated a National Native American Veterans Memorial in Washington, DC. This project is sponsored and led by 13 Native American Tribes and other sponsors.

"American Indians, Alaska Natives, and Native Hawaiians have a long, distinguished tradition of service and sacrifice in the US military," stated the announcement. "The Smithsonian's National Museum of the American Indian will honor Native American patriotism by dedicating this memorial."

To learn more about the memorial, visit americanindian.si.edu/nnavm.



An early artistic rendering of the memorial, courtesy of the Smithsonian, designed by Harvey Pratt (Cheyenne and Arapaho) and Butzer Architects and Urbanism, rendered by Skyline Ink.

Emergency Preparedness

How to Stay Safe When a Winter Storm Threatens

by Tracy DePew, Cow Creek Emergency Management Director, via ready.gov

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. A winter storm can last a few hours or several days; knock out heat, power, and communication services; and place older adults, young children, and sick individuals at greater risk. IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY.

You can stay safe during a winter storm by following three steps:

Step 1: Prepare Now

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- 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 (see the November newsletter for tips). Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.
- Learn the signs of, and basic treatments for, frostbite and hypothermia.

Step 2: Survive During

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then 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 stove top or oven.
- Reduce the risk of a heart attack. Avoid over-exertion 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.

Step 3: Recognize and Respond

- Frostbite causes loss of feeling and color around the face, fingers, and toes.
 - Signs: Numbness, white or grayish-yellow skin, 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, or 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.

Emergency Preparedness



It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.



More than half of the home decoration fires in December are started by candles.



More than 1/3 of home decoration fires are started by candles.







The top 3 days for home candle fires are Christmas Day, New Year's Day and New Year's Eve.



Keep candles at least
12 inches away from anything that burns.



Although Christmas tree fires are not common, when they do occur, they are dangerous.

On average, 1 of every 52 reported home Christmas tree fires resulted in death.



A heat source too close to the Christmas tree causes 1 in every 4 winter fires.



Read manufacturer's instructions for the number of light strands to connect.



Make sure your tree is at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.



Get rid of your tree after Christmas or when it is dry.









This message brought to you by FEMA, the US Fire Administration, Fire Is Everyone's Fight, and the NFPA. To learn more, visit <u>usfa.fema.gov/winter</u>

Culture and Education

Why Don't Xtáan (Lamprey) Have Bones?

"One day, the eel [xtáan] met salmon [pʰím]. They started to gamble. The game was one of sticks, as your fathers play, betting on how many robes or furred switches the other holds. The eel, who was very lucky, won for a long time. Then he became careless. He bet recklessly. The salmon began to win. The eel lost all he had won. Then he lost all he had of wealth. When he lost everything, he bet his bones. Again the salmon won. That is why to this day the eel has no bones." (Lavola J. Bakken, *Lone Rock Free State*, 1970)

Lamprey were an important first food for the Cow Creek people. They provided the necessary nutrition for living an active lifestyle.

Nutritional value of 5 ounces of lamprey:

- 369 calories
- 21.33 grams protein
- 29.43 grams fat
- 0.27 grams carbohydrate
- High in Vitamin A, D, E, B1, B2, B6, B12, Niacin, Iron, Zinc, Copper

Elder Art Class

Do you have an art or craft project that you are working on and would like fellowship while you work? We would love for you to come!

We will be making small cedar baskets, practicing our twining, making necklaces, and having a good time. You don't have to be working on a traditional art to join us; beading, crocheting, or knitting are welcome. Stick around afterward for a delicious lunch.

This program is open to all Native American Elders. Classes are held on Tuesdays and Thursdays at 10 AM at the Tribal Community Center at 825 NE Leon Ave, Myrtle Creek, Oregon. Contact Jennifer Bryant at 541-677-5575 or email jbryant@cowcreek.com with any questions.

Tribal Library to Open in Early 2020

The Tribal Library is on track to open in early 2020. The collection of literature and materials, covering a wide variety of topics, was originally housed in the Roseburg Government offices but has moved under the Education Department's administrative umbrella and moved (with the aid of the Maintenance Dept.) to the new Tribal Community Center.

This was not an easy undertaking, as the materials all had to be cataloged in the web-based inventory management system. Over 2,000 titles were individually entered into the system, assigned a classification number, tagged, and then boxed for moving. All of the reference materials are currently on the shelf in their new home in the Gathering Room, waiting their fiction counterparts to be brought from storage.

Books in this collection are focused on Native authors, Native arts and history, or subjects relevant to our geographical area and/or Native issues. It is an interesting collection of materials that should benefit Tribal members.

We ask that visiting Tribal members fill out a brief application for the Library. Unfortunately, we have to limit our ability to check out materials to in-person pick-ups and returns; we cannot mail items for check out at this time. Stop by the Tribal Community Center in Myrtle Creek, Oregon, and see our librarian, Stephanie Jackson, for an application.

Youth Activity Council Movie Night

The Youth Activity Council is hosting a movie night at the Cow Creek Government Offices Board Room on Friday, January 10, 2020. They will be showing the Movie Aladdin, and pizza, popcorn, and drinks will be provided for all attendees. This event is open to Tribal families with youth ages 3 - 18. For more information on the event, or to ask any questions, please contact Tammy Anderson at 541-672-3861 or teammy.anderson@cowcreekgrc.com.

Culture and Education

Archaeology: Cairns

One of the more significant archaeological sites is what appear to be seemingly random rock stacks known as cairns. These features, however, are very significant to the history of the Tribe, as they are remnants of traditional vision quests.

There are two main reasons for vision quests: the coming of age ceremony for men, and for spiritual guidance or acquisition of spirit powers by shamans.

Within the Cow Creek ancestral territory, waisthigh cairns have been found mostly on the top of ridges or the edges of ridges with views in several directions and that had lines of sight to other significant features (i.e. landmarks). In shamanism, mountains, lakes, valleys, etc. had spirits and it seems these were the spirits the shamans were seeking guidance from. Cairns were also sometimes used for marking burials.



An old example of a cairn



Remains of a cairn today

Regalia: Ladies Cloth Dress

The styles worn by women are the most tribal-distinctive clothing seen in the pow-wow circuit. A knowledgeable person, such as an Elder, can often determine the Tribe of the wearer by her outfit. Many dancers dance with very dignified, graceful steps. Ladies dressed in cloth may or may not wear eagle plumes or feathers, and otter-fur hair extensions, depending on their Tribe's style and personal preference.

(Right) A modern example of a ladies cloth dress



Government and Programs

Child Care Assistance Program

The Cow Creek Child Care Assistance Program provides eligible parents, grandparents, and legal guardians of Tribal children with a stipend for monthly child care costs. Stipends are paid directly to the child care provider.

Funds for the stipend come from Child Care and Development Fund (CCDF) grant operating funds. CCDF funds are used for participants who live within the Seven-County Service Area.

The purpose of the Cow Creek Child Care Assistance program is to enable families to improve their financial wellbeing. This is achieved by significantly reducing the financial burden of child care thereby enabling parents/guardians of Tribal children to work full time and/or attend school. Formal education and steady work experience will progressively increase the family's earning potential.

The Cow Creek CCDF program offers child care assistance for a variety of child care provider types. Providers must be currently state licensed and continually meet all state licensing requirements and certifications. Current licensing status can be found on the Oregon Child Care Safety Portal: https://oregonearlylearning.com/parents-families/childcare-safetyportal.

Program eligibility is determined by:

- Location: The family must live within the Seven-County Service Area
- Income: Gross monthly income limits by household size are based on the Sliding Fee Scale
 - Families of two are over income at \$3,791
 per month while families of eight are
 considered over income at \$7,525 per
 month. These amounts are based on the
 Sliding Fee Scale effective October 1, 2019.

This fee scale is subject to change.

Other requirements include:

- Families in the service area must first apply for child care through the state before applying for assistance with the Tribe. Once the family's state assistance amount is decided (or if state assistance is denied) the family can apply with the Tribe for assistance with costs that aren't covered by the state. Parents may be responsible for a co-pay, paid directly to the provider, based on income as well.
- Families must verify that child care assistance is needed because all adults in the household are working or attending school (including a limited amount of time for study). Child care assistance is not intended to cover times when an adult is regularly home or when adults are engaged in ineligible activities.

Families requesting assistance must submit a completed application and provide income verification in order to be considered for approval. If you would like an application, or more information please contact Amy Holmgren at 541-677-5575 ext. 5579 or aholmgren@cowcreek.com.

Energy Assistance Available

The Tribe's Low Income Heating and Energy Assistance Program (LIHEAP) has received it's funding for the 2019-2020 Program Year. On December 1st, the LIHEAP Program opened up for all eligible Tribal Households. Please remember this program is on a first-come, first-serve basis, and is dependent on funding available for providing assistance once per year to Tribal Members living in the seven county service area who meet the qualifications on income and status. Resource and referral information can also be provided. If you live outside of the Seven-County Service Area and are in need of energy assistance, we may be able to help. For more information on this program, or to find services in your area, please contact us at 541-677-5575.

Government and Programs

Medicare Part B Reimbursement Program Information

Cow Creek Tribal members and their spouses who pay Medicare Part B Insurance Premiums may qualify for Tribal reimbursement of their premiums. These premiums are withheld from your Social Security checks monthly. If you are over 65 and still employed, you will be billed directly.

Reimbursement payments can be requested as an annual or monthly reimbursement payment. Tribal Elders (age 60+) can choose to have direct deposit or a printed check. If a Tribal Elder chooses Direct Deposit, a Direct Deposit Authorization Form and a cancelled check must be submitted.

To request your reimbursement, submit a 1099 form for an annual reimbursement, or submit a benefit statement for a monthly payment. The Social Security Administration Office will send these to you. It is important to keep your insurance premium information updated. As soon as you receive your 2020 benefit statement or your 2019 1099, please submit either by fax at 541-677-5565, email to aholmgren@cowcreek.com or mail to Amy Holmgren at 2371 NE Stephens, Roseburg, OR 97470.

To request assistance, please contact Amy Holmgren at 541-677-5575.

Medicare: When Is Your 65th Birthday?

Did you know you need to sign up for Medicare even if you continue to work in order to avoid penalties and save you money? You can sign up as early as 2 months before your 65th Birthday. Don't put it off, this can save you a lot of money! Medicare coverage and costs change yearly. Be sure you are aware of the changes that occur yearly that will affect your pocketbook. Attend free Medicare classes offered in your area. Call SHIBA (Senior Health Insurance Benefits Assistance) at 1-800-722-4134. You will be asked to use the phone keypad to enter your ZIP Code. Depending on where you live, your call may be routed to a local agency in your area.

UTrans Bus Passes

The Tribal Bus Pass Program offers free monthly UTrans bus passes for Tribal Adults and Elders/Disabled/Veterans.

These passes are refreshed every month and are on a first-come, first-serve basis, as there are a limited amount available. In addition, we now offer one-ride tickets if you do not need to utilize the transit system on a daily basis. Additionally, as of Summer 2019, UTrans is allowing students to ride the transit system free all year round.

For more information on any of these services or programs, or to find services/supports in your area, please contact Mel Johnson, Housing Programs Coordinator at MJohnson@cowcreek.com or 541-677-5575.

Explanation of Payments

<u>Please Note</u>: This material has been prepared for informational purposes only, and is not intended to provide, and should not be relied upon for tax, legal or accounting advice. You should consult your own tax, legal, and accounting advisors.

Monthly Elder Payments

The Monthly Elder Payments are made pursuant to the Tribe's General Welfare Code, and in compliance with the Tribal General Welfare Exclusion Act of 2014. These payments are made through a general welfare program of the Tribe. Therefore, these payments are intended to be exempt from federal income taxes and not reportable as gross income for purposes of federal income taxes.

Annual Per Capita Payments

The Annual Per Capita Payments are made pursuant to the Tribe's Tribal Gaming Code, and in compliance with Indian Gaming Regulatory Act. These payments <u>are taxable</u> and should be reported as gross income.

Government and Programs

Opening Available on the Cow Creek Gaming & Regulatory Commission

The Cow Creek Gaming & Regulatory Commission is currently seeking qualified candidates to fill a vacated position on the board through the remaining term (December 31, 2022). Board members may be reappointed to serve an additional five (5) year term.

The Cow Creek Gaming & Regulatory Commission is responsible for the regulation of Seven Feathers Casino Resort and extends over all gaming operations within the Tribe's jurisdiction. The Commission is an arm of Tribal government, independent from the gaming operation, and charged with the task of protecting the fairness, integrity, security and health of the operation and administration of all gaming activities.

To apply, send your resume to the Cow Creek Gaming & Regulatory Commission office at 2058 NE Airport Road, Roseburg, OR 97470, or via email to amcauley@cowcreek.com. Resumes must be received by January 13, 2020. Please note: all applicants will be required to have a preliminary background check completed in order to confirm eligibility for the position.

Please Report Your Hunt by Jan. 31, 2020

If you bought an Oregon State deer or elk tag, or redeemed one in your Sports Pac in 2019, and you haven't yet reported, don't forget to do so by Jan. 31st to avoid a \$25 penalty. Reporting is required even if you weren't successful or didn't



Report your hunt to avoid a fine

go hunting. Pronghorn, cougar, bear and turkey tags should also be reported.

Login to your account at ODFW's Licensing page (https://odfw.huntfishoregon.com/login) and go to Mandatory Reporting, or call 1-866-947-6339. The deadline to report hunts that end after Dec. 31st is April 15th.

Also if you have a youth that is planning to apply for Tribal hunts or Oregon State hunts in 2020, now is the time to start planning to take the required Youth Hunter Safety Course. Contact your local ODFW regional office for more information.

Tribal Board to Travel to Washington

The Tribal Board will be traveling to Washington for the annual informational meetings in March 2020.

The first meeting will be held from 6 - 8 PM in Kelso, Washington, in the Cedar Room at the Red Lion Hotel & Conference Center (510 Kelso Drive, Kelso, WA 98626) on Friday, March 13, 2020.

The second meeting will be held from 1 - 3 PM in Port Angeles, Washington, in the Juan de Fuca Room at the Red Lion Hotel (221 North Lincoln Street, Port Angeles, WA 98362) on Saturday, March 14, 2020.



Blue Zones Project Corner

BLUE ZONES® POWER 9: Focus on Family

By Kara Dressler, Cow Creek Health and Wellness Center, Clinic Communications Coordinator

Focus on Family

This busy holiday season, instead of getting swept away by all the hustle and bustle, take some time to down shift and recharge your batteries for the coming year. You can boost your well-being now and into the new year by slowing down and taking the time to eat nutritious foods, enjoy friends, reconnect with your spiritual side, make family a priority, and engage in activities that add a sense of purpose to your life.

5 Ways to Keep You Smiling through the Holidays Keep your spirits bright this holiday season and into the new year with these five easy tips:

- Take time to unwind. The holidays can be stressful. Set aside time to relax with your loved ones, and make sure you also have some quiet time to yourself.
- Keep moving. Keep moving during the holidays to relieve stress and halt weight gain. Find ways to move your body more throughout the day. Take regular walks with friends and family or enroll in a yoga class to relieve stress.
- 3. Don't try to lose weight or stick to a restrictive diet this holiday season. If you enjoy your favorite foods in smaller portions with healthy options in between, you'll feel satisfied, not deprived. Think "hara hachi bu" and stop eating when you're 80% full. Remember to drink plenty of water.
- 4. Drink a healthy beverage with friends. Socializing with friends during the holidays will help to keep your spirits bright.
- 5. Laugh more. Laughing burns calories, reduces stress, and means you are enjoying the company of your loved ones during the holidays.

Cilantro-Walnut Pesto Bread Spread

Experience the unique pesto complimented perfectly by the crunch of walnuts. A healthy and delicious appetizer or dip for any occasion. Blue Zones highly recommends serving this with hummus and sharing it in the company of good friends with some wine at 5.

INGREDIENTS

2 cups of cilantro

1 cup fresh spinach

½ cup walnuts

2-3 T olive oil or low sodium broth/bouillon

2-3 T parmesan cheese (optional)

DIRECTIONS

Place all ingredients in a food processor and pulse until smooth. If necessary, add more oil or broth to achieve the consistency you want, and to make a spreadable paste. Spread on whole wheat bread and toast in the oven for 4 minutes on broil or toast cycle.



Cilantro-Walnut Pesto Bread Spread Photo courtesy Blue Zones Project

Messages from the Clinic

Clinics Partner with OHSU's Casey Eye Institute Again in 2019

On November 9th, the Cow Creek Health and Wellness Center's Nutrition Education Department once again partnered with Oregon Health & Science University's (OHSU) Casey Eye Institute Mobile Eye Clinic to offer comprehensive, free of cost eye exams to Tribal members. Twenty people were served at this year's event, each receiving an eye exam valued at over \$500. Most participants also received a free or low-cost pair of prescription eyeglasses. Cow Creek Health and Wellness Center would like to thank the OHSU Casey Eye Institute for helping us to offer this service to our Tribal members and patients each year. Stay tuned for more information about next year's Casey Eye Event to be held October 10th, 2020 at our Canyonville clinic.

Flavors of Fall Cooking Demonstration

On November 13th, the Cow Creek Health & Wellness Center Nutrition Education Department hosted a "Flavors of Fall" cooking demo at the Tribal Community Center. Participants were shown how to spatchcock a chicken, make puréed soup, and make salads and dessert featuring whole grains. Featured dishes were French Onion Roasted Chicken, Curried Apple & Potato Soup, Brussels Sprouts & Bulgur Salad, and Pumpkin Muffins. Thank you to the Tribal Community Center for sharing your space!

Save the Date: February Cooking Demo

Save the date for the Nutrition Education
Department's next cooking demo! The theme will
be "Heart Health" and we have some tasty recipes
planned! Come hungry, as we eat everything we cook!
It will be held on February 12, 2020, from 10:30 AM –
12 PM at the Tribal Community Center, 825 NE Leon
Street, Myrtle Creek. The event is FREE, but advanced
registration is required. Please call either clinic to sign16 up (541-672-8533 or 541-839-1345).

Time to Talk about Cyberbullying

Approximately 7 percent of students in 6th - 12th grade experienced cyberbullying last year, according to the latest statistics available at www.stopbullying.gov/cyberbullying. For high school students, 15 percent reported electronic bullying in the past year.

Some warning signs of cyberbullying could include:

- Seems afraid of going to school, walking to and from school, or taking part in organized activities with peers
- Sudden loss of interest in school or poor performance
- Appears anxious and suffers from low self-esteem

If your child shows any of these signs, it doesn't necessarily mean that he or she is being cyberbullied, but it is worth exploring. For more information on Cyber Bullying go to this website:

www.stopbullying.gov/cyberbullying



Attendees learn to spatchcock a chicken, which became the French Onion Roasted Chicken shown below



Messages from the Clinic

National Influenza Vaccination Week

The Center for Disease Control (CDC) established National Influenza Vaccination Week (NIVW) in 2005 to highlight the importance of continuing flu vaccination through the holiday season and beyond. NIVW in 2019 occurred on December 1st-7th.

Why is NIVW in December?

- Previous flu vaccination coverage data has shown that few people get vaccinated against influenza after the end of November.
- The CDC and its partners choose December for NIVW to remind people that even though the holiday season has begun, it is not too late to get a flu vaccine.
- As long as flu viruses are spreading and causing illness, vaccination should continue throughout flu season in order to protect as many people as possible against flu.
- Vaccination efforts should continue through the holiday season and beyond. It's not too late to vaccinate.
- While vaccination is recommended before the end of October, getting vaccinated later can still be beneficial during most seasons for people who have put it off.
- Even if you have already gotten sick with flu, you can still benefit from vaccination since many different flu viruses spread during flu season and most flu vaccine protects against four different flu viruses.

The Truth about the Flu

- Flu isn't a "bad cold" and can result in serious health complications, such as pneumonia, bacterial infections, and can lead to hospitalization.
 Flu can sometimes even lead to death.
- All people are at risk of developing serious flu complications and certain groups are at higher risk. For people at higher risk, flu is more likely to lead to serious flu complications that can result in hospitalization or even death.

The Truth about the Flu (continued)

- People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes, heart disease or lung disease, and people 65 years and older.
- Anyone who gets flu can pass it to someone at high risk of severe illness, including children younger than 6 months who are too young to get a flu vaccine.

If you haven't received a flu vaccine yet, call either clinic of the Cow Creek Health & Wellness Center for an appointment at 541-672-8533 (Roseburg) or 541-839-1345 (Canyonville).

Brussels Sprouts, Cranberry, and Bulgur Salad

This colorful salad is packed with flavor and nutrition!

INGREDIENTS (Serves 6)
1/3 cup dried bulgur

1 cup boiling water

½ cup dried cranberries

1/4 cup walnuts, chopped

¼ cup orange juice

4 ½ tsp. canola oil

 $\frac{1}{2}$ pound (2 cups) Brussels sprouts

2 Tbsp. apple cider vinegar

1/4 tsp. salt

1/4 tsp. ground black pepper

DIRECTIONS

Cover bulgur with boiling water and let stand until soft, about 30 minutes. Pour off any excess water. Rinse and trim Brussels sprouts. Cut in half lengthwise, then slice crosswise into thin strips. In a large bowl combine bulgur, Brussels sprouts strips, cranberries and walnuts. In a small bowl or jar with a lid, combine orange juice, canola oil, apple cider vinegar, salt and pepper. Mix or shake well. Pour dressing over salad and serve. Refrigerate leftovers within 2 hours.

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Senior Meal Elder Art Class Water Aerobics	4	5 Senior Meal Elder Art Class	6 Elders Monthly Culture Items Class @ 7F 10 - 11:30 AM	7
		Water / Grosies		Water Aerobics	Elders Monthly Luncheon 12 PM @ 7F	
8	9	10 Senior Meal	11	12 Senior Meal	13	14
		Elder Art Class		Elder Art Class		
		Water Aerobics		Water Aerobics		
		Food Bank Open		Seven Feathers Hotel Remodel Sale @ 7F		
15	16	9 AM - 11 AM 17 Senior Meal	18	19 Senior Meal	20	21
		Elder Art Class Water Aerobics (Last Day)		Elder Art Class Food Bank Open		
		, ,,,		2 PM - 4 PM		
22	23 GO Closes Early at 1 PM.	24 GO Closed for Christmas Eve No Senior Meal	25 GO Closed for Christmas	26 No Senior Meal	27	28
29	30	31 GO Closes Early at 2 PM No Senior Meal				

Regular Activity Times and Places

Senior Meals: 12 PM @ TCC Elders Art Class: 10 AM @TCC

Water Aerobics: 9 - 9:45 AM @ Seven Feathers RV Resort

GO: Government Offices, Roseburg, OR

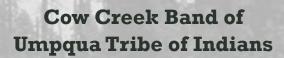
7F: Seven Feathers Casino Resort **TCC:** Tribal Community Center 825 NE Leon Ave, Myrtle Creek, OR

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 GO Closed for New Years Day	2 Senior Meal Elder Art Class Water Aerobics	3 Elders Monthly Culture Items Class @ 7F 10 - 11:30 AM Elders Monthly Luncheon 12 PM @ 7F	4
5	Seven Feathers Hotel Remodel Sale @ 7F	7 Senior Meal Elder Art Class	8	9 Senior Meal Elder Art Class	10	11
12	13	14 Senior Meal Elder Art Class Food Bank Open 9 AM - 11 AM	15	16 Senior Meal Elder Art Class	17	18
19	20 GO Closed for Martin Luther King Jr. Day	21 Senior Meal Elder Art Class	22	23 Senior Meal Elder Art Class	24	25
26	27	28 Senior Meal Elder Art Class Food Bank Open 2 PM - 4 PM	29	30 Senior Meal Elder Art Class	31	

Regular Activity Times and Places

Senior Meals: 12 PM @ TCC Elders Art Class: 10 AM @TCC GO: Government Offices, Roseburg, OR TF: Seven Feathers Casino Resort TCC: Tribal Community Center 825 NE Leon Ave, Myrtle Creek, OR



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