

Wik'uuyám Heeta'

"Friend, Away from Here"

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



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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.

Letter from the Chairman

The past year has definitely been one that most of us will be glad to see become the past. We have had many challenges during 2020 that have made life very difficult and challenging for our country and our Tribal community.

The Government Office and many Tribal businesses were officially closed for nearly three months, along with much of the country. The casino, which provides funding for a majority of Tribal programs, not only lost revenue, but cost the Tribe significantly during the closure. Full security and oversight of the casino, even during closure, is a requirement of the Tribal/ State Gaming Compact. Among the very few Tribal entities to remain consistently open throughout this challenging time has been the Cow Creek Health and Wellness Center.

As a result of the economic foundation that the Tribe has built, the Tribal Government Office has been able to provide uninterrupted assistance of Tribal services, benefits, and programs during this pandemic, despite the closures. Unfortunately, due to health concerns and safety measures, many Tribal events were forced to be cancelled or postponed.

Our Tribe was successful in participating in and securing funds from the CARES Act that assisted both Tribal members with cash disbursements, as well as provided funds to assist the Tribal government and businesses with costs associated with the pandemic.

As of mid December, the long awaited Corona virus vaccine has received FDA approval and is currently being disseminated throughout the country. Our Cow Creek Health and Wellness Center is actively working to obtain the vaccine, and will be a resource to Tribal members who wish to receive it.

As we look to 2021, we hope to return to some type of normalcy; however, it will look different. Many changes in how we conduct business have been made as a result of this pandemic that will help us remain strong and effective in providing continued service to our members.

One piece of exciting news is the acquisition of a new facility for the Cow Creek Health and Wellness Center. The building that was acquired is located in a medical park that is in close proximity to Evergreen Urgent Care and Mercy Medical Center. The move will allow for program growth in both the clinic and Tribal Government Offices.

On a final note, again I encourage all Tribal members who are eligible, to register to vote in the Tribal election. This includes Tribal members that will turn 18 by August 8, 2021. Should you have any questions regarding the election, or any Tribal programs, please call the Cow Creek Government Office.

Sincerely,

Dan Courtney
Chairman of the Board



Tribal News

Tribal Employee Highlight: Vanessa Pence

Many Tribal members will likely recognize this month's highlighted employee, as Vanessa Pence has been with the Tribe for over 25 years in one position or another. As Executive Administrative Assistant Tammie Anderson stated: "She always goes over and beyond, has a smile, and shows genuine care and concern for our staff and Tribal membership."

Vanessa was born in Würzburg Germany, but moved to Riddle, Oregon, with her family when she was 13.

"It was such a culture shock," she said. "I must have cried for months."

She first started her employment with the Tribe when she began work as a cashier at the Seven Feathers Hotel and Casino Resort, back when it was known as the "Cow Creek Indian Gaming Center." Over the years, she became versed in many skills while working in Soft Count, the Finance Department, and then in the casino's Human Resources Department. Then, she transferred up to the Cow Creek Government Offices in Roseburg as their Human Resources Manager, before returning to the casino as Executive Assistant to the General Manager.

In 2015, however, longtime Assistant to the Board Carol McKinney retired, and Vanessa was chosen to take her place. In that position, she now assists the Tribal Board in their needs and endeavors, as well as managing Tribal Enrollment from start to finish—including DNA testing—and other duties, such as updating addresses in the Tribal Database, printing Tribal and Spouse ID Cards, managing Trust Funds and Burial Benefits, and any other projects she picks up.

"I enjoy helping people with their jobs," Vanessa says. "It makes me feel good to know I've helped someone with what they needed."

In her spare time, Vanessa spends time with her husband, her two sons, daughter, and granddaughter. They love hunting, fishing, camping, and riding the dunes, especially near Hauser, Oregon.



Vanessa Pence Assistant to the Board of Directors

"In my position as Assistant to the Board, I get to interact with such an amazing group of people," she says. "The Tribal members are so lucky to have such great people on the Board who truly care about the entirety of the Tribe and its membership. The Board does so much that the Tribe never sees so that they can have so many benefits and opportunities."

If you have any questions regarding the programs that Vanessa manages, please call us at 541-672-9405.

Tribal News

Tribal Member Spotlight: Elizabeth Bryant

By Kelly Warner, Tribal Workforce Development Manager

Kicking off the 2021 New Year, I want to spotlight Tribal member Elizabeth Bryant in this month's newsletter. She is a promising young lady whose native interests run deep in cultural crafts, Tribal family connections, and now the revitalization of its Tribal language. If you get to know Elizabeth, you will find that she truly engages in her passions. I had the opportunity to "Zoom" with her and ask about a few details of her 19 years.

As a recent graduate in 2019 from Sutherlin High School, she reflected on the various activities in which she had engaged. She participated in 4-H for 9 years, serving in a leadership role, and also was involved in FFA for 4 years, including competing at Nationals.

The exposure of getting involved with extracurricular activities also led her to look towards her Tribe. Elizabeth is now in her 6th year with the Tribal Youth Council, where she served as last year's president and currently as a peer advisor to its members. She mentions looking back on her Tribal involvement with cultural events and activities as a child, and what it looks like now for the Tribe. Through her mother, who was the Cultural Activities Coordinator, she had immersed and watched it evolve over time for the membership.

"It's so very important to all of us that we continue to educate ourselves from the history and traditions of our past, and to never lose sight that it must continue to be taught forward generation to generation," Elizabeth said.

Presently, Elizabeth is employed under the Tribal Education Department as the Takelma Language Teacher-Learner, a position which has given her much pride in knowing that she is educating herself in her ancestors' native tongue under a linguist and colleague.

"I am very honored to be in the position I am in," she says, "as I see myself pursuing an education degree alongside of teaching our native language to current and future generations of the Cow Creek people."



Elizabeth Bryant

Elizabeth didn't always know where she would plant her feet in the working world. Through the Workforce Development Program, she explored other career interests through being a Forestry Technician Intern for the Tribe's Forestry Department, an Educational Aide for the EHYC program, attending the Informational Interviews event, and even looking into military careers; all of which would lead her to the position she feels the most suitable in.

"I never realized all of the opportunities that lie within our own Tribal businesses and Government Offices," she said. "It's important for others to stay connected with our Tribe, its Tribal events, or even outside community service programs. Good opportunities come through networking and staying connected."

As the natural born leader that she is, Elizabeth's confidence is what stands out and allows her to excel in the goals she sets for herself. An amazing young lady who loves to share, learn from others, and provide guidance to any Tribal member, her future lies with the Tribe as a great role model. Look out for this young lady in the upcoming year. As she makes her way through learning the Tribal language and its teachings, she will have much to say.

Tribal News

Update on the Food Plots for the Elk on the Dole Road Ranch

By Cailey Powell, Cow Creek Wildlife Technician

Over the last three years, the Tribal Wildlife Program has been very successful in its efforts to study the resident elk populations on Tribal land. In that time, the Wildlife Program has radio-collared 16 individual Roosevelt elk and has released them back onto the landscape. The radio collars are used to collect data to better understand how the elk are utilizing the landscape. This allows the Wildlife Program to monitor the various elk herds and document herd growth rate, health, and migration behavior.

Each year, the Wildlife Program surveys the Roosevelt elk herds to determine how many calves are produced and the overall health of the herd. Data collected from the radio collars, as well as visual observation, also allows the Wildlife Program to develop and implement habitat improvement projects that will benefit the resident elk populations. These projects include controlled burns of the land, planting forage crops for the wildlife, and creating wildlife-safe fence crossings. These projects benefit the landscape, improve living conditions for the local wildlife, and utilize traditional landscape renewal practices.

Roosevelt elk, like many other wildlife, depend on healthy sources of food and water. Beginning in 2018, the Wildlife Program began efforts to create and sustain a forage food plot for the resident elk of the Dole Road ranch, which is home to a large wild elk herd that the Tribe uses for cultural, subsistence, and ceremonial needs.



The elk herd on the Dole Rd Ranch

The forage planting project has created a healthy food resource for the local elk throughout the entire year. The food plot is currently 9 acres of nutrientrich grasses and legumes. Maintenance of this field has included forage planting, fertilizing, and irrigation during the hot summers to keep the crop healthy and available year-round for the elk.

The Wildlife Program's Tribal Youth Interns have been a large help in maintaining the fields and helping the food plot thrive. The Wildlife Program hopes to continue to create and sustain healthy food plots for the Roosevelt elk, in order to maintain healthy elk populations for the Tribe for generations to come.

Tribal Staff Publish Lamprey Study in National Scientific Journal

Kelly Coates, Cow Creek Water and Environmental Resources Manager, and Travis Mackie, Fisheries Biologist, have worked with a team of scientists for several years to study lamprey habitats and conservation efforts, resulting in a document titled "River Network and Reach-Scale Controls on Habitat for Lamprey Larvae in the Umpqua River Basin, Oregon." This study was published in the North American Journal of Fisheries Management, a nationally peerreviewed scientific journal. For Travis



Kelly Coates



Mackie, it was his first work published. *Travis Mackie* Lamprey are a culturally-significant first food species, and are threatened by loss of habitat, lack of access to their spawning areas due to artificial barriers, predation by invasive species like bass, and rising water temperatures. This study, and future studies about lamprey, will raise awareness of the dangers they face and help inspire conservation efforts to help them thrive again. If you would like a copy of the article, call the Government Offices at 541-672-9405.



Emergency Preparedness

Stay Safe While Shopping Online

By the Cybersecurity & Infrastructure Security Agency (CISA), via Tracy DePew, Cow Creek Emergency Management Director.

Tip #1: Check Your Devices

Before making any online purchases, make sure the device you're using to shop online is up-to-date. Next, take a look at your accounts and ask, do they each have strong passwords? And even better, if two-factor authentication is available, are you using it?

Protect your devices by keeping the software upto-date. These include items like mobile phones, computers, and tablets, but also appliances, electronics, and children's toys.

Once you've purchased an internet connected device, change the default password and use different and complex passwords for each one. Consider using a password manager to help.

Check the devices' privacy and security settings to make sure you understand how your information will be used and stored. Also make sure you're not sharing more information than you want or need to provide.

Enable automatic software updates where applicable, as running the latest version of software helps ensure the manufacturers are still supporting it and providing the latest patches for vulnerabilities.

Tip #2: Only Shop Through Trusted Sources

Think about how you're searching online. Are you searching from home, on public Wi-Fi? How are you finding the deals? Are you clicking on links in emails? Going to trusted vendors? Clicking on ads on webpages? You wouldn't go into a store with boarded up windows and without signage, the same rules apply online. If it looks suspicious, something's probably not right.

Before providing any personal or financial information, make sure that you are interacting with a reputable, established vendor. Some attackers may try to trick you by creating malicious websites that appear to be legitimate. Always verify the legitimacy before supplying any information. If you've never heard of it before, check twice before handing over your information.



Don't connect to unsecure public Wi-Fi, especially to do your banking or shopping.

Most of us receive emails from retailers about special offers during the holidays. Cyber criminals will often send phishing emails—designed to look like they're from retailers—that have malicious links or that ask for you to input your personal or financial information. Never provide your password, or personal or financial information in response to an unsolicited email. Legitimate businesses will not email you asking for this information.

Don't click links or download attachments unless you're confident of where they came from. If you're unsure if an email is legitimate, type the URL of the retailer or other company into your web browser as opposed to clicking the link.

Make sure your information is being encrypted. Many sites use secure sockets layer (SSL) to encrypt information. Indications that your information will be encrypted include a URL that begins with "https:" instead of "http:" and a padlock icon. If the padlock is closed, the information is encrypted.

Emergency Preparedness

Floods Follow Fires: Those at Risk for Flashfloods or Mudflows Are Encouraged to Buy Flood Insurance

By the Federal Emergency Management Agency (FEMA), via Tracy DePew, Cow Creek Emergency Management Director

After a devastating season of wildfires, many Oregon property owners are now at risk for flash floods and mudflows resulting from scorched landscapes and burn scars. Wildfires destroy vegetation that supports and strengthens hillsides. Without plants to hold the earth in place, even a small amount of rain can start a mudflow. This can happen quickly and with little warning.

Property owners don't have to take on all the risk themselves, because mudflow coverage is part of a standard policy from FEMA's National Flood Insurance Program (NFIP).

"A flood-insurance policy with NFIP is an affordable way for residents of Oregon to protect investments in their homes, personal property and businesses," said FEMA Federal Coordinating Officer Dolph Diemont, in charge of federal efforts for the Oregon wildfire recovery. "Just an inch of water in the average home can cause \$25,000 in damage, so having flood insurance can mean the difference between financial recovery and financial devastation."

Mudflow is covered subject to the definition of flooding in the NFIP Standard Flood Insurance Policy (SFIP). The SFIP defines mudflow as "a river of liquid and flowing mud on the surfaces of normally dry land areas, as when earth is carried by a current of water." A complete copy of the NFIP policy, including the definition of flooding and mudflow, is available here: www.fema.gov/flood-insurance/find-form/ underwriting.

Mudflows are sudden, costly and destructive. Unfortunately, the recent wildfires have increased the risk of mudflows for anyone whose home is downhill from a fire-scorched area. That increased risk lasts for several years until enough new vegetation takes root.

Homeowners may think their property is safe because it has never flooded before, but after a wildfire, flash floods and mudslides aren't limited to high-risk areas.



Take action now and protect yourself with an NFIP policy, which offers flood insurance coverage to property owners, renters and business owners. The maximum coverage available for a residential building is \$250,000 and \$100,000 for contents. Nonresidential (commercial) structures are eligible for maximum coverage of \$500,000 on the building and \$500,000 on contents. For additional information and to purchase an NFIP policy, contact your insurance agent today.

Generally, there is a 30-day waiting period before an NFIP policy becomes effective. Those at risk of flooding or mudflows are encouraged to buy flood insurance now as winter rains will soon be here.

Please be advised, when rebuilding or building please check with local building officials and your local floodplain administrator.

For more information on NFIP insurance, call FEMA's Helpline at 800-621-3362 (TTY 800-462-7585), or visit www.floodsmart.gov. Those who have already made a decision to buy flood insurance now, can visit www. floodsmart.gov/flood-insurance/buy.

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Disaster recovery assistance is available without regard to race, color, religion, nationality, sex, age, disability, English proficiency or economic status. If you or someone you know has been discriminated against, call FEMA toll-free at 800-621-3362 (TTY 800-462-7585). Those who use a Relay service such as a videophone, InnoCaption or CapTel should update FEMA with their assigned number for that service. They should be aware phone calls from FEMA may come from an unidentified number. Multilingual operators are available. 9

Culture and Education

Traditional Tales: "The Flood" and "Acorn Woman Avenges Herself upon a Medicine-Man"

Continuing with the tradition of winter storytelling, here are two traditional Takelma stories that shows how stories were told. These stories also contain several pieces of information that would have been important for the Cow Creek people, although many of the lessons have since been forgotten. The Flood explains why Beaver and birds are the way they are due to a historic flood. In Acorn Woman Revenges Herself upon a Medicine-Man, acorns kill and dry out a medicine man (as penalty for making them fall from their tree). It is known that acorns have tannic acid which can be poisonous to people and this may be a reference to the need to be careful and more appreciative of acorn processing prior to eating.

The Flood

Long ago there were people, all beings were people, birds, ducks, deer; blue jays were all people; all sorts of beings, buzzards, those were all people, crows were all people. Now then beavers were not earholed, while ducks were nose-holed, for that reason did they become beavers.

Then a flood did come and cover all, all this world became a mass of water. And then, 'tis said, they were submerged, all beings were submerged. Then Beaver got to be at the bottom of the water, up to this day he is there. Then all the birds flew up, and for that reason they all fly today.

Since Beaver was not nose-holed, since he was not ear-holed, for that reason did Beaver, for his part, get to be in the water, indeed. Thus it is.

Acorn Woman Revenges Herself upon a Medicine-Man

A medicine man has blown thee off," the Acorn used to be told [by] men of long ago; that the Acorn was wont to be told, old men did say it. By means of a wind did the medicine man blow off the acorns, a medicine man it was that blew off the acorns.

Now, 'tis said, the Acorn Chieftainess, that one was **10** sitting in her house and saw how they were

being blown down; she had sent herself there to the tree. Now just the medicine man had blown her off. Thereupon the medicine man having been slain, this old woman, the Acorn Chieftainess, then dried him, the medicine man having died; since this old Acorn Woman had he blown off, for that reason she dried him. Like dried venison, thus she dried him. For a long time that she did. Now whenever a medicine man died, she used to dry him; the old woman did so. Then, 'tis said, a long time elapsed.

Now then two persons, "To the old woman let us journey; much venison there is with her, people say," said to each other. Then, 'tis said, to the old woman came the two persons; she did not look at them as they came into the house, with her back towards the fire she sat. There sat the two persons; to them she did not speak. A long time elapsed, just then she took up a basket-pan. Then dried venison she took and into the basket-pan she put it. Then, 'tis said, she placed it down at their feet, and then with her back to the fire she sat. She did not look at the persons when this dried venison she had put down at their feet.

"Now the food is probably being eaten," she thought. Then, 'tis said, when a little while had elapsed, just then in back of her across the fire she looked. Now the two persons just had died; just then she turned towards the fire, then took up water. Then, 'tis said, the water she put in her mouth, and phw <blowing water on person to resuscitate him>, she blew it over their cheeks. The two persons arose, had recovered now.

Then, 'tis said, "What did you think? 'Dried venison she keeps,' did you say about me?

Dried venison did you think it was? This, for its part, is the flesh of medicine men, not dried venison. Since they blew me off, for that reason did I dry them," said the old woman, Old Acorn Woman did say so. Indeed that really was the Acorn Chieftainess. Just up to there it proceeds. Since the medicine men did blow her off, for that reason did she do it to them.

Culture and Education

Expanding Horizons Youth Center Works to Provide Afterschool Care in the Face of a Growing Need

By Amber Lomascola, Tribal Community Center Program Manager

Our ongoing compliance with COVID-19 restrictions, and their effect on our programs delivery has clearly demonstrated the following; the pandemic has significantly increased the stresses on parents, students, and educators alike. These are unprecedented times that are stretching all our existing social and educational programs to capacity.

The Expanding Horizon Youth Center is currently operating under COVID-19 guidelines established by the CDC and the OHA. We have two separate student cohorts and extended hours. With school sports gone, parents need to continue work, families without internet access, and students learning to navigate new online education forums – the role of the EHYC program and our staff has shown to be an important service to our families during this time. But even operating at maximum levels, there is still unmet need.

Covid19 and school closures has exacerbated unmet demand for afterschool programs, here and around the Native community. New research from the Afterschool Alliance's America After 3PM report demonstrates that even before the pandemic, parents were having a difficult time finding affordable afterschool programs for their children. Unmet demand for after school programs nationwide has risen 60% since 2004. Since 2009 Native American student's participation in after school programs has continued to drop to its current level of 2% in 2020. 45% of Native families surveyed saying they would participate in a Afterschool program if one was available to them. The EHYC has always and continues to prioritize enrollment of Native youth. Rising costs of programs due to COVID-19 restrictions have been



Tribal Youth can engage in healthy afterschool programs, traditional activities, and more at the EHYC

supported by Cow Creek Tribal Government. We are grateful for this support and our ability to continue to offer free programing for all participants.

Afterschool programs are playing a vital role during the pandemic; educating and caring for children of essential workers, virtual workers, and the in-person workforce. Afterschool programs are aiding parents in keeping kids on track in school, and supporting their social and emotional health. We anticipate the need for afterschool programs like the EHYC even more as we begin to recover economically, spiritually, and mentally. We are honored to provide support so that students can catch up and thrive; and so working parents can have confidence that their children are constructively engaged under the watchful eyes of caring adults every afternoon.

Culture and Education

Takelma Language Corner: January Language Activity and Other Language News

To the right is a winter snowglobe. What can we find inside? *P'aàs* (1), of course! Enough to make a *p'aàs-yap'á* (2), a *péem* (3), perhaps a *yáal* (4)! And look, there's your *wìli* (5)! So I have to ask, *paikinikát^hiti*? (6) Or apaiyowót^hiti (7), curled up with a *láps* (8)? That might be better, because, *pait^hkunuukiyaù'* (9)!

Try and guess what the Takelma words mean. There are some long ones, but don't worry! All the answers are below.



(8) blanket, (9) it's cold outside

Answers: (1) snow, (2) snowperson, (3) tree, (4) pine tree, (5) house, (6) are you coming inside?, (7) are you staying inside?,

In other language news, don't forget to check out the latest language resources! We just released a new video that teaches Tribal and non-Tribal members how to introduce themselves in Takelma. It's available at www.cowcreekeducation.com/takelma-language/language-videos.

We also released Ebook versions of the *Places* and *Animals* Takelma books on the Education website! You can listen to and practice your pronunciation. Find them here, at the bottom of the page: www.cowcreekeducation.com/takelma-language/. If you liked the copies of the Takelma books you received, you can find more of them available to buy at Seven Feathers Truck and Travel, the Seven Feathers Casino Gift Shop, and at the Takelma Roasting Company!



The book display at Seven Feathers Truck and Travel



Reminder: All Tribal Distributions Will Be through a rapid! PayCard Visa

Please remember that starting soon, if you do not have an existing Elder direct deposit, then your distribution funds will be coming through the new rapid! PayCard Visa. Keep an eye on the mail for the packet containing your card and information about them.

This is a big change from the old distribution checks, but here's a few exciting reasons why using this rapid! PayCard Visa will greatly improve your Tribal distribution experience:

- You will get access to your distribution money much faster than waiting for a check to arrive through snail mail.
- It works just like a direct deposit would, but you don't need a bank account or a fixed address to receive it; you just need the card.
- No more tracking down lost checks, no more standing in lines to cash your check, and no more check-cashing fees!
- You can link the card to a mobile app that lets you check your balance any time, set aside some of the funds into a savings account that earns interest, transfer funds (even to a regular bank account), and much more!
- As soon as the money is deposited, you can use the card to pay directly for services or products at any merchant who accepts Visa debit cards.
- If you want cash, you can withdraw funds from the card over the counter at any bank that has the Visa Acceptance Mark, or at any Allpoint or MoneyPass ATM.

These are just a few of the many benefits and features of this new card. You can find out more in the information packets that will be coming soon with your card included.

For any questions, please contact Cow Creek Accounting Manager Jackie Miller at 541-672-9405.



This new service will make sure Tribal members get distribution funds faster and more securely than ever before

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!

Tribal Member-Owned Businesses Can Apply for Oregon Grants

Tribal Member-owned businesses, please apply for these grants, as they will go fast!

This message distributed by the Umpqua Economic Development Partnership.

As the economic impacts of the pandemic continue, the Oregon legislature and Governor Kate Brown have allocated millions more in grant funding for Business Oregon to deliver into the hands of small businesses across Oregon. On Monday, November 9th, the Emergency Board of the Oregon Legislature approved \$20 million more to Business Oregon's Emergency Business Assistance Grant Fund. This funding and program are separate from the \$55 million in funds the Governor also announced this week.

This grant fund has already put approximately \$25 million out into the community through four rounds of funding. The first four rounds were allocated from Business Oregon to intermediary lenders such as cities, counties, Community Development Financial Institutions (CDFIs), and Economic Development Districts (EDDs), who in turn granted the money to individual businesses. With this new round, Business Oregon is able to fund businesses directly. The grants are available to small businesses that have seen lost revenue due to the pandemic, and that meet a minimal set of requirements.

"This funding is timely, as we face the sharp increase in COVID-19 under this new wave of the pandemic," said Business Oregon Director Chris Cummings. "These grants can help our small business owners today, but to get back to business in the long haul we've got to do what it takes now to stop the spread of this virus."

This round makes some changes to previous rounds of grant funding under the program, so that more businesses can access the funds. Businesses with up to 100 employees can apply, whereas previous funding was limited to those with up to 25 employees, to ensure smaller businesses could access 14 the funds first.

Most previous rounds also targeted businesses that did not already receive assistance through the CARES Act (such as PPP, EIDL, City of Portland Small Relief Program, the Oregon Cares Fund for Black Relief + Resiliency and other programs funded with CARES Act funds). This round will now consider applications from businesses with 1 to 25 employees that have already received anywhere from \$100,000 to \$1 million in funding from these federal resources. Businesses with 26 to 100 employees are eligible regardless of the amount of federal resources they received (up to \$1,000,000), if they meet other program requirements.

Businesses are eligible to receive up to \$200,000 in grant funding as detailed in the grant application. To be eligible, a business must show it was prohibited from operations by the Governor's Executive Order 20-12 (www.oregon.gov/gov/admin/Pages/eo_20-12.aspx), or demonstrate a 25% reduction in sales over a 30-day period in 2020 compared to a comparable period in 2019.

As of Thursday November 19th, the application form and additional details can be found on Business Oregon's website (www.oregon4biz.com/). Grants will be reviewed on a first-come first-served basis, and will be allocated so that there is an equitable geographic distribution of funds as dictated by the Oregon Legislature.

The application portal will close once applications totaling \$25 million in requested grants are received. Business Oregon will reopen the portal if any funds remain after reviewing those initial applications for eligibility.

Additional resources and information on COVID-19 response can be found on the department's website (www.oregon4biz.com/Coronavirus-Information/), and the Governor's COVID-19 web page (govstatus.gov.com/or-covid-19) has the latest guidance.

Learn more at www.oregon4biz.com.

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.

Health Advisory Council Vacancy

We currently have one opening for a position on the Tribal Heath Advisory Committee: an Employee Representative (this person does not need to be a Tribal member, but must be employed by the Tribe).

The Health Advisory Council is the Tribal voice when it comes to the health and wellness of the Tribe and gives valuable feedback to the Chief Health Officer for the Cow Creek Band of Umpqua Tribe of Indians. The Tribal Health Advisory Committee has the following duties:

- To review and make recommendations over existing Health and Wellness Center policies and procedures.
- To review programs and services performed by the wellness center annually in accordance with the goals and priorities.
- Will meet at least quarterly over the calendar year depending on the necessity volume of programs and to be updated on current events.

There is a small stipend for attending a meeting. There is a telecommute option for standing meetings if you are unable to meet in person.

If you are interested in a position on the Tribal Health Advisory Committee, please send your letter of interest to Leona Sanders **before January 31**st at <u>LSanders@cowcreek-nsn.gov</u>. If you have questions concerning the open position, or want more information about the role of the Tribal Health Advisory Committee, please contact Leona at 541-677-5526.

Tribal Member Death Notices

Jeffrey Michael O'Dell

Date of Birth: June 2, 1954 Date of Death: November 22, 2020

Age at Death: 66 Years of Age

Doris Lee Wolfer

Date of Birth: October 11, 1947
Date of Death: November 23, 2020
Age at Death: 73 Years of Age

Honor Gifts for Tribal Veterans

By Rhonda Richardson, Cow Creek Tribal Member Liaison

Tribal Veterans,

With 2020 behind us now, and 2021 ahead of us, we hope this year is much better, you are in good health, and that some sort of normalcy is back in your life sooner rather than later.

Here's a few little reminders...

Veteran dinner for two! You and a guest are invited to enjoy a free meal* in the K-BAR Steak House anytime through November 28, 2021. Yes, that's right, an entire year to use your ticket. The ticket and instructions are being mailed to you with directions regarding the process for making reservations, who to contact, and what you will need to bring with you. The tickets are numbered and are non-transferable, so don't lose your ticket, there are no replacements. The tickets will be mailed to the address on file for you.

*Not valid holiday weekends.

Pad-Folio and Ink Pen Set: As a thank you gift for your commitment to protecting the United States, and all that we stand for, is a small token of appreciation. Upon your request a Pad-folio and ink pen set will be mailed to you. Please call, email me or come by the office to receive yours.

Contact Rhonda Richardson, Cow Creek Tribal Member Liaison, 541-677-5575 or rrichardson@cowcreek.com (put Tribal veteran in the subject line).



Example of the free meal ticket for Tribal Veterans



Example of the portfolio interior and the special pen



We Want to Utilize Your Tribal-Member-Owned Business!

As the Cow Creek Band of Umpqua Tribe of Indians expands its financial capabilities, Tribal leadership have found that there are increasing needs for outside services and products. While these necessities can be purchased from outside corporations, the Tribe would much rather do business with any Tribal members who offer a product that we need. This would both meet the need of the product or service, and support our Tribal members' business endeavors.

To this end, Tribal leadership is seeking to compile a list of all businesses owned by members of the Cow Creek Band of Umpqua Tribe of Indians. With such a list, the Tribe can do business with its own members rather than an outside corporation, becoming even more self-sufficient.

To participate in the Tribal Member Pre-Qualified Business Listing, please send a completed Tribal Member Business Registration Form to:

Attn: Ryan Bochart, 2371 NE Stephens St, STE 100, Roseburg, OR 97470.

You can either call 541-672-9405 to request that a Tribal Member Business Registration Form be mailed to you, or download it from www.cowcreek-nsn.gov/tribal/forms-and-contacts/ (this will require you to either log in or register for an account).

Upcoming General Council Meetings for the Year 2021

The 2021 General Council meetings have been scheduled at 10 AM on the following dates:

- February 14th
- May 16th (Nominations Meeting)
- August 8th (Annual Elections Meeting)
- November 14th

Locations may be subject to change, based on pandemic restrictions at the time of each meeting. Please monitor the newsletter for more updates.

Position Open on the Cow Creek Tribal Housing Review Board

There is currently a vacancy on the Cow Creek Tribal Housing Review Board, which was organized to establish, review, and enforce regulations for the Tribal Housing Community, and to assist the Tribal Housing Department in the implementation of building and providing clean, safe housing for our Tribal members.

To apply, you must meet the following criteria:

- The applicant must be at least 18 years of age.
- The applicant must have never committed a felony or major traffic violation.
- The applicant must have at least a High School diploma.
- The applicant must pass a background check.

Preference is given to Tribal membership. All applications must be submitted by **January 11**, **2021**. This application should be completed online at the link below, and should include a Letter of Interest and a Resume (uploaded during the online application process).

Application link: https://forms.cowcreek.com/forms/employmentapplication

Make Your Voice Heard about Our Culture

In the near future, the Cow Creek Natural Resources Department will be holding a meeting for Tribal members, where you can make your voice heard regarding our culture. We want to know how you feel about how we are revitalizing our culture and language, how we go about educating the Tribe in our traditional ways, and how we shape and carry our culture into the future.

The date of this meeting is still to be determined, but if you want to get on the list, please contact Crystal Haaby, Programs Executive Admin Assistant, at 541-677-5575 or CHaaby@cowcreek.com.

Messages from the Clinic

Healthy Recipe: Moroccan-Style Chickpea and Grain Salad

Submitted by Ansley Hill, CCH&WC Registered Dietician Recipe adapted from New Seasons Market

Prep Time: 10 minutes	Nutrition Facts
Cook Time: 25 minutes	(per serving):
Servings: 6	290 calories,
Ingredients:	6g protein,
For the salad: 1 cup millet or bulgur wheat 1 tsp cumin	34g carbohydrate, 15g total fat, 1.5g saturated fat,
_ top co	4g fiber

¼ cup dried cranberries½ cup slivered almonds

½ cup cooked chickpeas, drained and rinsed

¼ cup fresh cilantro, chopped ¼ cup fresh mint leaves, chopped

2 cups low sodium chicken stock or water

For the dressing:

4 TBS olive oil

1 TBS honey

Juice and zest from ½ a lemon

¾ tsp ground cumin

¾ tsp coriander

½ tsp smoked paprika

Directions:

Bring the chicken stock (or water) to a boil in a medium-sized pot. While liquid is heating, add the millet to a medium saucepan and lightly toast over medium heat for about 4 minutes. Stir in cumin and continue toasting for about 30 more seconds. Add the seasoned, toasted millet to the boiling chicken stock and bring to a simmer. Cover the pot and continue simmering for 15 minutes, or until all of the liquid is absorbed. Remove from heat, fluff the cooked millet with a fork, and set aside. In a small bowl, mix the olive oil, honey, lemon juice and zest, cumin, coriander, and smoked paprika together. Add the mixture to the cooked millet and stir to mix well. Next, fold in the cranberries, almonds, chickpeas, and fresh herbs. May be served warm or cold.

Tribal Member Dental Survey Results for the Year 2020

We are very thankful to the 195 Tribal members who responded to the Dental Survey. That's a 16.24% response, as a total of 1201 surveys were mailed out. Below are 6 questions and the responses to them:

1. Do you receive routine dental care?

Yes	32	16.41%	
No	54	27.69%	
(no reply)	109	55.90%	

2. What dental services do you use now?

Cleanings	141	72.31%
Fillings	98	50.26%
Extractions	54	27.69%
Crowns	80	41.03%

3. What are some barriers to your receiving dental care?

a. Fear of dental care	26	13.33%
b. No dental provider close to	home 14	7.18%
- 14 toles to a long to got in to	4	7 4 2 0 5 0/

c. It takes too long to get in to see dentist 27 13.85%

d. No reason to go to the dentist	t, my teet	h don't
bother me	11	5.64%
e. No dental insurance	20	10.26%
f. Don't think it's important	0	0.00%

4. Would you like to see a tribal dental clinic in Roseburg?

Yes	108	55.38%		
No	65	33.33%		
No reply	22	11.28%		

5. Even if you would not use a tribal dental clinic, would you support it being offered to other Tribal members or immediate family of tribal members?

Yes	173	88.72%	
No	13	6.67%	
No reply	9	4.62%	

6. Would you prefer a dental provider that is a Cow Creek Tribal or other native provider?

A majority (over 64%) had no preference for a dentist, hygienist or Dental Health Aide Therapist (DHAT) that was a Tribal member.

If you want to learn more about the survey, please contact Leona Sanders at 541-677-5526.

January 2021

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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

February 2021

1001011, 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 Food Bank Open 9 AM - 11 AM	10	11	12	13
14 General Council 10 AM Location TBD No food bank after	GO Closed for Presidents Day	16	17	18	19	20
21	22	23 Food Bank Open 2 PM - 4 PM	24	25	26	27
28						

Location Abbreviations

GO: Government Offices, Roseburg, OR

SC: Cow Creek Health & Wellness Center, Canyonville Clinic

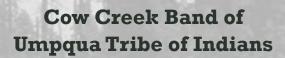
7F: Seven Feathers Casino Resort, Canyonville, OR

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

