



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Clinic Staff Conducting Drive-In COVID Testing in Roseburg, OR

Pictured: Heidi Stauffacher and Koreena Richardson

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PLEASE NOTE

Until further notice, the Cow Creek Government Office will be closed to Tribal members and the public. Staff will continue to work to keep services and departments operating.

This closure does not apply to Cow Creek Health and Wellness Clinic locations. They remain open for appointments and testing (call 541-672-8533 to schedule a COVID test).

Hours of Operation

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

June – Juneteenth/Freedom Day

July – Independence Day

September – Labor Day

October – Columbus/Indigenous Peoples Day

November – Thanksgiving Day (and next day)

December – Christmas Day (and Eve)

The Tribal Board Election Results are In

The Quarterly General Council Meeting was held on Sunday, August 8th. The Tribal Election Committee presented the results of the 2021 Tribal Board of Directors Election to the Tribal Board of Directors and members present at the meeting. Incumbents were Jessica Bochart-Leusch, Gerald Rainville, and Robert Van Norman. James (Jim) Deardorff was on the ballot as well. Jessica, Gerald, and Robert retained their seats on the Board, and will serve another four-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 2021 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



Jessica Bochart - Leusch



Tom Cox



Robert Estabrook



Kathleen Susan Steward



Carla Keene



Luann Urban



Gerald Rainville

Government and Programs

Tribal Leadership Disburses Relief Funds through New Rapid PayCard

With a wave of new financial assistance from the Federal Government's coronavirus relief funds, the Cow Creek Band of Umpqua Tribe of Indians Tribal Board of Directors recently approved one of the largest per-capita disbursements for adult Tribal members in recent history.

The one-time \$5,000 disbursement for Tribal adults was the result of leadership ultimately electing to directly pass along part of the \$10.35 million in funds that the Tribe received from 2021 American Rescue Plan (ARP) Act to the Tribal membership. The funds are intended to be used for projects and improvements that rebuild, strengthen and enhance the lives and communities of Tribal members following the pandemic.

Funds were delivered in August to Tribal adults over the age of 18 with a Rapid Pay Card. The Tribe's newly

adopted Rapid Pay Card system requires each Tribal adult to have a Rapid Pay Card in order to receive distributions. Paper checks will not be issued for the \$5,000 disbursement (Tribal Elders are not required to have a Rapid Pay Card). Additional Rapid Pay Cards will be mailed out as applications are processed.

If you haven't yet submitted paperwork to receive a Rapid Pay Card, visit **our website** or the **Cow Creek Umpqua Official Private Facebook Group** for a link to the form (email info@cowcreek-nsn.gov for help getting access). One form is required for each Tribal Member over the age of 18 in your household, Elders excluded.

Return it by mail or in person to:
Cow Creek Government Offices
2371 NE Stephens St. #100
Roseburg, OR. 97470

Questions? Call 541-671-9405 and mention Rapid PayCard

The Tribal Government Offices Are Now Closed to the Public

The number of COVID-19 cases in Douglas County has risen steeply, inundating our local public health and medical resources. The impacts have been far reaching including operational impacts at the Cow Creek Government Office and affiliated Tribal offices and businesses.

Until further notice, the Cow Creek Government Office will be closed to Tribal members and the public. Staff will continue to work to keep services and departments operating. This closure does not apply to Cow Creek Health and Wellness Clinic locations, they remain open for appointments and testing (call 541-672-8533 to schedule a COVID test).

It is important to note that a significant number of the local COVID-19 cases are among unvaccinated individuals. There is strong evidence that vaccination significantly reduces a person's chance of hospitalization and developing major illness.

Cow Creek Public Health continues to operate a vaccine site seven days a week across the street from the Government Offices on Stephens Street in Roseburg. Visit <https://www.cowcreek-nsn.gov/public-health/> to learn more.



Director of Forest Management Tim Vredenburg sizes up the Hamlin Prairie Fire

Tribal Forestry Staff Act Quickly to Protect Reservation Lands from Lightning Fires

Immediately after a lightning storm passed through the region, igniting over 40 fires in the Tiller area alone, Tribal Forestry staff, interns, and contractors leapt into action to locate and begin suppressing fires. Of various fires that threatened Tribal lands, only one continues to be a threat, thanks to their efforts. The Hamlin Prairie Fire was limited to seven acres, one fire was lined and contained before even being named, and the Mule Creek Fire was limited to burning only 90 acres.

Thanks to Tribal leadership, the Forest Resource Management Plan has established “the policy of aggressive and rapid suppression and control of all unplanned fires on the reservation.” The Tribe’s staff, interns, and contractors have followed that policy, working 14-15 hour days for weeks on end, and putting themselves in the right place to make a difference.

One example is Tribal member timber contractor Kory VanNorman, whose position and efforts near the Hamlin Prairie Fire prevented the loss of dozens of acres of the Tribe’s forest timber land.

“Kory’s efforts have been heroic and instrumental in protecting the Tribe’s forest land,” says Tim Vredenburg, Director of Forest Management. “Things could have been much worse, but Tribal crews have managed to protect the majority of our property.”

UIUC staff also deployed the Tribe’s water truck to assist Lone Rock Timber, one of our frequent forestry partners, in protecting their lands from the Church Creek Fire, which was contained in the first few days. According to the local resource commander, if the Tribe’s fire truck hadn’t arrived when it did, those crews would have lost the fire.

As of this writing, only the Smith Fire poses a threat to Tribal lands from the East. Tribal Forestry crews are working with the Douglas Forest Protective Association, the Forest Service, the State of Oregon, and fire teams from across the country to fight the fires. They also hope to prevent fires, insect infestations, and disease by creating more resilient, healthy forests in the future through fire-wise forestry management.

“I can’t stress enough how amazing Tim and his crews have been,” says Jason Robison, NR Land Resources & Tribal Programs Officer. “They really pulled together to take this on.”



Messages from the Clinic

Free COVID-19 Testing and Vaccines (Moderna and J&J) to All Adults, Seven Days a Week

Cow Creek Public Health offers FREE COVID-19 vaccines (Moderna and Johnson & Johnson) to all adults 18-years of age and older seven days a week. All vaccines are administered via drive-thru across from the Cow Creek Government Offices on Stephens Street in Roseburg (2360 NE Stephens St.). No appointments are necessary, but bring identification and be prepared to wait up to 30 minutes after receiving your vaccine.

- Monday-Friday 8AM-4:15PM (last vaccine at 3:45PM)
- Saturday-Sunday 10AM-3:45PM (last vaccine at 3:45PM)

To support identifying illness in our community, Cow Creek Public Health will continue to offer

FREE COVID-19 testing (as well as vaccines) to the community (18 years and older) every weekend through September 26th, no appointment necessary. All tests are administered via drive-thru across from the Cow Creek Government Offices on Stephens Street in Roseburg (2360 NE Stephens St.)

- Saturdays and Sundays, from August 21st to September 26th, 10AM-4PM
- Weekend testings do not require an appointment.

Cow Creek Health & Wellness also offers COVID-19 rapid testing Monday-Friday at the Cow Creek Health & Wellness North and South Clinics. Appointments are required. Schedule your appointment by calling:

- Roseburg North Clinic (541) 672-8533
- Canyonville South Clinic (541) 839-1345

Cow Creek Public Health Mobile Flu Events

FREE Flu + COVID vaccines with Public Health Team
Cow Creek Tribal adults 18+ receive a free survival backpack valued \$200

LOCAL

Roseburg: 10/7, 10/8, 10/20, 10/21

10:00 AM - 6:00 PM

Public Health Immunization Trailer
2360 NE Stephens St., Roseburg

Grants Pass: 9/28

9:00 AM - 12:00 PM

Josephine Co. Public Health
715 NW Dimmick St., Grants Pass

Medford: 9/28

2:00 PM - 6:00 PM

CCBUTJ Rogue Valley Office
40 S. Central Ave. Medford

Klamath Falls: 9/29

9:00 AM - 2:00 PM

Klamath Basin Equipment
4304 Hwy. 39, Klamath Falls

OREGON

Redmond: 9/30

9:00 AM - 2:00 PM

Klamath Basin Equipment
2109 NW 6th St., Redmond

Coos Bay: 10/8

9:00 AM - 2:00 PM

CTCLUSI Tribal Hall
338 Wallace Ave., Coos Bay

Eugene: 10/12

9:00 AM - 2:00 PM

CTCLUSI Eugene Outreach Office
135 Silver Ln. ST 200, Eugene

WASHINGTON

Sequim: 10/13

12:00 PM - 6:00 PM

Jamestown Family Health Clinic
808 N 5th Ave., Sequim

Tacoma: 10/14

12:00 PM - 6:00 PM

Tacoma-Pierce Co. Health Dept.
3629 South D St., Tacoma

Longview: 10/15

12:00 PM - 6:00 PM

Cowlitz Tribal Health Clinic
1044 11th Ave., Longview

The Cow Creek Public Health Team is venturing out this month in an effort to engage with the Tribal community in areas beyond Douglas County.

Public Health will be offering flu vaccines, COVID vaccines, and connecting Tribal members with other important health and wellness information all from the mobile medical unit. The mission for the team is to help Tribal members find the services they need before any serious medical care is needed.

“We are [about] outreach, prevention and education,” said Public Health Improvement Manager Melinda Sprague. “We have an integrated framework that allows us to work with other departments to make sure that all the needs of the family are met.”

Tribal adults will also receive a free emergency preparedness backpack when they attend the Public Health events.

Why do we need to wear masks again?

Many mask mandates have been removed but now we are being asked to wear masks again in certain places. It can be confusing and even frustrating. But, because of the highly contagious Delta variant, this is necessary. COVID-19 cases are increasing rapidly.

Indoor, public spaces are where we are being asked to mask up. This is where the virus spreads most easily. Masks can help stop the spread and each of us can help keep our people safe by wearing a mask.

- The new Delta variant is two to three times more transmissible than the original virus and other variants ¹. It also has a shorter incubation period, 4 days instead of 6, meaning people are contagious sooner.
- Because of its short incubation period and increased transmissibility, the Delta variant spreads faster among unvaccinated people, including children and youth ².
- Both vaccinated and unvaccinated people should wear masks. It is rare, but vaccinated people can still become infected with COVID-19 ("breakthrough cases") and may not know it. This means they can pass the virus to others not wearing masks.
- Vaccination is the key to stopping the pandemic, but as we work to vaccinate all our people, wearing masks can help stop the spread of the virus in this crucial time. Stopping the spread will also help stop new variants like Delta from forming.

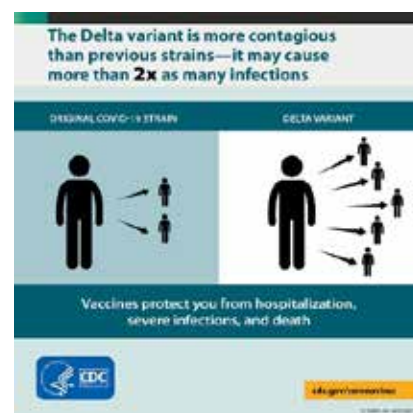
This is particularly important because children under 12 cannot yet be vaccinated so they are very vulnerable. Cases and hospitalizations of children with COVID-19 are rising³, but vaccinating adults helps create a protective shield around children.

- Be a good relative and help protect your Tribe and community by getting vaccinated and wearing a mask in public indoor settings. Help beat the virus!

Just as we joined together to protect the health of our elders, it is now important to protect our future generations.

Thank you for keeping the circle strong.

Mask up indoors! Get vaccinated!



¹ <https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>

² <https://www.yalemedicine.org/news/5-things-to-know-delta-variant-covid>

³ <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/children-and-covid-19-state-level-data-report/>



EAP and Life Services

An Overview for Members

Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.

The EAP Can Help with Almost Any Issue

EAP benefits are available to all members and their families at NO COST to you. Help is just a phone call away. The EAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with a consultant.

EAP Services for Members and Families

Confidential Counseling:

Up to **6** face-to-face, video or telephonic counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.

24-hour Crisis Help:

Toll-free access for you or a family member experiencing a crisis.

Online Consultations:

Convenient access to online consultations with licensed counselors.

Tess, AI Chat-bot:

24/7 chatbot for emotional support and check-ins to boost wellness. Text "Hi" to 16508259634 to get started.

Peer Support Groups: Online support groups for addiction, depression, bipolar, anxiety, parenting, LGBTQ, grief, and frontline workers.

Uprise IBH Mobile App: The Digital Health Program is designed to help reduce stress and keep you healthy.

Access Counseling and Benefit Information

Call: 866-750-1327

Website:

ibhsolutions.com/members

- Click on the RBH logo
- Enter your access code: COWCREEKTRIBE
- Click the My Benefits button

Uprise IBH Mobile App:

- Visit us.uprise.co or download the Uprise IBH mobile app.
- Create an account with your email and the member access code: COWCREEKTRIBE



Uprise IBH App

The Digital Health Program is designed to help reduce stress and keep you healthy.

- Bite-sized training is available from your computer or mobile app
- Take the assessment and check your wellbeing score
- Get your own personalized recommendations
- Skills training to develop your resilience, stress management, and mental fitness
- Visit us.uprise.co or download the **Uprise IBH** mobile app on Google Play or Apple App Store
- Create an account with your email and the member code: COWCREEKTRIBE



Online Resources at ibhsolutions.com/members

ibhsolutions.com/members:

Access life-balance and wellbeing resources, monthly webinars, newsletters, and more.

Your EAP provides a wide range of life balance services to help you survive a variety of challenges

Childcare Services:

Childcare professionals provide information and support on parenting, school issues, adoption, college planning, teenager challenges, summer camps, daycare, and other important issues for parents.

Adult and Eldercare Services:

Specialists assist in finding quality information and services including transportation, meals, exercise, activities, prescription drug information, in-home care, daytime care, and housing.

Legal Services:

Access a free, half-hour consultation, by phone or in person, for any non-work related issue, followed with a 25% discount in legal fees.

Financial Help:

30 consecutive days of free phone consultations for debt counseling, budgeting, college/retirement planning, and taxes, including 25% off certified public accountant services for tax preparation.

Mediation Services:

Request free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate.

Identity Theft Services:

Access support in planning the recovery process or restoring your identity and credit after an incident.

Online Legal Forms:

Create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

To Access EAP
Services Call:
866-750-1327





What does it mean to self-isolate?

Self-isolate means to separate people who are ill from those who are not. The goal is to keep COVID-19 from spreading.

People who have COVID-19 need to self-isolate for 10 days or until their health care provider clears them so they do not spread the virus or make others sick.

How do I self-isolate?

Self-isolating can be challenging because it means:

- Staying home unless seeking medical care
- Staying in a separate room and using a separate bathroom from others in your home, if possible
- Avoiding touching common items and surfaces; cleaning and disinfecting surfaces you touch often, such as phones, doorknobs and toilets
- Washing your hands often with soap and water for at least 20 seconds. Dry with a disposable paper towel, or be sure to replace a reusable towel when it gets wet.

How long do I need to self-isolate?

It's possible to spread COVID-19 to others, even when you don't have symptoms.

People who have COVID-19 should:

- Stay home for at least 10 days after their symptoms started, **and**
- Stay home at least 24 hours after fever is gone (without the use of fever-reducing medication) and symptoms improve.

Even if you don't have symptoms or feel sick, self-isolate for 10 days after you are first diagnosed with COVID-19.

Stay in touch

If your symptoms get worse, immediately contact your health care provider.

Some people may find it easy to self-isolate, but it may be harder for others. It can be especially hard for those who:

- Can't work from home
- Live alone
- Have disabilities or
- Take care of other people in their home.

Here are some resources if you need help:

- Visit 211info.org or call 211.
- Oregon Health Plan members can contact ohp.oregon.gov.
- Your [local or tribal public health authority](#) will help you find resources.
- Central Oregon resources can be found at www.centraloregonresources.org.

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health

Messages from the Clinic

Healthy Recipe: Chicken Satay Salad

by Elisa Moore, CCH&WC Diabetes Prevention Lifestyle Coach, adapted from Food Network Kitchen

Prep Time: 20 minutes **Cook Time:** 5 Minutes **Servings:** 4

Nutrition Facts per serving: 360 calories, Total fat: 20g, Saturated Fat: 2g, Total Carb: 18g, Fiber: 5g, Protein: 26g, Sodium: 250mg

Ingredients:

2 skinless, boneless chicken breasts
7 tablespoons Thai peanut sauce (about 1/2 cup)
3 tablespoons vegetable oil
2 tablespoons fresh lime juice
1 head romaine lettuce, sliced
1/2 English cucumber, cut into matchsticks
1 medium carrot, halved lengthwise, thinly sliced
1 red bell pepper, thinly sliced
1/4 chopped fresh cilantro (plus more for topping)
2 tablespoons water
Kosher salt and freshly ground pepper

Directions:

1. Preheat grill or grill pan to medium high heat.
2. Slice chicken breasts 1/2 inch thick and toss with salt and pepper to taste, 1/2 tablespoon of the vegetable oil, and two tablespoons of the peanut sauce in a bowl.
3. Grill chicken until cooked through, about two minutes per side, and transfer to a plate.
4. Whisk the remaining peanut sauce and vegetable oil with the lime juice and water in a large bowl, then add the lettuce, cucumber, carrot, bell pepper and cilantro, and toss to combine. Season with salt and pepper and divide into bowls.
5. Top with the chicken, peanuts, and more cilantro.

Free Consult with MD is here!



24 Hours a Day
7 Days a Week
365 Days a Year

(855) 935-5842

- Watch for member cards in the mail
- Includes all members of household

Starting 9/1/2021

All Tribal Members will have access to
Doctors from the comfort of your home.
Phone, Web, or Mobile App

Common Conditions Treated:

- Acid Reflux
- Allergies
- Asthma
- Bladder Infection
- Bronchitis
- Cold & Flu
- Infections
- Nausea
- Rashes
- Sinus Conditions
- Sore Throat
- Thyroid Condition
- Urinary Tract Infection
- And more...



Messages from the Clinic

Over The Counter Prevention Program

The Over-the-Counter Prevention Program (OTC) was created to assist all enrolled Cow Creek Tribal members with the expense of health-related items that can be purchased over the counter. The program does not cover prescription medications.

Each enrolled Tribal member aged 18 years and older is eligible for an annual allowance of \$100 **(Limited to one per year)**. Enrolled Tribal members under the age of 18 are eligible for an annual allowance of \$50 **(Limited to one per year)**. Tribal members need to fill out a new form each year to obtain these funds. There are several ways to obtain a form:

1. The 2021 OTC Check Claim Form is available at the following link: www.cowcreek-nsn.gov
 - If you do not have an account and wish to create one, or you have questions about logging into the website, please visit www.cowcreek-nsn.gov/login-assistance/
2. You may pick up a form at the reception desks of the Tribal Government Offices or the Cow Creek Health & Wellness Centers.
3. You may call Laurie Jones at 541-677-5584 and request a form be mailed to you.
 - Be sure to include your current mailing address, phone number, and email address.

In order to claim your annual allowance, your 2021 OTC Check Claim Form must be submitted no later than December 15th. Any forms received after December 15th will not be processed and the funds for the current year will be forfeited. Tribal members need to submit a new OTC Check Claim form once per year.

In order to process your request, the address on the OTC Check Claim Form must match the address on the Tribal Roll, or you will be asked to submit a Change of Address form. Be sure to include an apartment number, if applicable.

You may find the Change of Address form on our website. If you would like to request a form be mailed

to you, please contact Laurie Jones.

For questions regarding this program, please contact the OTC Administrator, Laurie Jones, at:

Cow Creek Health & Wellness Center

PO Box 1400, Roseburg, OR 97470

Email: info-OTC@cowcreek.com

Phone: 541-677-5584 Fax: 541-492-5217

Pediatric/Childhood Immunizations

As we enter the new school year, it's important for parents to remember keep on schedule with pediatric vaccines. Your child should be vaccinated at regular stages throughout development. During the ongoing COVID-19 pandemic, many people have put off normal visits to the doctor for various reasons, but it's time to get back on track for your child's health! Cow Creek Health & Wellness offers all childhood immunizations to registered patients:

- DTaP (Diphtheria, Tetanus, Pertussis)
- Hepatitis A
- Hepatitis B
- Hib (Haemophilus Influenzae type b)
- HPV (Human Papillomavirus)
- Influenza – Inactivated
- Measles/Mumps/Rubella & Varicella (MMRV)
- Meningococcal ACWY
- Pneumococcal Conjugate (PCV13)
- Pneumococcal Polysaccharide (PPSV23)
- Polio
- Rotavirus
- Tdap (Tetanus, Diphtheria, Pertussis)
- Td (Tetanus, Diphtheria)
- Varicella (Chickenpox)

Tribal Member Employee Highlight: Leonna Sauer

Equipped with a wealth of knowledge and a desire to give back to her tribe, Cow Creek Public Health's newest Medical Assistant Leonna Sauer is looking to help build up the agency in her Tribal community.

Leonna is a Cow Creek Tribal Member born and raised in Alaska, but recently relocated with her family to Douglas County to begin working at Cow Creek Public Health. A medical assistant for the past 15 years, Sauer brings experience in a number of medical fields including pediatrics, family medicine, gastroenterology, women's health, orthopedics and cardiology.

"I have dipped my toe into many different fields," she laughed. Unsure which field she was most interested in when she began her career, Sauer said ultimately decided to try them all. Though she felt most rewarded working with other agencies in the American Indian and Alaska Native governments, Sauer said it was time to come home.

"I wanted to bring all of my knowledge and experience back to my tribe," she said. "To contribute as much as I can for the community and for my Tribal community and for the people who work for the Tribe."

One of the projects she's most eager to begin working on in Public Health is helping to develop a system for home services and home health for Tribal Elders. Sauer said as a part of Public Health, she strives to connect with people in the community to get them the trusted advice, knowledge and help they need.

"It brings light and joy to my heart to be here to serve these people. I've been away too long and it's time to come home and give back to my community," said Sauer.

"We are so happy to have her because she has a lot of different experience," said Melinda Sprague, Cow Creek Public Health Improvement Manager. "She will



"I've been away too long, and it's time to come home and give back to my community."

Leonna Sauer

help as we grow and expand the Public Health team, and she can help spearhead the formation of what Public Health will look like."

Immediately, Sauer has jumped into COVID response for Public Health. She's looking forward to meeting more of her fellow Tribal members, as well as growing with the department.

"Public Health is a great way for the Tribal community to have a guide, we can put them in the right direction," she said.

NEW BEHAVIORS DISCOVERED AS TRIBAL ELK STUDY COMES TO A CLOSE

A nearly four-year research project to better understand the local Roosevelt elk populations on Cow Creek Tribal lands is coming to a close, and technicians are excited to report a surprising discovery.

A young female elk who was collared in summer 2019 on a Tribal property near Myrtle Creek now permanently lives in Shady Cove, Oregon – over 90 miles away, after traveling the entire way herself for unknown reasons.

“In scientific terms, she’s a complete anomaly. This is not common behavior,” said Cailey Powell, Cow Creek Wildlife Technician, who has spent years documenting and observing the local herds. “It’s common for bulls to travel long distances to find new harems of individuals but for a young cow of only a year and a half, it’s very uncommon that she travelled that far in less than a month. There’s no rhyme and reason for why she ended up down there.”

The Cow Creek Wildlife Team has collared and tagged 17 Roosevelt elk who live on and around two Tribal properties, named the Dole Road property and the Lilja Property. The collars transmit a location data point every couple of hours, informing technicians on where they spend most of their time.

“We see how they’re using the landscape at different times of the day and different times of the year,” said Powell.

The herds are large and very healthy, according to Powell, in part due to the team planting and irrigating a 9-acre field on the Dole Road property in an effort to provide nutritious sources of food year-round.

Tribal youth interns have also played a helpful role in the project, assisting with observation, habitat maintenance and handling the elk when tagging. Because Roosevelt elk are a culturally significant animal for the Cow Creek Tribe, the team hopes the project’s research can continue.

“The Tribe is putting huge efforts into conservation, for our wildlife and our community as a whole,” said Powell.

Want to learn more about the Elk Project? Now you can!

Visit the project’s GIS Story Map, where you can:

- Browse the history of the project, and the efforts of the Cow Creek Wildlife Team and the Tribal Youth Interns
- View interactive photos and maps
- Track the journey of the female elk who ventured out so far
- And more!

You can find the GIS Story Map by logging in or creating an account on our website. Having trouble? Try www.cowcreek-nsn.gov/login-assistance/

Culture and Education

Helping Children Through Transition

"A new school year always brings its own set of challenges, but we strongly believe that regular home life schedules can help parents cope with the changes and make the unpredictable a little more normal," says Cow Creek Education Director Sandy Henry. To help make this time of transition as smooth as possible, here are a few tips from the Cow Creek Education Department.

Schedule/Routine

Having a predictable structure and rituals will help the school year start out smoothly. If every night you have an established bedtime routine (pj's, teeth brushed, bedtime story, Good night!) getting your kids to bed on time becomes a lot less stressful. A good night's rest will mean you have a student who is ready to learn the next day. The same sort of routine needs to happen in the morning (out of bed, school clothes on, breakfast ate, teeth brushed and out the door to catch the bus!) Everyone in the family will have a better start to the day if we stay consistent in our routine.

Practice your return to school morning/bedtime routine for a few days prior to the start of school. Kids like routines, they deal better with transitioning from one activity to another if they know what is coming next!

Nutrition

Good fuel for their growing bodies means that they are getting all of the necessary protein, vitamins and minerals to develop strong minds and muscles. I recommend logging onto "Kids Eat in Color" at <https://kidseatincolor.com/>. It's a great website full of tips and tricks to get even the pickiest eater to sit down and eat. It is created with working families in mind so the meals are easy to prepare and super cost effective. Best of all- there is no shaming when chicken nuggets is what is on the dinner menu!

Sitting down as a family for dinner at least 3-4 times a week is also very beneficial. Family meals give parents an opportunity to set an example of healthy eating and good table manners. More importantly it helps build stronger ties within the family and promotes honest and open communications.

Communication

Speaking of communications – going back into the classroom after our last year is going to require teachers, parents and kids to work together and communicate effectively. Staying connected to your child's school keeps you in the loop and helps keep messaging to your kids consistent. Don't wait until there is a problem to start communicating with your kid's teachers. Find out the best way to communicate with your teacher and the best time to try and reach them.

Working collaboratively with your child's teachers creates a team of caring and consistent that support your child. Teachers have been working in a less than optimum environment, the vast majority of educational professionals want to have safe face to face instruction. Open and respectful communication with your child's teacher regarding your concerns, hopes, and desires for the upcoming school year will help everyone have a successful year.

The Education Department and all of its team members are sincere in their desire for you and your children to have a successful and positive school year. Locally, we offer the Yimisa Preschool and the Expanding Horizons Youth Center afterschool program for students 3rd grade through 12th grade. There are a variety of programs that we can offer for all Tribal members. Please log in to our website, www.cowcreekeeducation.com, and explore what is available to you and your family.

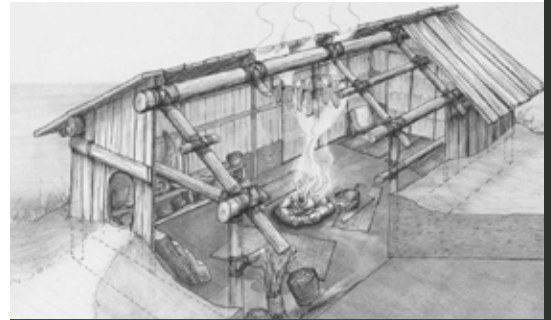
Culture and Education

HOUSING AND VILLAGE LIFE

Housing

The Cow Creek people used to live in semi-subterranean plank houses (*wili*) during the cooler months. Planks of split cedar or pine were set on upright posts and lashed together by hazel bark cordage. Four cross beams supported the roof with a central fire pit inside. Cattail fiber mats would be situated around the living area for sleeping on.

When people moved into the higher elevations during the summer, they lived in rock shelters with mats placed across the opening or they constructed *kwás wili* (brush houses). These structures were made from willow sticks lashed together.



A plank house illustration by Tribal member artist Sarah Thompson Moore

Village Life

For the Cow Creek people, the village was where most of the day-to-day activities took place. The village was where animal and plant processing occurred, as most everything was gathered and then brought back to camp.

The village also featured food storage within the plank houses, sweat lodges, areas for storytelling and games, and designated areas for ceremonies. Villages were extended family units, and women typically married into another village.



A Cow Creek village illustration by Tribal member artist Sarah Thompson Moore

2021 Tribal Member Graduates

Grayson Dick

Grayson Dick graduated from Toledo High School this year. He is currently attending Northwest Lineman College.



Aleena McClure

Aleena McClure of Camp Verde, AZ, graduated from James Madison High School this year.



Daxton McClure

Daxton McClure of Camp Verde, AZ, graduated from James Madison High School this year.



If you know of another Tribal member who graduated from high school or higher education in 2021, please reach out to us at info@cowcreek.com so we can all celebrate their accomplishment with you.

Takelma Language Corner

SIGN UP FOR ONLINE CLASSES

Pée túu, everyone!

Happy Fall! Starting in September, the Takelma Language Team will be partnering with the Culture Department to host live culture and language classes. These classes will be held virtually using Zoom every first Thursday & third Tuesday of the month. The September topic will be "Animals" so make sure to have your Takelma Animals book handy. These are family-style classes, so feel free to invite family members of all ages!

THIS CLASS WILL BE LIVESTREAMED
RSVP by September 17, 2021 to
info-education@cowcreek.com
to get the Zoom link!

**EVERY CLASS IS FROM
2:00PM-3:00PM**

FIRST CLASS

SEPTEMBER 21st
ONLINE
2:00pm to 3:00pm

TAKELMA WORDS

Fall	tayoowkàm
Animals	sím
Family	kʰwìnax

FALL CLASS SCHEDULE

September 21st
October 7th
October 19th
November 4th
November 16th
December 2nd



www.cowcreekeducation.com
info-education@cowcreek-nsn.gov



The Career Corner

COW CREEK CAREER CENTER

September 2021



FALL IS HERE!

The 2022-2023 FAFSA opens up on October 1, 2021

Completing the Free Application for Federal Student Aid (FAFSA®) form allows you to be considered for federal student aid. In addition, states and colleges use FAFSA information to award their own grants, scholarships, and loans. But, since aid is limited, you have to meet the deadlines!

Check out our website for more FAFSA resources:
<https://www.cowcreekeeducation.com/cow-creek-career-center/fall/>

Important Dates

SEPT. 9th - UCC Open House
3PM-7PM

SEPT. 28th - Third Biennial:
Southern Oregon Trade
Careers Expo @ Seven
Feathers Convention Center

98%

of employers that deem
teamwork as very to
extremely essential in new
hires

-Job Outlook 2020

87.2%

of employers with
diversity recruiting
strategy

-Job Outlook 2021

HOT JOBS LIST

- First Student: Part-Time Van Drivers
 - Roseburg, OR
- Adapt: Maintenance Worker
 - Roseburg, OR
 - \$18 - \$20 an hour - Full-time
- Mars Construction: Belly Dump Drivers
 - Roseburg, OR
 - \$22 - \$30 an hour - Full-time
- Aviva Health: Residency Assistant
 - Roseburg, OR
 - \$18.27 - \$22.83 an hour - Full-time

INTERESTED?

contact us at
info-
education@cowcreek-
nsn.gov



[cowcreekeeducation.com](https://www.cowcreekeeducation.com)

Culture and Education

A Summer of Fun at the Expanding Horizons Youth Center

Another summer of great STEAM activities has ended, giving Tribal youth the chance to get hands-on with activities like making turtle-shell medicine bags, mini mittens, dream catchers, a Takelma mural, and many more.

"Some of the students' favorite activities were the games they played with the Takelma cards," says Amber Lomascola, Program Manager for the Expanding Horizons Youth Center.



Completed mini mittens



Working on mittens and medicine bags



Learning from the Takelma Language Team



Crafting an abalone dream catcher



Reviewing the Takelma mural

To sign your child up for the Expanding Horizons Youth Center after school program before school starts, please visit our website:

www.cowcreekeducation.com

Youth Activity Committee Rogue River Rafting Trip

On Saturday, August 7th, the Youth Activities Committee sponsored a rafting trip for Tribal youth, where they took a fun journey down the Rogue River.

We are grateful to the Youth Activities Committee for all their hard work in the difficult process of planning fun and engaging activities for the youth, despite ever-changing pandemic restrictions.



RECOMMENDATIONS FOR HOMEOWNERS CONCERNED ABOUT WILDFIRE IMPACTS TO WATER AND SEWER SYSTEMS

Wildfires may impact water and sewer systems either by damaging the pipes, wiring, and other components, or by impacting the water quality. The Portland Area Indian Health Service (PAIHS), Division of Sanitation Facilities Construction recommends the following best practices for homeowners concerned about these potential impacts:

- Start by performing an inspection of the visible components of your water and sewer systems. Be very careful and wear appropriate protective gear if you need to enter a previously burned area. If conditions are hazardous, seek out professional assistance through your Tribal emergency management contact before entering the area.
- Look for damage to the well casing, well cap, electrical wiring and conduit, pressure tank, building enclosure, meter box, any exposed pipe and fittings, valves, septic tank risers, or cleanouts, as appropriate for your water and sewer systems. Take notes and pictures and report any findings to your designated Tribal representative. Do not attempt to use systems that have visible fire damage.
- Determine if your water system experienced a loss of pressure. This can be done by turning on a faucet and observing whether air comes out. If air comes out, do not use the water for drinking or cooking before first getting it tested for the presence of bacteria, unless the water is boiled for at least 3 minutes first. Contact your designated Tribal representative to report this and for potential assistance with getting your water tested.
- If your systems are not visibly damaged and did not experience a loss of pressure, thoroughly flush the water system by running your faucets throughout the house for 5-10 minutes, and then observe the taste, color, and odor of the water. If there are any unusual characteristics (ex if the water tastes or smells smoky, earthy, or sweet), have your water tested before using it. Contact your designated Tribal representative for potential assistance with getting your water tested.

Through the designated Tribal Representative, the PAIHS Division of Sanitation Facilities Construction can provide more specific information on best practices, information on service providers, and recommendations on how to apply for assistance to replace failed systems.



YOUR DESIGNATED PAIHB
TRIBAL REPRESENTATIVE:

DARCEY JONES
503-414-5532

Information for these recommendations was gathered from the Water Systems Council and the Minnesota Department of Health:

- https://www.watersystemscouncil.org/download/wellcare_information_sheets/maintaining_your_well_information_sheets/Wildfires-and-Wells-FINAL.pdf
- <https://www.health.state.mn.us/communities/environment/water/wells/natural/wildfires.html>

Government and Programs



FOR DAILY UPDATES FROM THE TRIBAL
GOVERNMENT OFFICES, JOIN THE

COW CREEK UMPQUA OFFICIAL

FACEBOOK GROUP



**GET THE LATEST
INFORMATION AND UPDATES**

- PROGRAM AND BENEFIT
UPDATES AND REMINDERS
- ACTIVITY NOTIFICATIONS AND
CANCELLATIONS
- OFFICIAL GOVERNMENT
ANNOUNCEMENTS
- UPLIFTING MESSAGES FROM
BEHAVIORAL HEALTH
- EMERGENCY PREPAREDNESS
AND NEWS
- EMPLOYMENT OPPORTUNITIES

CONTACT INFO@COWCREEK-NSN.GOV
TO JOIN THE GROUP

Senior Meals, Low-Impact Exercise Classes, Tribal Family Picnic, and Youth Pow Wow Cancelled

Due to health concerns and the rising number of Covid-19 cases in Douglas County, Tribal leadership have decided to cancel the following events to protect our Tribal members from the spread of the disease: the Senior Meals, the Low-Impact Exercise Classes, the Tribal Family Picnic, and the Youth Pow Wow.

The Tribal Government Offices encourage all Tribal and community members to continue to utilize best practices, such as wearing masks and washing your hands, to prevent the spread of the disease, and strongly encourage becoming vaccinated to protect yourselves, your families, and your communities. For more information, please visit www.cowcreek-nsn.gov/public-health.

DEATH NOTICES

Darrell LaChance

LaChance Family
Date of Birth: 5/27/1954
Date of Death: 7/26/2021
Age at Death: 67

Eric Sheridan O'Dell

George Rondeau Family
Date of Birth: 3/15/1974
Date of Death: 7/30/2021
Age at Death: 47

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11 Tribal Picnic 11 AM - 2 PM @ Tribal Gardens
12	13	14 Food Bank Open	15	16	17	18 Casey Eye Mobile Eye Clinic 10 AM - 4PM @SC Need Appointment
19	20	21 Online Takelma and Culture Class	22	23	24	25
26	27	28 Food Bank Open	29	30		

October 2021

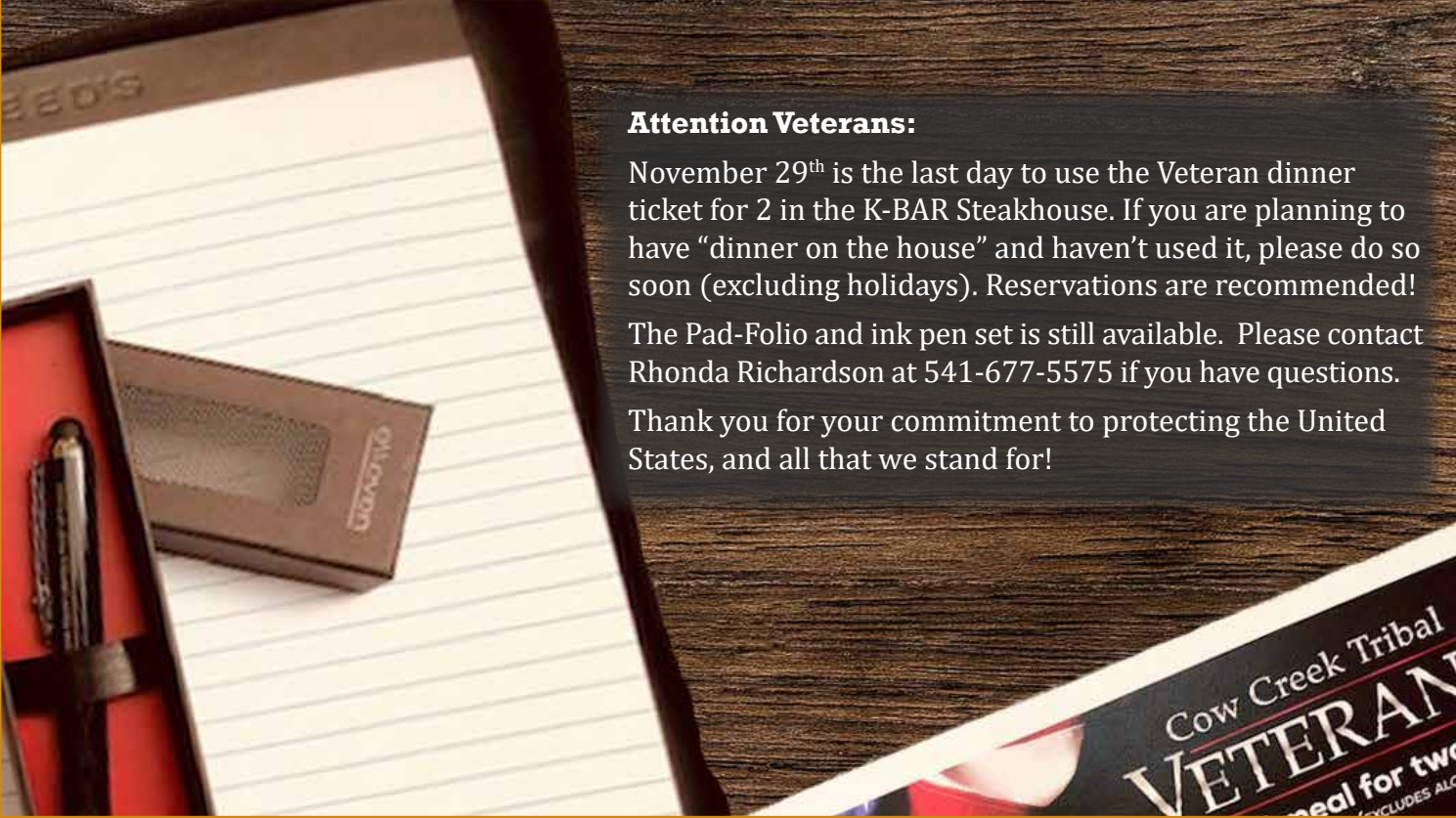
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Online Takelma and Culture Class	8	9
10	11	12 Food Bank Open	13	14	15	16
17	18	19 Online Takelma and Culture Class	20	21	22	23
24	25	26 Food Bank Open	27	28	29	30

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

Regular Events Times/Places

Online Takelma and Culture Class: 2 PM - 3 PM each first Thursday and third Tuesday of the month, streamed via Zoom. RSVP for the link at info-education@cowcreek.com. The first class will be held on September 21st.



Attention Veterans:

November 29th is the last day to use the Veteran dinner ticket for 2 in the K-BAR Steakhouse. If you are planning to have “dinner on the house” and haven’t used it, please do so soon (excluding holidays). Reservations are recommended!

The Pad-Folio and ink pen set is still available. Please contact Rhonda Richardson at 541-677-5575 if you have questions.

Thank you for your commitment to protecting the United States, and all that we stand for!

A New Way to Get the Latest Tribal Updates

Log in to the Tribal-only side of www.cowcreek-nsn.gov for the latest information from the Tribal Government Offices.



Having trouble logging in? Visit www.cowcreek-nsn.gov/login-assistance/.