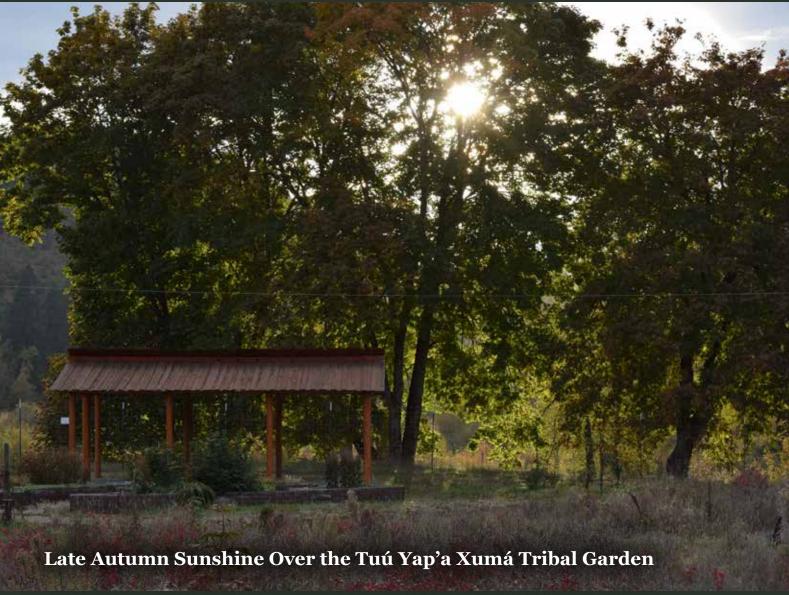


Wik'uuyám Heeta'

"Friend, Away from Here"

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



Volume 30, Issue 11 December 2020

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

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Schedules

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.

Seven Feathers Hosts Car Giveaway to Benefit Veterans Memorial Wall

The Seven Feathers Hotel and Casino Resort collaborated with the Southern Oregon Veterans Benefit to offer a raffle for a shiny 1964 Ford Fairlane 500. All proceeds from the tickets went to prepare the ground in Medford, Oregon, so as to permanently feature the Southern Oregon Vietnam Veterans Memorial Wall.

On October 23rd, Ronald Kohl, the President of Southern Oregon Veterans Benefits, joined Cow Creek Board Treasurer Robert Van Norman and Seven Feathers General Manager Shawn McDaniel for the official drawing. The event was attended by numerous veterans and Seven Feathers patrons, but not the drawing winner Brent McCabe, who was contacted to pick up his prize at a later date.



Robert Van Norman and Ronald Kohl, President of Southern Oregon Veterans Benefits draw the winning ticket



Ronald Kohl shakes hands with drawing winner Brent McCabe



All proceeds from the tickets for this 1964 Ford Fairlane 500 benefit the Southern Oregon Vietnam Veterans Memorial Wall

A Drive-Through Halloween at the Tribal Gardens

With COVID-19 precautions in place, many of the usual Tribal events have been cancelled; however, the Youth Activities Committee, in partnership with Cow Creek Behavioral Health, came up with a perfect solution to the preventative limitations.

At the Tuú Yap'a Xumá Tribal Gardens, volunteers from both organizations set up ten separate stations along the dirt trail that passes through the whole of the gardens, with numerous spooky decorations scattered between them. At each station, these costumed volunteers would greet Tribal families in their vehicles as they drove along the road. While maintaining social distancing, they distributed tasty candy, educational materials, school supplies, fun prizes, sweaters, and even a tasty hot dog meal.

With dozens of vehicles passing through, and over a hundred RSVPs, this event was a rousing success that has solidified the wide open spaces of the Tuú Yap'a Xumá Tribal Garden as a place where the Youth Activities Committee can organize more fun events for Tribal families.



Tammie and Lee Anderson (Fiona and Shrek), grilled and served hot dogs



A Drive-Through Halloween at the Tribal Gardens, Continued



The first stop along the Halloween trail around the gardens



The gardens were covered in Halloween decorations



The Youth Council helped hand out goodies at each stop



Bubbling jars are the trademarks of both witches and mad scientists



After picking up dinner, attendees had the chance to spin the wheel of prizes

Tribal Member Spotlight: Lance W. Gipson

By Kelly Warner, Tribal Workforce Development Manager

I'd like to introduce you to yet another Tribal member whom I believe deserves a "spotlight" in our Tribal Newsletter. His name is Lance W. Gipson. A straightforward, polite, and responsible young man whom I met through the Tribal Workforce Development program when he was a junior attending South Umpqua High School. His quiet and conscientious demeanor made convincing him to look into the Tribal Youth Council for extracurricular activities quite challenging, to say the least. Skeptical, he attended one monthly meeting only to observe, and has since attended every Youth Council event and activity, and has served the council as both a Treasurer and peer advisor. This young man has demonstrated great leadership skills, and is a positive role model for our Tribal youth.

Lance, who is 19 years old, has always held his Native American heritage with pride and honor. In addition to the Youth Council, his Tribal involvement includes teaching drum groups like Dancing Thunder and assisting with the Salmon Ceremony traditions. You will find Lance participating at the Elders Honor Dinner, Culture Camp, and Pow Wows with his family.

I sat down with him during one of his days off for a brief personal interview, and asked him why he chose to work for the Seven Feathers Hotel and Casino.

Lance replied, "After graduation, I was pretty adamant in finding work with the Tribe. Both family members and close friends who have or had employment with the Tribe felt supported and came away with a positive experience. This being my first 'real life' hiring experience, I thought it was thorough and organized. I reached my goal when I landed the job as a Guest Service Greeter at 7 Feathers, where I've been working for the past 3 months."

In such a short amount of time, he is already training other staff at the resort. Lance sees himself growing in this industry, possibly into grounds keeping, maintenance, and management.



Lance W. Gipson

"What types of Tribal programs have supported you the most?" I asked him.

Lance stated, "The Tribal Youth Council has given me the most in terms of personal growth, believing in myself, and building my confidence and self-esteem. I also learned a lot through the Tribal Workforce Development's Summer Youth Employment Opportunity Program, where I was Tribal Housing Laborer, and then a Seasonal Maintenance Tech."

My favorite part of our interview was Lance's answer to the question: "What do you look forward to the most in your future?"

Lance quoted from a motivational speech by the actor Matthew McConaughey:

"When I was 25, someone once asked who my hero was, and I said it was me in 10 years. 10 years later, that same person comes up to me, 'So are you a hero?' and I was like, 'Not even close!' She said 'Why?' 'Because my hero is me at 35.' So you see, every day, every week, every month, every year of my life, my hero is always 10 years away. I'm never gonna be my hero. I'm not gonna attain that. I know I'm not. And that's fine with me. Because it keeps me with someone to keep on chasing."

The River Rock Spa: Better Than Ever

The River Rock Spa has recently finished some exciting renovations. With the removal of two walls, the spa's retail area now opens directly into the Seven Feathers Hotel lobby, drawing in hotel guests with its bright, open, and inviting look. It hasn't been long since the renovation, but business is booming for the spa.

"Even with COVID and its restrictions, we are booking very regularly," says Catherine Lassesen, the spa's manager. "We're busy enough on the weekends to turn people away because we don't yet have enough technicians to attend to them all."

The spa was renovated with a re-tiled jetted soaking pool, 6 comfortable new pedicure chairs, a relaxation area with brand-new furnishings, and fresh carpet throughout the massage therapy rooms. In the retail area, the spa offers a wide range of skin and hair care products and cosmetics, including: Farmhouse Fresh, whose every purchase helps abandoned animals; OM4, organic products developed specifically for men, and many, many more. Tribal members get a 25% discount with their Tribal ID Card.

The spa has always been thoroughly sterilized as an order of business, and staff have received further training to keep the spa sterile for each guest during the pandemic.



A relaxing soaking pool at the River Rock Spa

"I am excited for the opportunity to expand," says Lassesen. "I, and many of our guests, appreciate how much the Tribe does for this community. I would love to see each and every Tribal member here in the spa to see it in person!"

"We're excited for any Tribal members to come down to check out the spa," says Rod Debban, Director of Hotel Operations. "I think they'll be proud of it. We want to be the best spa in Southern Oregon."



The lobby at the River Rock Spa offers a wide range of excellent products to help you look and feel beautiful and healthy

Traditional Tales: Mountain with a Hole in the Top

By Jeremy Johnson, Cultural Programs Manager

Winter time is just around the corner, and for our people that means story time. Stories were told by our Elders to the young ones to impart knowledge and wisdom. This is also how we kept our cultural ways of life alive and continued to pass them on generation to generation.

In last month's newsletter, the Education Department announced the first two books in the Takelma Language Primer series. One book, *Animals*, follows our Crater Lake legend, *Mountain with a Hole in the Top*. The story talks about a time when animals and people could talk to each other. The Crater Lake legend teaches that the lust for power and greed can—and often does—bring destruction and horrible results. *Animals* portrays the characters from the legend. One scene in particular shows when Crawfish is holding onto Eagle's foot.

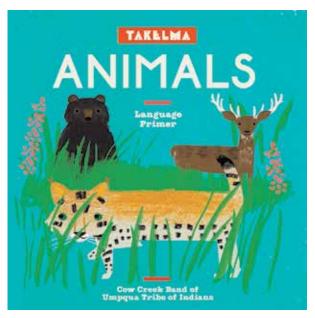


Originally written by Ellen Furlong Crispen

A long-long time ago, animal-people and man-people spoke the same language. These earth-people live in the land of the Umpquas, whose home was on the bank of the river where there were many fish. They lived in the shadow of a great mountain. In the long ago time, that mountain was high and forever the top was covered in snow. Below that snow there were trees. There were meadows where the grass grew high and young animal people played in the sun.

On this mountain lived the bear, the deer, the panther and the elk, with animal cousins and friends who came there and had much talk. The man-people, they came. They talked with the animal-people. All were friends, those people.

An evil chief grew up among the man-people. He said he was greater than Old Man God, who was Chief of the World. He said the people should obey him. He put bad thoughts in the minds of man-people. They began to kill the animal-people.



The new Takelma book Animals follows the creatures present in our Crater Lake legend

The animal people were scared. They were saddened. Why did their friends do these things to them? They talked to their Tamanous (Great Spirit), those animal-people. They said their friends were killing them. If they were all killed, Tamanous would have few people left to rule, it would be the end of the world. They said that.

Old Man God was worried. That wicked chief was leading the people away from his counsel. That chief had a bad tongue. He told the man-people that Tamanous was a selfish God because Tamanous said it was wrong to kill the animal-people. He told the people these things, the bad chief.

Shyum, the Bear, was chief of the animal-People. He had an honest tongue and spoke good words. His people loved him. He called all the animal people together to the council house on the side of the mountain. When they talked about the troubles of the animal-people, they said, "We will call Tamanous. He will give us good counsel. He will tell us what to do."

Continued on Page 9

Traditional Tales: Mountain with a Hole in the Top, Continued

Shyum said to Eagle, "You go tell Tamanous we need him to talk to us. Ask him to meet us in the council house."

Eagle went. Eagle told Old Man God that man-chief want to betray Bear. That chief wanted to steal Bear's power and make him a slave. Then all the animal-people would become slaves of the man-people. These things Eagle told Tamanous when Tamanous asked Eagle why he came to that place.

Tamanous told Eagle, "You tell Shyum to have all the animal-people come to the council house when the moon is high. I will come to them at that time."

Eagle went to Bear. He told Bear what Tamanous has said. When the moon was straight up, the animal-people gathered in the council house. Tamanous kept his promise. He came. He told the animal-people to leave, but they were afraid to go. They knew no place to go. They did not know what to do, those sad people. They were afraid not to obey Tamanous. Their minds were not quiet.

Bear went to sleep for two moons. He woke up. On the first day he told the birds to leave. On the third day he told all the animals to obey Tamanous.

Crawfish could not go. He cried. He said, "I will dig a hole. I will stay here."

Eagle said, "No, you cannot stay here."

Crawfish said, "How can I go?"

Eagle said, "Hang onto my foot."

Crawfish got ready to go. Wildcat came. He saw Crawfish was happy. He saw Crawfish was going to leave. Wildcat said, "Where are you going?"

Crawfish said, "I am going with Eagle. I will hang onto his foot."

Wildcat said, "No. You cannot go on Eagle's foot. I am going to eat you."

Eagle heard this. He flew down and took Wildcat's ears in his talons. He ripped them. Wildcat screamed. His ears hurt. He backed away and spit. After that, all

cat-animals had tufted ears. All cat-animals walked backwards and spit. Wildcat nursed those ears that were sore. He watched Eagle fly away with Crawfish. He went to Bear, that Wild cat. He said he was going to tell the man-Chief that Bear was sending all the animal-people away. He said Tamanous told Bear to do that.

Man-chief was mad. He sent a runner to tell Bear to come to his lodge. Then the man-chief waited. All that time Wildcat was lazy by the fire. He had a pretty bushy tail. He waved it back and forth and watched it from the side of his eye. He was vain, that person.

Wildcat thought, "Now man-chief will kill bear. Wildcat will be chief of the animal-people."

The runner came back. He was scared. No Bear. No Eagle. No Wolf. No little animal-people. No fish. No birds. They had all gone away. The runner told that man-chief those things. The man-chief was mad. He went outside to do his war chant. He raised his arms and told Tamanous he had to come to his lodge. He told Tamanous that thing, that man-person.

Wildcat wanted that man-chief to look at him. He waved his tail and grinned, that cat.

Man-chief looked at Wildcat. He said, "You leave this place. I do not like you."

Wildcat would not go. He bent his back and walked backward, he spit. Man-chief picked up wildcat. He held Wildcat over the fire until his tail was burned off close to his back. Man-chief said, "There, Wild cats will have no tails."

The Great Tamanous came on a big wind. He looked at Wildcat. He asked the chief of the man-people what he has done to Wildcat's tail. Man-chief said, "I burned it off. I do not like him. He wants to be chief."

Tamanous said, "You have hurt the only person that likes you. Wildcat was your friend. Now you must go to the slimy pool."

Man-chief said, "No, I will stay here."

Continued on Page 10

Traditional Tales: Mountain with a Hole in the Top, Continued

Then a great wind came from the top of that mountain. The man-people had to lay flat on the ground. Trees fell and pulled their roots from the earth. Man-people could not breathe that hot wind.

They called for rain. Tamanous said, "There will be no rain."

When old man god went away the people looked up. Black smoke rolled high over the mountain top. The top of the mountain vomited fire. The mountain flew high in the air. Then it sat down on the earth and a sound like thunder shook everything.

Now the mountain had no top. There was a big hole in that top. A long time this hole filled up with water that grew deep, deep. The man-people were all dead. Their bodies were gone. Their spirits walked over rough rocks.

Tamanous said, "I will put the souls of the man-people in that big water hole on the top of the mountain. They will stay there forever. Their lodges will be in the bottom of the hole."

He put the chief of the man-people in that hole. He changed him to a woman to shame that chief. He became a witch.

The dead people live in that lake. They are evil people. They were destroyed because they were like that.

Bear came back. He called that animal-people to come back. They came, the big animals with the little animals, the fish and the birds. All came back.

Bear was not happy. His people were not happy. Bear said to the Great Spirit, "Sent us the man-people. We are lonesome. We want to talk to them."

Tamanous said, "I will send you man-people, but you cannot talk to them. Man people and Animal-people will never speak the same language again."

Tamanous put man-people on the earth. They were Indians, those people. Old man god told them never to go to the mountain with a hole in the top. He said bad medicine was there. The Umpquas and their friends, the Calapooias, the Klamaths, they do not go near that hole. They are afraid.



Delbert Rainville's Smoked Salmon Recipe

Tribal Elder Delbert Rainville served on the Tribe's Board of Directors, and always brought smoked fish into the Tribal offices to share with everyone who wanted a bite. Del finally gave up his recipe for the delicious smoked fish shortly before he crossed over.

Ingredients

- 1 Salmon, cut into desired size chunks
- ¼ cup Salt
- ½ cup brown sugar
- 1 cup white sugar

Mix all ingredients in one quart of water until fully dissolved. Immerse completely in brine, and soak for at least 24 hours. Remove from brine, rinse with cold water, and dry with paper towels. Put in the smoker and keep steady heat on it for 8 hours. Enjoy!

Takelma Language Corner

This year especially, we may be distanced from family near and far, but we look forward to when we can be *almii's* "all together." For the last month of the year, we wanted to share some words for $k^h w i n a x - family$.

Remember, you must use a different word in Takelma to say "my" or "your" or "her" or "our" or "their" mother/father/elder sister...well, you get the picture! This month we're sharing the words to use to talk about "my family."

Speaking of pictures – see if you can identify which words go with who in "your" family tree!

English	Му	Pronunciation
Mother	wihín	wih-HIHN
Father	wihám	wih-HAHM
Daughter	wipeyán	wih-beh-YAHN
Son	wik ^h apayít	wih-kah-bah-YEET
Elder Brother	wi'opíi	wih-oh-BEE

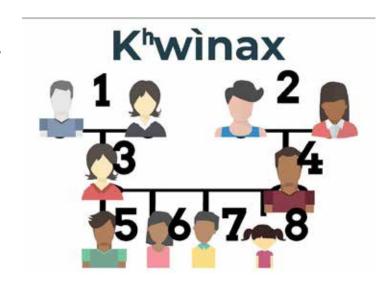
Youth Education Program Request for Payment Deadline: December 20th

YEP reimbursement requests must be received by **December 20, 2020** for any expenses incurred this year.

You can find the Request for Payment form by clicking on "Forms and Resources" at www.cowcreekeducation.com. Make sure that your receipt(s) is attached to your request.

No late submissions will be processed.





English	Му	Pronunciation
Younger Brother	wi'wáa	wih-WAH
Elder Sister	wit ^h opíi	wih-toh-BEE
Younger Sister	wit ^h awáa	wih-tah-WAH
Paternal Grandparent	wikamtì	wih-gahm-DIH
Maternal Grandparent	wik'así	wih-k'-ah-SIH

Expanding Horizon Youth Center Students Celebrate "Lights on After School"

Effective afterschool programs bring a wide range of benefits to youth, families, and communities. Afterschool programs can boost academic performance, reduce risky behaviors, promote physical health, and provide a safe, structured environment for the children of working parents.

The COVID-19 pandemic has presented some obstacles to the normal operation of the Expanding Horizons Youth Center (EHYC). In order to be compliant and provide safety for our students and staff, the EHYC has two cohorts of 10 student's each. These two cohorts attend the EHYC program twice per week. There may be some changes, but we have kept our focus on academic success, nutrition, and trauma informed care. Along with a nutritious snack and meal, students are offered STEAM-based activities of cultural or equally relevant content when the academic work is complete.

This work with our Tribal youth is part of a greater movement across the United States promoting quality afterschool programming for youth. October 22nd was officially named "Lights on After School" by the Afterschool Alliance organization in Washington DC. During the pandemic, after school programs across the state and country have stepped up to provide virtual educational activities, deliver meals and enrichment kits, help families bridge the digital divide, and check in with children to ensure their social and emotional needs are being met. The staff of the EHYC are a part of this vital work, both at distance and in person.

In October, to honor "Lights on After School," EHYC students spent a week creating canvas art that was submitted and then chosen for display in the National Lights on After School newsletter. On the day of the event, two EHYC students, Chloe and Jenna Gaddis, participated in a state-wide Afterschool Professionals ZOOM meeting by reading Governor Brown's Proclamation to the group.





"Lights on After School" art by EHYC students

Amber Lomascola, the EHYC Program Manager, has been selected to be an Ambassador for the Afterschool Alliance program. This honor reflects Amber's commitment to providing safety, consistency, and academic support to the Tribal Youth who are able to attend the EHYC Program. Amber will be able to network with other afterschool professionals, gain valuable knowledge and skills around afterschool programming, and enhance her ability to continue to provide quality programming for our Tribal youth. The Cow Creek Band of the Umpqua Tribe is fortunate to have committed professionals like Amber working with our Tribal youth.



Part of Governor Kate Brown's declaration of October 22nd to be Lights on After School Day

Government and Programs

Coming Soon: Tribal Distributions Will Be through a rapid! PayCard Visa

In order to improve the speed and reliability of the Tribal distribution, and to improve the options available to Tribal members, the Tribal Board has decided that in the new year, all Tribal distributions will be made either through existing Elder direct deposits or through a new rapid! PayCard Visa.

Starting in early 2021, all Tribal members, aside from Elders with existing direct deposits, will receive a rapid! PayCard Visa in which distribution payments will be deposited. These cards, and information about them, will be mailed in early 2021, so that they will be in Tribal members' possession in time for the Tribal distribution.

These cards offer numerous benefits and improvements over mailing a distribution check:

- Compared to a check, Tribal members will receive their distribution funds much faster than before.
- Using the card will eliminate any fees associated with cashing a check.
- Even if away from home, as long as you have your card, you will have access to your money as soon as it's deposited.
- The card can be used to access cash surchargefree at millions of ATMs and merchant locations worldwide, anywhere that VISA debit cards are accepted.
- You can use this card like a debit card to pay for products, services, or bills directly.

- Your money is protected from thieves; if you lose your card, a simple phone call will keep the money in your account, and we can send you a new card.
- You can add funds from other sources to your card for safe storage or use.
- You can set up a direct deposit so that other sources of income are also deposited on this card.
- With no need to print, stuff, and mail checks,
 Tribal Government Office staff can more efficiently work to provide your Tribal benefits.

Aside from the security, simplicity, and convenience that this new service offers, the card has several other exciting features:

- Tribal members can set up text alerts so that you can check your card balance from your cell phone at no additional cost.
- Each card is connected to an online account that allows you to check your balance and card activity at any time, update your PIN or other information, transfer funds to and from the card and other accounts, and more.
- Through the online account, you can also set up an interest-bearing Savings Account tied to this card, so that you can save for your future and manage your spending.

For more information, contact Jackie Miller, Cow Creek Accounting Manager, at 541-672-9405.



Government and Programs

U.S. Department of Homeland Security to Enforce REAL ID Deadline

By the U.S. Department of Homeland Security, via Tracy DePew, Cow Creek Emergency Management Director

The Department of Homeland Security (DHS) is reminding Americans that only 12 months remain until the October 1, 2021 REAL ID enforcement goes into effect. On October 1, 2021, individuals seeking to enter federal facilities, nuclear power plants, or commercial airplanes at federally regulated airports will be required to have a REAL ID compliant license or acceptable alternative identification, such as a U.S. passport or passport card, to gain entry. DHS continues to urge Americans to obtain a REAL ID-compliant card or acceptable alternative well before this deadline.

All 50 states, the District of Columbia, Puerto Rico, the U.S Virgin Islands, and Guam are fully compliant and are issuing these cards. To date, the states and territories have issued approximately 110 million REAL ID-compliant driver's licenses and identification cards, representing 40 percent of all driver's licenses and identification card holders.

Having improved credentials is critical to the security of our homeland as evidenced by the bipartisan 9/11 Commission, which discovered that terrorists easily procured driver's licenses. The nineteen terrorists who attacked our country on 9/11 acquired more than 30 driver's licenses and identification cards, which helped the terrorists conduct critical aspects of their plot, such as renting cars and boarding flights. Passed by Congress in 2005 following a 9/11 Commission recommendation, the REAL ID Act and regulations establish minimum security standards for state-issued driver's licenses and identification cards and prohibits federal agencies, like the Transportation Security Administration, from accepting licenses and identification cards for official purposes from states that do not meet these anti-counterfeiting and antifraud standards after specific deadlines.

To avoid confusion regarding the REAL ID Act requirements and enforcement milestones, residents can use the following guidelines to be fully informed **14** and prepared:

- Check your state-issued driver's license or identification card for the star. REAL ID-compliant cards have a star marking in the upper left- or right-hand corner. Most acceptable alternatives, such as state-issued Enhanced Driver's Licenses (EDLs), which are available in five states and can be used for entering the U.S. at land and sea border crossings, do not have the star, but are acceptable for official REAL ID purposes. For more information on EDLs, please go to www.dhs.gov/enhanced-drivers-licenses-what-are-they.
- Bring identity documents to the airport that
 are acceptable for flying domestically. Check to
 see if you have the proper identification to fly at
 tsa.gov/travel/security-screening/identification.
 TSA's website has a list of acceptable forms of
 identification that individuals may use to verify
 their identity at the screening checkpoint. If you
 need to obtain a new form of ID, please allow
 sufficient processing time before you travel. For
 example, the current processing times for U.S.
 passports are approximately 10 weeks for routine
 service and two to three weeks for expedited
 service.
- Check in advance with the federal agency you plan to visit to find out whether identification is required, and if so, what types of identity documents are acceptable. While most Federal agencies will continue to accept non-compliant driver's licenses and identification cards until the enforcement deadline of October 1, 2021, some like Department of Defense facilities and posts may no longer accept them.
- Read answers to REAL ID frequently asked questions at <u>www.dhs.gov/real-id-public-faqs</u>.

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.

Medicare Part B Reimbursement Reminder for the New Year

It is important to keep your insurance premium information updated so that you won't miss out on the reimbursement. As soon as you receive your 2021 benefit statement or your 2020 1099 Form, 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.

Tribal Member Death Notice: David Naylor, Senior

Date of Birth: September 22, 1944 Date of Death: October 31, 2020

Age at Death: 76 Years of Age

Do You Have a Tribal Services Directory?

Tribal members, do you have the Tribal Services Directory for 2019/2020? It is a great resource that can help you learn about the Departments and Services of the Cow Creek Government Offices.

Not only do you receive contact information about programs, but you can also find answers to some commonly asked questions like: "Why don't Indians pay taxes?" or "What is a reservation, and what does 'trust land' mean?"

If you would like to find out more and discover what services are available to you and your family, call and leave your name, number, and address with Rhonda Richardson, Tribal Member Liaison, at 541-677-5575.

Honoring Our Veterans

A special boxed ink-pen and Tribal logo portfolio is available to our Veterans. As our offices have restricted entry due to COVID-19, these items must be mailed. Supplies are limited.

Please contact Rhonda Richardson, by phone (541-677-5575 ex 5513) or email (RRichardson@cowcreek.com) with the name of the Veteran and the mailing address to be used, and one will be mailed to you. Thank you for your service.

We Want You to Join the Cow Creek Official Facebook Group!

For the latest information on Cow Creek events, programs, emergency updates or services, and a lot more, please join us on the Cow Creek Umpqua Official group on Facebook! Any enrolled Tribal members, spouses of enrolled Tribal members, current Tribal employees, or adopted enrolled children of a Tribal family are welcome to join!

To join, you must have a Facebook account. If you do, then simply email our Communications Coordinator at bandreasen@cowcreek.com with this information:

- Your name and Tribal ID number
- The email address you use to log on to Facebook

It's that easy! See you soon!

Blue Zones Project Corner

Fighting Chronic Stress from Current Events? You Are Not Alone

By Aneri Pattani, National Health Correspondent. This article first published on Kaiser Health News

Throughout the pandemic, people who never had the coronavirus have been reporting a host of seemingly unrelated symptoms: excruciating headaches, episodes of hair loss, upset stomach for weeks on end, sudden outbreaks of shingles, and flare-ups of autoimmune disorders. The disparate symptoms, often in otherwise healthy individuals, have puzzled doctors and patients alike, sometimes resulting in a series of visits to specialists with few answers. But it turns out there's a common thread among many of these conditions, one that has been months in the making: chronic stress.

Although people often underestimate the influence of the mind on the body, a growing catalog of research shows that high levels of stress over an extended time can drastically alter physical function and affect nearly every organ system.

Now, at least eight months into the pandemic, alongside a divisive election cycle and racial unrest, those effects are showing up in a variety of symptoms.

"The mental health component of COVID is starting to come like a tsunami," said Dr. Jennifer Love, a California-based psychiatrist and co-author of an upcoming book on how to heal from chronic stress.

Nationwide, surveys have found increasing rates of depression, anxiety and suicidal thoughts during the pandemic. But many medical experts said it's too soon to measure the related physical symptoms, since they generally appear months after the stress begins Still, some early research points to an uptick.

In the U.S., data from FAIR Health, a nonprofit database that provides cost information to the health industry and consumers, showed slight to moderate increases in the percentage of medical claims related to conditions triggered or exacerbated by stress, like multiple sclerosis and shingles. The portion of claims for the autoimmune disease lupus, for example, showed one of the biggest increases — 12% this year — compared with the same period last year.

Express Scripts, a major pharmacy benefit manager, reported that prescriptions for anti-insomnia medications increased 15% early in the pandemic.

Perhaps the strongest indicator comes from doctors reporting a growing number of patients with physical symptoms for which they can't determine a cause.

Dr. Shilpi Khetarpal, a dermatologist at the Cleveland Clinic, used to see about five patients a week with stress-related hair loss. Since mid-June, that number has jumped to 20 or 25. Mostly women, ages 20 to 80, are reporting hair coming out in fistfuls, Khetarpal said.

In Houston, at least a dozen patients have told fertility specialist Dr. Rashmi Kudesia they're having irregular menstrual cycles, changes in cervical discharge, and breast tenderness, despite normal hormone levels.

Stress is also the culprit dentists are pointing to for the rapid increase in patients with teeth grinding, teeth fractures, and TMJ.

"We, as humans, like to have the idea that we are in control of our minds and that stress isn't a big deal," Love said. "But it's simply not true."

How Mental Stress Becomes Physical

Stress causes physical changes in the body that can affect nearly every organ system.

Although symptoms of chronic stress are often dismissed as being in one's head, the pain is very real, said Kate Harkness, a professor of psychology and psychiatry at Queen's University in Ontario.

When the body feels unsafe — whether it's a physical threat of attack or a psychological fear of losing a job or catching a disease — the brain signals adrenal glands to pump stress hormones. Adrenaline and cortisol flood the body, activating the fight-or-flight response. They also disrupt bodily functions that aren't necessary for immediate survival, like digestion and reproduction.

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Blue Zones Project Corner

Fighting Chronic Stress from Current Events? You Are Not Alone, Continued

When the danger is over, the hormones return to normal levels. But during times of chronic stress, like a pandemic, the body keeps pumping out stress hormones until it tires itself out. This leads to increased inflammation throughout the body and brain, and a poorly functioning immune system.

Studies link chronic stress to heart disease, muscle tension, gastrointestinal issues, and even physical shrinking of the hippocampus, an area of the brain associated with memory and learning. As the immune system acts up, some people can even develop new allergic reactions, Harkness said.

The good news is that many of these symptoms are reversible. But it's important to recognize them early, especially when it comes to the brain, said Barbara Sahakian, a professor of clinical neuropsychology at the University of Cambridge.

"The brain is plastic, so we can to some extent modify it," Sahakian said. "But we don't know if there's a cliff beyond which you can't reverse a change. So the sooner you catch something, the better."

The Day-to-Day Impact

In some ways, mental health awareness has increased during the pandemic. TV shows are flush with ads for therapy and meditation apps, like Talkspace and Calm, and companies are announcing mental health days off for staff.

But those spurts of attention fail to reveal the full impact of poor mental health on people's daily lives.



How to Mitigate Chronic Stress

When it comes to chronic stress, seeing a doctor for stomach pain, headaches or skin rashes may address those physical symptoms. But the root cause is mental, medical experts say.

That means the solution will often involve stressmanagement techniques. And there's plenty we can do to feel better:

Exercise.

Even low- to moderate-intensity physical activity can help counteract stress-induced inflammation in the body. It can also increase neuronal connections in the brain.

Meditation and mindfulness.

Research shows this can lead to positive, structural and functional changes in the brain.

Fostering social connections.

Talking to family and friends, even virtually, or staring into a pet's eyes can release a hormone that may counteract inflammation.

Learning something new.

Whether it's a formal class or taking up a casual hobby, learning supports brain plasticity, the ability to change and adapt as a result of experience, which can be protective against depression and other mental illness.

"We shouldn't think of this stressful situation as a negative sentence for the brain," said Harkness, the psychology professor in Ontario. "Because stress changes the brain, that means positive stuff can change the brain, too. And there is plenty we can do to help ourselves feel better in the face of adversity."

Messages from the Clinic

Beef Tenderloin with Cranberry Sauce and Brussels Sprouts

Recipe submitted by Becky Johnson, CCH&WC Registered Dietitian; recipe adapted from Beef Farmers & Ranchers and certified by the American Heart Association

Prep Time: 45 mins **Cook Time:** 1 hour **Servings:** 12

INGREDIENTS

- 1 beef tenderloin roast, center-cut (2-3 pounds)
- 1 pound yellow onions, peeled and cut into wedges
- 2 1/2 pounds Brussels sprouts, trimmed
- 1 tablespoon olive oil
- 1 1/4 teaspoons salt, divided
- 2 tablespoons chopped fresh thyme leaves
- 1 tablespoon pepper
- 1 1/3 cup balsamic vinegar
- 3 tablespoons finely chopped shallots
- 1 can (16 oz) whole berry cranberry sauce

DIRECTIONS

Preheat oven to 425° F. Combine onions, Brussels sprouts, oil and 1 tablespoon salt on metal baking pan; toss to coat. Set aside.

Combine thyme and pepper in small bowl. Reserve 1 teaspoon thyme mixture for sauce; set aside. Press remaining thyme mixture evenly onto all surfaces of beef tenderloin roast.

Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered on thickest part of beef. Do not add water to cover. Place prepared vegetables in oven with roast. Roast beef 35-45 minutes for medium rare; 45-50 minutes for medium doneness. Roast vegetables 45-50 minutes or until tender and lightly browned.

Meanwhile, prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved 1 teaspoon thyme mixture and remaining ¼ teaspoon salt. Keep warm.

Remove roast when meat thermometer registers 135° F for medium rare; 145° F for medium. Transfer roast **18** to carving board; tent loosely with aluminum foil.



Let stand 15-20 minutes. Temperature will continue to rise about 10-15° F to reach 145° F for medium rare; 160° F for medium.

Carve roast into slices; serve with vegetables and sauce.

Diabetes Prevention Program: New Classes Starting January 2021

Has your doctor told you that you have prediabetes? Are you worried about developing diabetes? Do you want to become as healthy as you can be? If you answered yes to any of these questions, the Cow Creek Health & Wellness Center's Diabetes Prevention Program is for you! This year-long intensive program has helped over 75 people with pre-diabetes see results. Over 400 pounds have been lost, blood sugars have returned to normal, and cholesterol dropped by an average of 20 points!

New classes will begin in January 2021 and will be offered at 3 locations – the North Clinic in Roseburg, the South Clinic in Canyonville, or a new virtual class offered via Zoom.

Start the New Year off right with classes led by a certified lifestyle coach! To join the upcoming Diabetes Prevention Program or for more information please contact Becky Johnson at 541-677-5572.

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Zoom Fitness Workshop 6:30 - 7:30 PM RSVP Required	4 Winter Gathering 5 - 8 PM @7F Grape & Huckleberry Room, RSVP	
6	7	8 Food Bank Open 9 AM - 11 AM	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Food Bank Open 2 PM - 4 PM	23	24 GO Closed for Christmas Eve	25 GO Closed for Christmas	26
27	28	29	30	31		

January 2021

	January 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1 GO Closed for New Years Day	2	
3	4	5	6	7	8	9	
10	11	12 Food Bank Open 9 AM - 11 AM	13	14	15	16	
17	18 GO Closed for Martin Luther King Jr. Day	19	20	21	22	23	
24	25	26 Food Bank Open 2 PM - 4 PM	27	28	29	30	

Location Abbreviations

GO: Government Offices, Roseburg, OR

SC: Cow Creek Health & Wellness Center, Canyonville Clinic

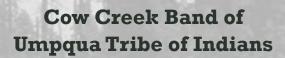
7F: Seven Feathers Casino Resort, Canyonville, OR

7FRV: Seven Feathers RV Resort, Canyonville, OR

TCC/EHYC: Tribal Community Center/Expanding

Horizons Youth Center

825 NE Leon Ave, Myrtle Creek, OR



2371 NE Stephens St. Suite 100 Roseburg OR, 97470

