

Wik'uuyam Heeta'

"Friend, Away from Here"

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



Volume 30, Issue 8 September 2020

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 12 PM, 1 PM to 5 PM

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

Canyonville Clinic Hours

Monday - Friday 8 AM to 12 PM, 1 PM 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)

Please note that during the crisis, access to the Government Offices is being regulated, by decision of the Tribal Board. If you intend to visit the Offices or the Clinics, please call ahead to 541-672-9405.

The Tribal Board Election Results are In

The Quarterly General Council Meeting was held on Sunday, August 9th. The Tribal Election Committee presented the results of the 2020 Tribal Board of Directors Election to the Tribal Board of Directors and members present at the meeting. Incumbents were Daniel Courtney and Luann Urban. James (Jim) Deardorff was on the ballot as well. Dan and Luann retained their seats on the Board, and will serve another 4-year term.

Following the announcement of the election results, the Board of Directors re-elected officers of the Board. The results are shown in the photos below.

The Tribal Board of Directors and the Election Committee would like to thank all members that participated in the 2020 Election and would like to remind Tribal members who are not registered to vote in the Tribal Election to contact the Tribal Office at 541-672-9405 and request a Tribal Voter's Registration Form, or to fill out the form included with this edition of the newsletter.



Daniel Courtney Chairman



Gary Jackson Vice Chairman



Yvonne McCafferty
Secretary



Robert Van Norman Treasurer



Iessica Bochart - Leusch



Tom Cox



Robert Estabrook



Kathleen Susan Steward



Carla Keene



Luann Urban



Gerald Rainville

Tribal News

Meet Brett Johnson, the New Tribal Police Chief

With the Cow Creek Tribe preparing to implement a new police force to help protect Tribal members, lands, and resources, someone was needed to direct the effort. For this job, Tribal leadership has hired Brett Johnson as the Tribal Police Chief.

Johnson is a native of the Rogue Valley, raised in Central Point, Oregon. After graduating, he started his career in 1987 as an Army MP stationed in Europe during the Cold War. After returning to the states, he worked as a police officer for the US Department for Veterans Affairs in White City, Oregon. He then worked for the Medford Police Department in 1995, where he retired as a Deputy Chief in 2019. He has a Masters of Business Administration from Corban College, and attended the FBI National Academy.

Johnson has joined the Tribe's year-long preparations to establish a Tribal police force, and has worked with law enforcement agencies throughout Oregon. These consultations are laying a groundwork of cooperation and good relationships so that Johnson can rely on them to help protect the Tribe.

"Leaning into local partnerships is essential in all law enforcement," he says. "Our situation is a bit challenging, as Tribal properties are spread out in a checkerboard among BLM-owned lands, but I think it is manageable. There is a very strong collaborative effort between law enforcement agencies in Douglas County, which is not always the case in other places. That's a strength we can lean on while being a good partner throughout the community."

Johnson and the Tribe have another advantage that can't be found elsewhere: Oregon recognizes the police powers of a Tribal police officer throughout the state, not just on Tribal-owned lands. Tribal police have the tools and authority to resolve any issues as needed, even if the perpetrator of a crime against the Tribe is not a Tribal member or on Tribal lands.

"This is a game changer," says Johnson. "Every state wishes they had something like Oregon, where Tribal



Brett Johnson, during his time as Deputy Chief of the Medford Police Department

police officers can exercise the police authority—and, by extension, the Tribe's sovereignty—throughout the state."

While the Tribe is still in the planning and construction phases of getting the Tribal police up and running, they hope to be operational by the start of the year. It will be a small, blended agency that continues to partner with the Sheriff's Office and other local agencies. It will grow to the needs of the Tribe, its people, and its resources to provide the necessary law enforcement.

"We aim to address key threats to Tribal property and resources, to prevent disasters like the Milepost 97 fire," says Johnson. "We will focus on community policing to support the Tribe and its members, and to protect Tribal resources. I look forward to providing the best service possible."

Seven Feathers Hotel and Casino Resort Wins 2020 Travelers' Choice Award

Each year, www.tripadvisor.com combs through all the reviews, ratings, and other data that travelers from across the globe share on their website, and use this information to spotlight the greatest travel locations and experiences the world has to offer. The Travelers' Choice Best of the Best award is given only to a select few of these, those whose performance and experience has impressed enough travelers to leave overwhelmingly positive reviews. We are proud to announce that the Seven Feathers Hotel and Casino Resort has received the 2020 Travelers' Choice Award, which ranks the hotel in the top 10% of all hotels worldwide.

"Our success is all due to our team members," says Shawn McDaniel, General Manager at Seven Feathers. "You can have a beautiful casino, but if the guest service is terrible, then it doesn't mean anything. The Tribe has invested in the team members here, and that is paying off." Seven Feathers has undergone extensive renovations in recent time, featuring beautiful art, classy and comfortable new furniture, better room layout, and more. The hardworking staff who made all this possible were also rewarded by the renovation of a chef-attended staff cafeteria and plenty of other morale-lifting benefits.



The art in the renovated hotel, like this elevator landing, was designed by Tribally-owned business Anvil Northwest



Tribal News

Tribal Youth Council Helps Provide Care for Foster Children

The Tribal Youth Council remains committed to community service projects, and have recently been involved with ECHO (Empowering Community Hope Organization) in the greater Douglas County area. They provide children in foster care with Welcome Care Boxes, backpacks, and other donated items that are needed. Our youth council purchased backpacks for teenaged recipients and filled them with personal and dental hygiene products, blankets, writing materials, and snacks, just to name a few. At a time where "hope" is needed and appreciated, our Youth Council was more than delighted to contribute to a worthy cause.

Our many thanks go out to Michelle Moore, Human Services Director, the Education Department Language Team, and Michelle Torina for their generous support on this project.



Some contents of the Welcome Care Boxes



Rebekah Dodson and Tribal Workforce Development Manager Kelly Warner with many of the donated backpacks

Vacancy on Youth Activities Committee

The Youth Activities Committee has a vacant position. The committee hosts fun activities for our Tribal Youth throughout the year. Here is an outline of the commitments involved, as well as important dates to keep in mind:

Monthly meetings: 5:15 - 7:15 PM on Mondays, usually held at the Tribal Government Offices in Roseburg.

Remaining 2020 meeting dates: September 14th, October 5th, November 2nd, and December 7th.

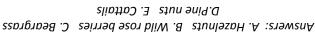
<u>Major Remaining 2020 Events:</u> Backpack Giveaway (September), Fall Family Gathering (near Halloween), Winter Family Gathering (December), and committee decisions may possibly plan more fun events.

If you are interested in being a part of this committee, please contact Michelle Bochart at 931-302-2059 or MBochart@yahoo.com for an application and more information. Submissions must be e-mailed to Michelle Bochart.

Culture and Education

Takelma Language Corner

Hello from your Takelma Language Team! In this month's newsletter, we wanted to quiz everyone on their identifying abilities. Here we have 5 pictures of culturally significant plants and their Takelma names. Do you know what they are? Answers are below! We hope everyone is staying cool and safe out there!





A. thkwiil (TGW<u>EE</u>L)



B. ts'è'ns (ts-EH-ns)



C. keèth (GEHT)

Chromebook/Laptop Reimbursement Program Applications Available

The Cow Creek Education Department is currently offering a benefit to help students this upcoming school year.

Firstly, there are 200 Chromebooks available to students from 3rd to 12th grades on a first-come, first-serve basis, or until 12/1/2020, whichever comes first.

- Limit of one per student, though multiple students per household are allowed.
- Recipients must be a currently enrolled student (online or private schools are fine).
- Recipients must have proof of enrollment (a direct email from the school/program the student is enrolled in is also acceptable).
- Each unit is shipped directly to the student from the supplier. The Cow Creek Band of Umpqua Tribe of Indians is not responsible for lost, damaged, or stolen units; the warranty is through the distributor/manufacturer.

Secondly, incoming High School students can get a \$250 reimbursement on laptop purchases made after 8/1/2020 and before the program ends on 12/1/2020.

The application for this program can be found on www.cowcreekeducation.com/forms-resources/ (not www.cowcreek-nsn.gov). For any questions or concerns, please contact the Education Department at 541-677-5575.



D. thpelè's (tbeh-LEH-s)



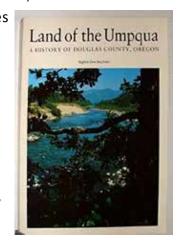
E. lep'ées (leh-p-EHS)

Historical Book Reviews

by Jennifer Bryant, Cultural Activities Specialist

To start this monthly series of reviews of publications that shine a light on the history of our Tribe and this area, we will look at *Land of the Umpqua*, by Stephen Dow Beckham, published in 1986.

If you are looking for a history book about our area, this is a good place to start. This book gives an overview



of the landscape, natives in the area, first pioneers, and early inhabitants. It touches on agriculture, logging, and early industries of the area.

I love looking at the early photographs and sketches included in the chapters. The select bibliography gives great resources for further diving into all the subjects. You can find this book online, but it's out of publication.

Do you have a favorite book that highlights this area? We would love to know what it is, so we can search out a copy and add it to our library. Contact Jennifer Bryant at 541-677-5585 or ibryant@cowcreek.com.

Government and Programs

Attention Tribal Membership: Please Complete the U.S. Census

As of August 9, 2020 response rates for Cow Creek Tribal Members for the 2020 Census are **33.0%** Please be sure to complete your Census Survey by mail or online at www.2020census.gov (click RESPOND).

How you fill out the U.S. Census matters to you and your Tribe! Native American Tribes are estimated to lose \$3,000 in federal funding for **every** member who doesn't get counted. In 2010, the Census missed 41% of all Cow Creek Tribal members, causing a loss of over \$1 million in funding.

Follow these 3 simple steps:

- 1. On Question 5: "What is Person 1's Name?"
 - Choose a Cow Creek Tribal household member to be Person 1. This can be any member of your family-even a child.
- 2. On Question 9: "What is Person 1's Race?"
 - Check this box: "American Indian or Alaska Native."
- 3. Write: "Cow Creek Band of Umpqua Tribe of Indian"





Oregon – Idaho – Washington - Montana

Tribal Self Response Rates – August 9, 2020 | National Response Rate 63.3%

Oregon - 65.8%

Coos Lower Umpqua 62.5% Celilo 60.0% Coquille 59.2.% Umatilla 53.6% Grand Ronde 53.6% Siletz 52.8% Burns Paiute 41.3% Warm Springs 39.3% Klamath 38.5% Cow Creek 33.0%



Idaho - 67.8% Kootenai 84.8%

Nez Perce 45.9% Coeur D' Alene 39.7% Shoshone-Bannock 39.1% Shoshone Paiute 12.6%

Montana - 56.9%

Salish-Kootenai 43.4% Fort Peck 31.9% Chippewa Cree 21.3% Blackfeet 20.5% Fort Belknap 17.2% Crow Tribe 10.3%

Northern Chevenne 10.0%

Washington - 69.2%

Port Gamble 78.3% Puyallup 70.5% Upper Skagit 69.7% Lower Elwha 66.8% Port Madison 64.8% Swinomish 61.8% Tulalip 60.5% Muckleshoot 59.6% Nisqually 58.7% Sauk-Suiattle 56.5% Quileute 55.3% Nooksack 54.9%

Washington - 69.2%

Lummi 54.4% Chehalis 53.7% Makah 52.7% Yakama 51.7% Hoh 51.6% Shoalwater Bay 51.2% Squaxin Island 51.2% Skokomish 47.5% Quinault 45.7% Kalispel 40.5% Colville 34.3% Spokane 33.5%

> Shape our future START HERE 2



Government and Programs

Guidelines for Tribal Member Camping and Day Use Passes on the Umpqua National Forest Campgrounds and Trailheads

Why Do Tribal Members Get Passes?

Tribal members receive free passes to camp and hike on Umpqua National Forests lands in the Tiller Ranger District because this area is part of your ancestral homelands.

Who Gets One?

Passes are issued per vehicle driver (Tribal members 16 years of age or older). Do not loan or sell the pass to others.

Where Do I Get a Pass?

Tribal members may call the Natural Resources
Department to request a Pass, after which it will
be mailed to the requesting member. To request a
Camping and Day Use Pass, please call Crystal Haaby
at (541) 672-9405. Passes are valid from the date
issued to December 31st of the current year.

<u>Please Note:</u> The pass should be displayed face up, with your photo showing, on the dashboard of your vehicle while on-site and be presented to Forest Service staff when requested.

How Do I Use It?

FOR CAMPING: When camping at established campgrounds, you must still fill out the envelope and write down your pass number in lieu of payment.

FOR HIKING: When you park at a trailhead for hiking.

Please Remember:

- The Tribal pass is for Tribal member use only. You may only use the pass for the campsite that you are using; one campsite per pass.
- You must actually have a pass, your Tribal ID card does not enable you this benefit.
- While onsite and using the pass, please remember to pick up trash, follow campground rules and treat staff and those around you respectfully.
- The pass is only valid for the Tribal member for whom it is issued; it cannot be transferred among family members.

Where Can I Use It?

Administrative passes are valid within the Umpqua National Forest Tiller Ranger District. It is not valid on other federally owned lands such as the Bureau of Land Management (BLM), National Park Service, county parks or on any privately owned lands. For a valid list of Campgrounds on the Umpqua National Forest Tiller Ranger District, see the list below.

Can I Reserve a Campsite?

Administrative/Tribal passes are not compatible with the online National Reservation System; therefore they cannot be used to reserve a campsite. However you can call and reserve a site by using the Forest Service reservation system at your own expense. Reserve online at www.recreation.gov or call toll free: 1-877-444-6777.

Issues Using Your Pass?

Forest officers and campground hosts are briefed yearly on this program. If you encounter any problems or issues using your pass, please call the Tribal offices at (541) 672-9405 and ask for the Natural Resources Director. We will work with Forest Service staff to resolve these issues.

List of Campgrounds & Trailheads where you can use your pass.

All sites are on a first come, first serve basis.

Tiller Ranger District

Ash Flat Boulder Creek

Camp Comfort Cover

Devil's Flat Dumont Creek
Threehorn Three C Rock

South Umpqua Falls

Districts where other permits are required:

North Umpqua Ranger District, Diamond Lake Ranger District, Cottage Grove Ranger District, Trailheads

Emergency Preparedness

September Is National Preparedness Month

by the Oregon Office of Emergency Management, via Tracy DePew, Cow Creek Emergency Management Director

The heat of summer is here across the state, and with extreme temperatures and dry conditions comes increased risks. Oregon's Office of Emergency Management offers a few simple tips to help Oregonians keep cool, stay safe and prevent wildfires as we all navigate the continued impacts of COVID-19.

- Staying home to prevent the spread of COVID?
 Keep windows and blinds closed to stay cool indoors, and make sure to stay hydrated by drinking plenty of water.
- When you need to be outdoors, stay close to home, bring a water bottle with you, and limit activity to early in the day or later in the evening when temperatures are cooler.
- Heading out to cool off in the water? Plan ahead, know the risks, and don't forget those life jackets.
- Be sure to wear face coverings when you cannot maintain a distance of at least six feet from others.
 Switch to a cotton bandana or scarf if your normal face covering is too heavy or thick to wear in the heat.
- Check on family members and neighbors, especially the elderly, those who live alone, or who may need special assistance. Remember, you can visit in person as long as you stay at least six feet away, but a call, text, or video-chat works as well and reduces the risk of COVID exposure.
- It's everyone's responsibility to help prevent human-caused wildfires. Know your local fire restrictions and always pack a water source and a shovel. If you make a campfire, be sure it's dead out before leaving. To learn about restrictions and wildfire activities at home, at work, and when you are out and about, visit www.KeepOregonGreen.org/prevent-wildfires.

Above all, know your risks and be prepared for them. OEM's 2 Weeks Ready initiative - www.oregon.gov/oem/2WeeksReady - offers a real way each of us can help ourselves and our communities prepare for the next emergency.

2 Weeks Ready encourages Oregonians to prepare to be on their own for a minimum of two weeks. This empowers individuals and communities to count on themselves and each other, especially in the aftermath of a major disaster, such as a wildfire or earthquake. It's also a great way to mitigate the effects of events such as heat waves, power outages, and even COVID-19, as people may need to isolate at home for as long as 14 days.

"It's all about knowing the risk so you can plan ahead to reduce that risk," says OEM Director Andrew Phelps. "Disasters don't wait for us to be ready, and they can be due to any number of hazards. Preparing for disaster can be overwhelming, but 2 Weeks Ready is an achievable goal. You don't have to get there today, but you do need to start now."

OEM has created a short video to show Oregonians the basics of a 2 Weeks Ready kit, including face coverings and hand sanitizer. Everyone's kit will look different, so be sure to customize for you and your family. To view the video, go to: www.youtube.com/watch?v=yurvrTrUBM0.

For more information on preparedness resources, visit www.oregon.gov/oem.

Emergency Preparedness

What Does "2 Weeks Ready" Look Like?

by the Oregon Office of Emergency Management, via Tracy DePew, Cow Creek Emergency Management Director

For many years, we've been talking about the importance of being prepared for 72 hours. This is a good start, and helpful in the event of short-term power outages or temporary evacuation. But a large earthquake and tsunami will leave much of the area's transportation routes destroyed. Oregonians will have to count on each other in the community, in the workplace, and at home in order to be safe until responders can reach you.

Oregon's Office of Emergency Management encourages people to be prepared to be on their own for a minimum of two weeks. This lessens the strain on emergency responders who need to focus limited resources on injured and other vulnerable populations immediately following a disaster.

What does two weeks look like?

There is no one correct way to put together two weeks' worth of supplies since everyone has individual dietary and medical needs. If your family includes children, seniors, or pets, you will have additional needs. Everyone's kit will look different, but for a basic starting point, see the list of items on page 7 of the American Red Cross Cascade Region Prepare! guide: www.redcross.org/prepareguide.

Our 2 Weeks Ready Facebook page (<u>www.facebook.com/2WeeksReady/</u>) suggests activities or items to include in your preparedness kit. You probably have many 2 Weeks Ready items around the house.

You're more prepared than you think.

Being prepared to be self-sufficient for two weeks is an achievable goal. Many of the standard preparedness kit items such as flashlights, gloves, hand-crank radios, trash bags and a first-aid kit are already in your 72-hour kit. These handy, colorful and easy-to-read brochures will help you to think about how to be 2 Weeks Ready in a variety of ways.

Think about it. Talk about it.

Have a meaningful conversation with the members of your household to discuss the following:

- Do you have backup transportation methods and routes?
- Who will care for the kids, grandparents and pets if you are unable to get to them for several hours?
- Who in your neighborhood has medical skills, a generator, a chainsaw, or other important tools or resources?
- Do you have an out of state contact? Designate one person to be the main contact for your group of friends or family.

Disasters – large and small – can strike any time. Begin your 2 Weeks Ready planning today!

Visit www.oregon.gov/OEM/hazardsprep/Pages/2-Weeks-Ready.aspx for tips on getting 2 Weeks Ready on a number of topics, such as businesses, children, communications, community, first aid, food, neighborhood, pets, seniors, shelter, water, and more.



ALCOHOL & COMMERCIAL TOBACCO ARE NOT MY

EULTURE E

Commercial Tobacco and Alcohol Retail Assessment Summary







Cow Creek Band of Umpqua Tribe of Indians Tribal Service Area



Alcohol and Commercial Tobacco Industries Target Tribal Communities

Alcohol and commercial tobacco industries push dangerous products that addict Native peoples and harm tribes and communities. **Industries steal cultural imagery and misrepresent tribal Nations' sacred traditions** to sell addictive products and target tribal communities with promotions, events and giveaways. 1,2,3

Because Indian Nations are not directly impacted by state and local smokefree laws and other tobacco control measures, the commercial **tobacco industry has identified these sovereign communities as untapped and unprotected opportunities** to maximize their profits.²

Targeted marketing compounds the legacy of historical and contemporary trauma. Marketing contributes to higher rates of alcohol and commercial tobacco use among Native peoples in Oregon.¹ This results in a **53% higher rate of commercial tobacco-related deaths and 115% higher rate of alcohol-related deaths for tribal people** compared to all people in Oregon.⁴

This is modern colonialism and genocide of Native peoples.

Retail Assessment Shines Light on Industry Tactics in Locations Across Oregon

In collaboration with tribes and local tobacco and alcohol prevention programs, the Oregon Health Authority (OHA) conducted a statewide assessment of alcohol and commercial tobacco advertising, marketing and promotion in convenience stores, grocery stores, gas stations and other retail locations where people shop daily. The assessment provides a comprehensive understanding of the ways in which Native peoples are targeted by the alcohol and commercial tobacco industries.

These Addictions Take Money From the Pockets of Tribal Families



In Oregon, someone who smokes a pack of cigarettes a day and quits will save over \$2,200 a year.⁵

Excessive drinking costs every person in Oregon, including those who don't drink, more than \$900 each year.6

Why the Retail Environment Matters

About 7 out of 10 Native youth in Oregon visit convenience stores every week.

....<u>....</u>



About 7 out of 10
Native youth in Oregon remembered seeing a commercial tobacco advertisement on a storefront or in a store.

\$......#

Alcohol and Commercial Tobacco Products are Sweet, Cheap and Everywhere — and Designed to Hook Youth.

Flavored Alcohol and Commercial Tobacco Products Appeal to Underage Consumers by Masking the Harsh Taste.



A 24-ounce alcopop contains the same amount of alcohol as a bottle of wine and two times the amount of sugar as a can of soda.



Nine out of 10 commercial tobacco retailers in Oregon sold fruit and candy flavored e-cigarettes or cigarillos.⁷

Alcohol and Commercial Tobacco In the Cow Creek Band of Umpqua Tribe of Indians Tribal Service Area^{7,8}

16.9% of retailers had commercial tobacco placed in areas that are appealing to youth.



49.2% of retailers had alcohol products placed near candy or toys.



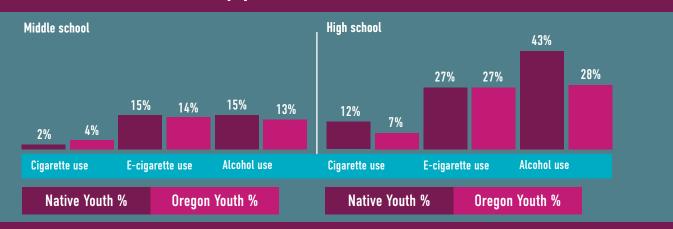
63.1% of retailers advertised cigarillos for less than \$1.10 each.



33.3% of retailers had price promotions for alcopops.



Cow Creek Band of Umpqua Tribe of Indians Service Area Data





Cow Creek Band of Umpqua Tribe of Indians Tribal Service Area®

Tribes in Oregon have united through a "culture is prevention" framework to address alcohol and commercial tobacco use in Native communities. As part of a comprehensive approach using Tribal Based Practices,9 Tribes combat industry tactics through policies for the benefit of the next generation.



Policy and environmental solutions can complement strategies already in place in tribal communities that protect the health of community members.

Commercial Tobacco Alcohol



Proximity and Density Policies: Zoning restrictions can cap the number of retailers in an area, require a minimum distance between retailers or prohibit retail locations near schools or other areas youth frequent.



Raising the Price of Products: Raising the price of alcohol and commercial tobacco is the most effective way to reduce consumption. Approaches include prohibiting discounts, multipack offers and coupons that keep products cheap.



Commercial Tobacco Retail Licensure: A system to track commercial tobacco retailers in counties within tribal service areas, educate retailers about commercial tobacco laws, and keep commercial tobacco out of the hands of children and youth.



Commercial Tobacco-Free Spaces: Advancing commercial tobacco prevention policies, including policies in schools, workplaces, pow wows and public events and spaces.

Ready to quit commercial tobacco? Call the Native Quit Line at 1.800.QUIT.NOW (1.800.784.8669) and dial 7

- 1. Commercial Tobacco. (2015). National Native Network: Keep It Sacred. Retrieved from http://keepitsacred.itcmi.org/tobacco-and-tradition/commercial-tobacco/. Tobacco Abuse Prevalence. (2015). National Native Network: Keep It Sacred. Retrieved from http://keepitsacred.itcmi.org/tobacco-and-tradition/tobacco-abuse-prevalence.
- 2. American Cancer Society, Cancer Action Network. (n.d.) Manipulating a Sacred Tradition: An Investigation of Commercial Tobacco Marketing and Sales Strategies on Navajo Nation and Other Native Tribes, Retrieved from http://action.fightcancer.org/site/DocServer/Industry_Influence-_Indian_Lands-_Indian_Gaming.pdf?docID=8902
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- 4. Orzechowski, W. and Walker, R.C. "Oregon Vital Statistics Annual Reports, Volume 2, 2017.," n.d.. https://www.oregon.gov/oha/ph/BirthDeathCertificates/VitalStatistics/annualreports/
- 5. Orzechowski W, and Walker RC. "The Tax Burden on Tobacco: Historical Compilation Vol. 53. 2018," n.d. Calculations based on average pack price for Oregon.
- 6. Sacks, J.; Gonzales, K.; Bouchery, E.; Tomedi, L.; and Brewer, R. "2010 National and State Costs of Excessive Alcohol Consumption." American Journal of Preventive Medicine 49, no. 5
- 7. Oregon Health Authority. Tobacco and Alcohol Retail Assessment, 2018. Unpublished data. Note: Price promotions assessment findings are limited to retailers that sold the specific tobacco
- 8. Oregon tribal service areas are defined by tribes and published in the Federal Register.
- 9. Cruz, Caroline M. Substance Abuse and Mental Health Services Administration. "Many Pathways to Follow Tribal Best Practices." Available at: https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/CHRONICDISEASE/HPCDPCONNECTION/Documents/Alcohol%20and%20Other%20Drugs/Tribal_Best_Practices_Overview.pdf.

Messages from the Clinic



During the 2016-2017 season, vaccination prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 influenza-associated hospitalizations.

When and Where to Get Vaccinated

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout the flu season, even into January or later. Flu vaccines are offered in many doctors' offices and clinics, and can be available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace. Use the vaccine finder at www.cdc.gov to find a flu vaccination clinic near you.

Get Vaccinated Each Year

Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season. Your protection from a flu vaccine declines over time, so yearly vaccination is needed for the best protection.

Is the Flu Vaccine Safe?

Flu Vaccines have a very good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, the Center for Disease Control (CDC) works with



the Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm.

Flu shots: Flu shots are made using flu viruses that have been killed (for inactivated vaccines) or without the flu virus at all (for the recombinant vaccine). This means that you cannot get the flu from a flu shot. Some minor side effects that occur may include soreness, redness and/or swelling where the shot was given, low-grade fever, and mild aches.

Nasal spray flu vaccines: The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

Messages from the Clinic

Spotlight on Butternut Squash

Butternut squash is best from early fall through winter. When choosing a butternut squash, it should feel heavy for its size.

When storing, a whole butternut squash will keep for over a month in a cool, dark place (does not need to be refrigerated). Peeled butternut squash should be stored tightly covered and refrigerated for up to five days.

One serving of butternut squash (one cup) is packed with more than 100% of the recommended daily value of vitamin A, almost 40% of the recommended daily value of vitamin C, and about 18% of the recommended daily value of potassium, along with many other vitamins and nutrients!

To the right is a healthy and flavorful Blue Zones recipe featuring butternut squash.

Maple Chili Butternut Squash

Ingredients:

- 1 butternut squash
- 1/2 teaspoon chili pepper
- 2 tablespoons real maple syrup

Directions:

Preheat your oven to 350 degrees Fahrenheit. Peel and cube the butternut squash. Toss the butternut squash in the maple syrup and chili pepper. Place the cubed squash in a single layer on a foil-lined baking sheet. Bake for 20-25 minutes or until cooked through.

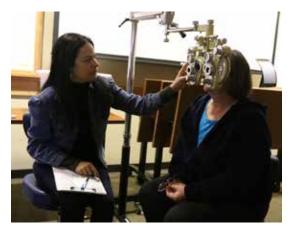


Maple chili butternut squash

Save the Date: October 10th Casey Eye Event

Oregon Health & Science University's Casey Eye Institute Mobile Eye Clinic will be returning to the Cow Creek Heath & Wellness Center in Canyonville, Oregon, on Saturday, October 10th. Exams are free of cost and open to all Tribal members; however, preference is given to those with diabetes and those without vision insurance. The eye doctors will be able to provide dilated eye exams and prescriptions if needed.

We are working with our partners at the Casey Eye Institute, as well as Clinic and Tribal Administration, to ensure that necessary safety precautions are in place, in light of the current COVID-19 public health emergency.



You should get your eyes checked each year

It is important to get your eyes checked annually for serious problems and get prescription lenses if needed. Casey Eye Institute will help participants get a pair of glasses with a new prescription at low or no cost.

If you are interested in signing up, or want more information, please contact the Cow Creek Health and Wellness Center at 541-839-1345 (Canyonville) or 541-672-8533 (Roseburg).

When: Saturday, October 10th from 10 AM – 4 PM (appointments are required).

September 2020

<u>PLEASE NOTE:</u> The Senior Meals, Elders Monthly Luncheons, Exercise Classes, and other activities have been temporarily suspended, due to COVID-19. These activities are marked here in their usual dates in case they are resumed before the next printing. Please monitor government communications for more updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Exercise Class	3 Senior Meal Elder Art Class	4 Elders Monthly Luncheon 12 PM @ 7F Exercise Class	5
6	7 GO Closed for Labor Day	8 Senior Meal Elder Art Class Food Bank Open 9 AM - 11 AM	9 Exercise Class	10 Senior Meal Elder Art Class	11 Exercise Class	12
13	14	15 Senior Meal Elder Art Class	16 Exercise Class	17 Senior Meal Elder Art Class	18 Exercise Class	19
20	21	22 Senior Meal Elder Art Class Food Bank Open 2 PM - 4 PM	23 Exercise Class	24 Senior Meal Elder Art Class	25 Exercise Class	26
27	28	29 Senior Meal Elder Art Class	30 Exercise Class			

Regular Activity Times and Places

Senior Meals: 12 PM @ TCC

Elders Art Class: 10 AM @TCC

Water Aerobics: 9 - 9:45 AM @7F RV Resort

Exercise Class: Wednesdays 2 - 2:30 PM @SC

and Fridays 10 - 10:30 AM @SC

For any questions regarding activities, please call the

Government Offices at 541-672-9405.

GO: Government Offices, Roseburg, OR

SC: Cow Creek Health & Wellness Center, Canyonville Clinic

7F: Seven Feathers Casino Resort, Canyonville, OR

7FRV: Seven Feathers RV Resort, Canyonville, OR **TCC/EHYC:** Tribal Community Center/Expanding

Horizons Youth Center

825 NE Leon Ave, Myrtle Creek, OR

October 2020

<u>PLEASE NOTE:</u> The Senior Meals, Elders Monthly Luncheons, Exercise Classes, and other activities have been temporarily suspended, due to COVID-19. These activities are marked here in their usual dates in case they are resumed before the next printing. Please monitor government communications for more updates.

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				1 Senior Meal Elder Art Class	2 Elders Monthly Luncheon 12 PM @ 7F Exercise Class	3
4	5	6 Senior Meal Elder Art Class	7 Exercise Class	8 Senior Meal Elder Art Class	9 Exercise Class	10 Casey Eye Event 10 AM - 4 PM @ SC (Appointment Required)
11	12	13 Senior Meal Elder Art Class Food Bank Open 9 AM - 11 AM	14 Exercise Class	15 Senior Meal Elder Art Class	16 Exercise Class	17
18	18	20 Senior Meal Elder Art Class	21 Exercise Class	22 Senior Meal Elder Art Class	23 Exercise Class	24
25	26	27 Senior Meal Elder Art Class Food Bank Open 2 PM - 4 PM	28 Exercise Class	29 Senior Meal Elder Art Class	30 Exercise Class	31

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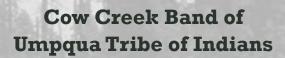
7F: Seven Feathers Casino Resort, Canyonville, OR

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TCC/EHYC: Tribal Community Center/Expanding

Horizons Youth Center

825 NE Leon Ave, Myrtle Creek, OR



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

