



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Cow Creek Health and Wellness Center, Roseburg Clinic
Moving to New Location on Edenbower Boulevard

Volume 31, Issue 10
October 2021

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

Inside This Issue

Messages from the Clinic

Don't neglect flu season, and learn how to keep yourself healthy (Pages 3-5)

Seven Feathers Closed for Maintenance

A few days' respite allowed for some exciting upgrades (Page 6)

Air Purifiers Added to Tribal Buildings

To help keep airflow clean and fresh, purification units were added to Tribal buildings (Page 7)

Native American Nominated for Federal Directorship

Charles "Chuck" Sams III was nominated to be Director of a federal agency (Page 8)

Culture and Education

Learn about traditional stick games, upcoming Takelma classes, and more (Pages 9-14)

Youth Activity Committee Events

Don't miss the Halloween Drive-Thru at the Tribal Gardens (Page 15)

Housing Opportunities in the Portland Area

NAYA and the Siletz Tribe have partnered to offer affordable housing to local Tribes (Page 18)

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)

Messages from the Clinic

A Space to Call Their Own

Cow Creek Health and Wellness Center
Roseburg Clinic Moves to Edenbower Boulevard

After months of construction and planning, the Cow Creek Health & Wellness North Clinic will move and open a new clinic location in Roseburg during the first week of October.

Located at 2589 NW Edenbower Boulevard, the official opening is expected on October 4, 2021. In the future, further remodels will be completed to improve accessibility throughout the building for staff and guests.

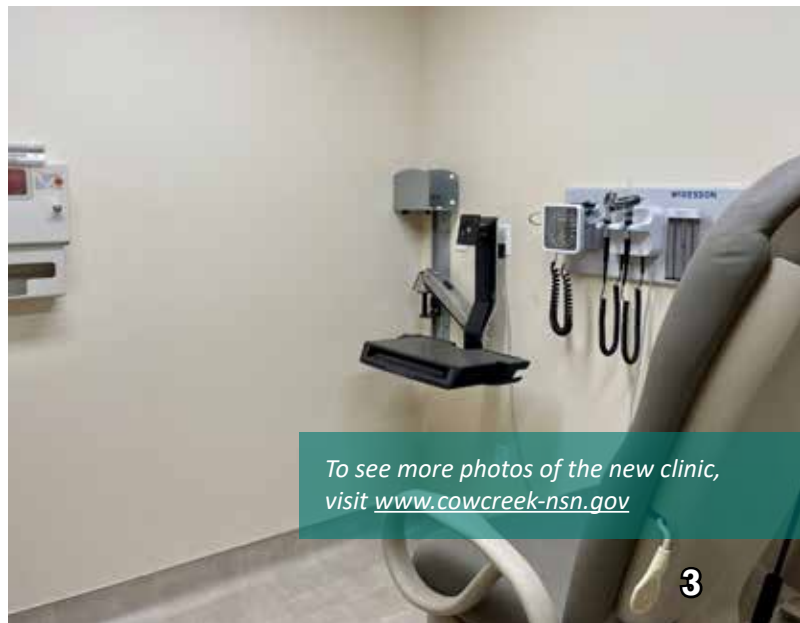
The new clinic location houses a number of exam rooms, nurses stations, office spaces, and a kitchen for classroom education and demonstrations. Rooms are named in the Takelma language, the ancestral language of the Cow Creek Tribe.

Currently located on the Cow Creek Government Office campus on Stephens Street, the existing clinic location will close on October 1st in order to pack and move. Plans for the space after the clinic vacates are still being determined.

The clinic will be open to Cow Creek Tribal members, members of other federally recognized Tribes, current Cow Creek Health & Wellness patients and those seeking to become a clinic patient, as well as current employees of Cow Creek and Umpqua Indian Development Corporation.


A Grand Opening for the public is planned for 2022.

For more information, or to speak with a team member about establishing care with Cow Creek Health & Wellness, please call (541) 672-8533.



To see more photos of the new clinic, visit www.cowcreek-nsn.gov

Messages from the Clinic



Cow Creek Chief Health Officer Sharon Stanphill receiving her vaccine

“TERRIBLY IMPORTANT” TO GET BOTH FLU AND COVID VACCINES

As hospitals, staff, and supplies are pushed to their limits in caring for those who have contracted the highly-contagious Delta variant of COVID-19, clinic staff are urging the public to get a vaccine for the flu (Influenza) before the end of October.

Like COVID-19, Influenza is a very contagious airborne respiratory virus, and both can induce severe and often deadly cold-like symptoms. Despite this, they are two separate viruses, and our immune systems require different antibodies to fight them.

“By getting our vaccines, we are training our immune systems how to fight these diseases,” says Dr. Sharon Stanphill, Chief Health Officer for the Cow Creek Tribe. “We’re not only protecting ourselves, we’re protecting our kids and everyone else with whom we come in contact.”

Medical staff across the country are particularly worried about the upcoming flu season, which generally runs from November to March. COVID-19 and Influenza both target similar areas of the body, and the same personnel and equipment (such as respirators and pressurized oxygen) are used to treat both diseases. With hospitals, emergency rooms, and Intensive Care Units already pushed to capacity caring for victims of the rampant outbreak of the Delta Variant, an influx of flu patients would be disastrous.

“Last year, everyone wore masks around this time, and we had a pretty mild flu season,” says Stanphill. “This year, however, people are taking off their masks, and we believe there is high risk.”

Recent studies by the Center for Disease Control (CDC) have shown that those who aren’t vaccinated are twice as likely to get a disease again after getting it before, which also means they are twice as likely to spread it to others around them.

“If folks don’t follow these precautions, we could really see a huge flu season,” says Stanphill.

William Schaffer, the medical director of the National Foundation for Infectious Diseases, agrees with the need for vaccination:

“It’s terribly important to get both the flu and coronavirus vaccines,” he says. “They are both very nasty respiratory diseases that can make people very, very sick. Each vaccine trains your immune system to fight a very different virus, so just getting one will not offer any protection from the other.”

Further studies by the CDC have shown that the two vaccines are safe to take together, and that being vaccinated is the best way to slow the spread of disease and prevent infection. Anyone over six months of age is strongly encouraged to get a flu vaccine each year, and anyone over 12 years is encouraged to get a COVID-19 vaccine. Additionally, please wear a mask when in a public space.

The Cow Creek Public Health Department will be offering vaccines for both viruses in various locations in the coming weeks and months.

See the next page for more information.

Messages from the Clinic

COVID Vaccination and Testing Changes

After more than 3,000 COVID-19 tests administered to the public since August, Cow Creek Public Health and Cow Creek Health and Wellness will refocus efforts in the coming weeks on clinic operations, preparing for cold and flu season, and expanding vaccinations and coronavirus treatments.

COVID-19 Testing

Testing will be free to the public and available without a required appointment through October 8th. Beginning Monday October 11th, Cow Creek Health & Wellness and Cow Creek Public Health will provide COVID-19 testing for established patients only, as well as Tribal members and Cow Creek and UIDC employees. Appointments will be required.

COVID-19 Vaccinations

COVID-19 vaccinations will still be available to the public; both Moderna (two-dose series administered one month apart) and Johnson & Johnson (single dose) shots are available. Please check the Cow Creek Public Health webpage for up-to-date times and locations.

Mobile Flu Clinic Events

In addition to combating the coronavirus, Cow Creek Public Health is immersed in a flu prevention campaign that will take them on the road throughout Oregon and Washington through October. No appointments are necessary. See the sidebar for more information.

All Cow Creek Tribal members are invited to attend any event to meet the Cow Creek Public Health Team and get a free flu shot or COVID-19 vaccine, a free flu kit (Gatorade, thermometer, face masks, hand sanitizer and lip balm included), a free survival backpack valued at \$200 (one per family, please).

Cow Creek Public Health Mobile Flu Clinic Schedule

As a reminder, free COVID and Flu vaccines will be given at the following locations:

Roseburg, OR

2360 NE Stephens St
October 7th, 8th, 20th, 21st
10 AM - 6 PM

Coos Bay, OR

338 Wallace Ave
October 8th
9 AM - 2 PM

Eugene, OR

135 Silver Ln. St. 200
October 12th
9 AM - 2 PM

Sequim, WA

808 N 5th Ave
October 13th
12 - 6 PM

Tacoma, WA

3629 South D St
October 14th
12 - 6 PM

Longview, WA

1044 11th Ave
October 15th
12 - 6 PM

At each location, Cow Creek Tribal adults over 18 years of age will also receive a survival backpack valued at \$200. To request a backpack be mailed to you, call Tyler Ramer, Public Health Administrative Assistant **before November 30th** at 541-677-5541.

REMINDER:

Please check the Cow Creek Public Health page for the latest on testing and vaccine dates and locations:
www.cowcreek-nsn.gov/public-health/



Closed for Maintenance

For only the second time in almost 20 years, Seven Feathers Casino Resort closed its doors to guests for several days, in order to complete several extensive upgrades, and to give its front-line staff a well-deserved rest.

From 11PM on Sunday, September 19th, to 7AM on Friday, September 24th, the casino was closed to visitors, with large cement dividers and traffic cones placed to prevent access to the parking lot. The closure originally began with the recent addition of air purifiers to the HVAC units, which required an upgrade to the casino's infrastructure. But casino leadership took full advantage of the closure to complete several other major upgrades during a rare moment where they didn't have to worry about disturbing guests or compromising security.

The casino team members who assist guests, clean, serve food, and do other front line work were given that time to rest and relax at home. Thanks to a generous decision from the Tribal Board, all staff were still paid, despite not coming in to work while the casino was closed.

"Over the past year, the Seven Feathers team has won just about every major award in the industry," said Shawn McDaniel, General Manager. "They got a break, a well-deserved one. A few team members had to stay, like security, but we rewarded those that worked during the closure."

In addition to the HVAC upgrades, Seven Feathers was able to work on several other changes for the better.

Styx Sports Bar, which has been present during much of the building's history, is being remodeled over several months for visibility, floor replacement, and more. The new designs will incorporate Tribal culture, such as the traditional stick game and Takelma language.

Other areas of the casino received a face lift as well. The floor tiles and exterior concrete pathways are only a few of many needed maintenance items.

The casino's Information Technology department also made the most of the closure, a rare chance for a usually "always-on" infrastructure.

"By having the casino offline for a time, it allows us to address those systems and implement strategic and tactical upgrades," said Rich Rader, UIDC Chief Technology Officer. "It would take us ten times longer if everything were running. We try to have the most reasonably applied cyber-security posture that is feasible to protect the organization's assets."

While the upgrades and remodels will not be fully completed until the first quarter of 2022, this five-day closure allowed contractors to take care of critical items that would be very disruptive to guests.

"We're always looking to the future, to enhance the property and make it the best we can while showcasing the Tribe's values," said McDaniel. "The Tribe can be proud of their property."

New Air Purifiers Installed at Seven Feathers and the Tribal Government Offices

The next time you step into Seven Feathers Casino Resort, or into the Tribal Government Offices, breathe easy, because the air has been treated with the latest in hospital-grade air purification technology.

Air quality in Douglas County has continued to suffer from wildfire smoke and airborne contagious disease particles, but Tribal leadership has taken steps to help protect casino guests and Tribal employees. In September 2020, the Cow Creek Tribe contracted 7 Gen (a Native-American owned company partnered with a leader in air, water, and food purification), to provide a number of PHI-Cell® Package PHI Units to both campuses. UIUC and contracted staff worked diligently to install these devices on the existing HVAC units that provide air to food outlets and public areas in both the casino and the Tribal Government Offices.

The technology utilizes Photohydroionization Advanced Oxidation, which combines germicidal UV light and safe low-level ozone (made safe through special processes) to generate hydro-peroxides, super oxide ions, ozonide ions and hydroxides. These, in turn, purify and keep the air fresh and clean.

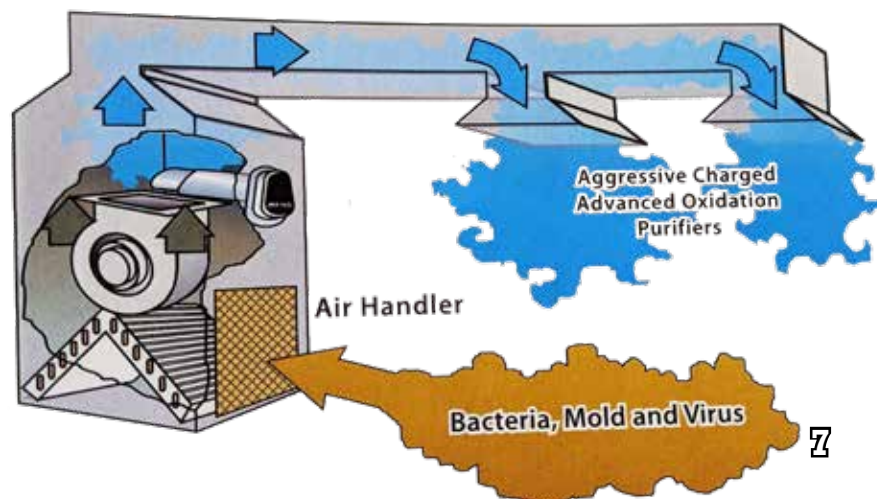
Not only are allergens, dust, dander, mold, and smoke reduced, but an independent test by Kansas State University demonstrated that the process eliminates 99.99% of most pathogens, bacteria, and viruses on surfaces and in the air over time. These include the viruses and bacteria that cause E. Coli, Bird Flu, Salmonella, and more, even SARSCoV-2, which causes COVID-19.

While these upgrades will go a long way toward sanitizing the air in each location, employees and casino guests should still follow recommended pandemic protections.

"The air filters are a nice upgrade to keeping people safe," said Andrew McAuley, Director of the Property Services Division, "but they're not a replacement for CDC or Cow Creek Public Health guidelines. Still, people can feel much safer when coming to the property and staying with us."



The Package PHI Unit, installed at both locations



“AN INCREDIBLE ASSET”

PRESIDENT BIDEN NOMINATES UMATILLA TRIBAL LEADER AS DIRECTOR OF THE NATIONAL PARKS SERVICE

An Oregonian and a prominent Tribal member of the Confederated Tribes of the Umatilla (CTUI), Charles “Chuck” Sams III has been nominated by President Joe Biden to serve as the director of the National Parks Service.

If confirmed, Sams would be the first Native American to lead the National Parks Service. Earlier this year, former U.S. Congresswomen Deb Haaland of New Mexico was confirmed as the first Native American Secretary of the Interior, and the first Native Cabinet Secretary. Haaland expressed support for the nomination.

“The diverse experience that Chuck brings to the National Park Service will be an incredible asset as we work to conserve and protect our national parks to make them more accessible for everyone,” said Sec. Haaland in a news release. “The outdoors are for everyone, and we have an obligation to protect them for generations to come.”

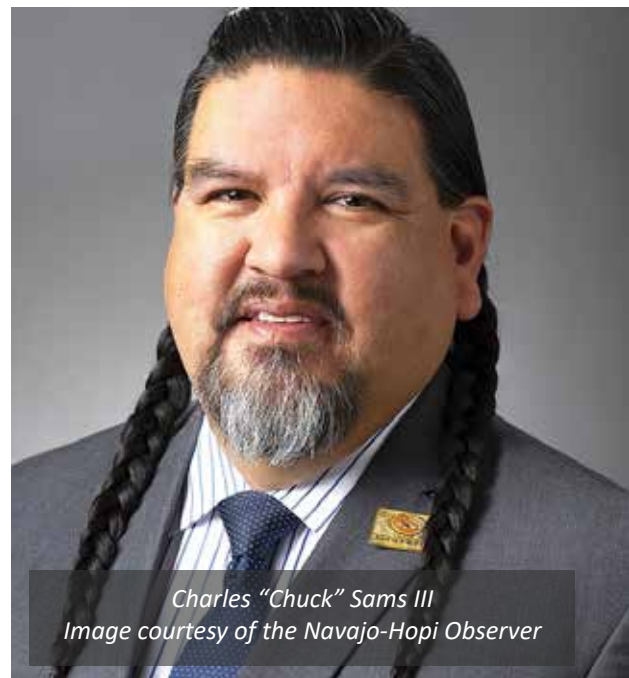
Sams has held multiple positions within the leadership of the CTUI government, including most recently as the Tribe’s Interim Executive Director. He is a current member of the Northwest Power and Conservation Council, an advisory committee that focuses on protecting the Pacific Northwest’s natural resources and ecosystems, nominated to the council by Oregon Governor Kate Brown.

“I have worked closely with Chuck for many years, and have witnessed firsthand his unparalleled devotion and service to his Tribe, our state, and our nation,” said Gov. Brown in a statement following Sams’ nomination.

Sams is also a U.S. Navy veteran, and received his master of legal studies in Indigenous Peoples Law from the University of Oklahoma.

The National Parks Service operates historic landmarks such as Crater Lake National Park, Yosemite National Park, and the Statue of Liberty and Ellis Island National Monuments, as well as regional attractions like the Oregon Caves in Cave Junction, and the Oregon Trail National Historic Trail.

Sams and his wife Lori live on the CTUI Reservation with their four children.



Charles “Chuck” Sams III
Image courtesy of the Navajo-Hopi Observer

DEATH NOTICES

Gia Coco Scott

Rainville Family
Date of Birth: 9/20/2012
Date of Death: 8/12/2021
Age at Death: 8

Timothy Lloyd Rondeau

Tom Rondeau Family
Date of Birth: 3/29/1946
Date of Death: 9/12/2021
Age at Death: 75

Culture and Education

CALLING ALL COW CREEK ARTISTS

Do you have a unique artistic talent for tribal artforms? The Cow Creek Cultural Department wants to learn more about you. We're looking to find more artists among our membership with diverse skills, as well as those who can produce sizeable amounts their products. The Tribe is looking for those skilled in artforms such as:

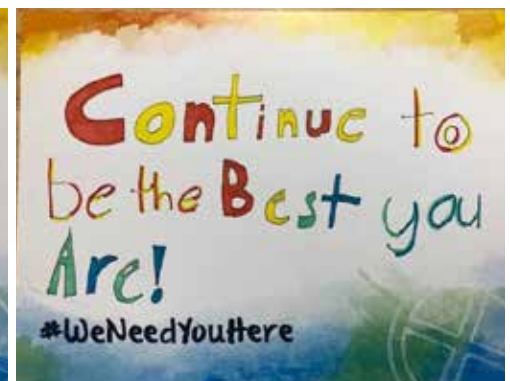
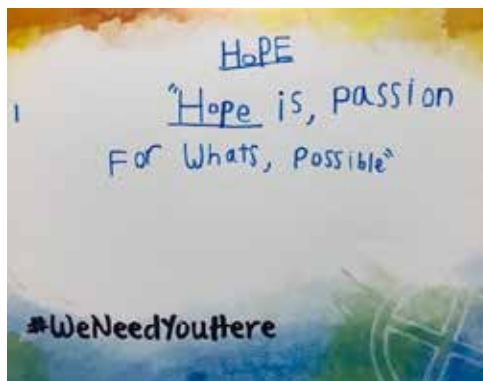
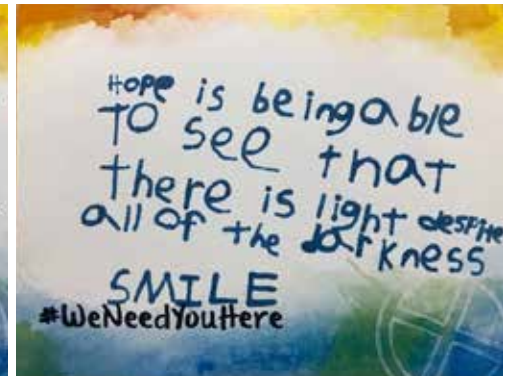
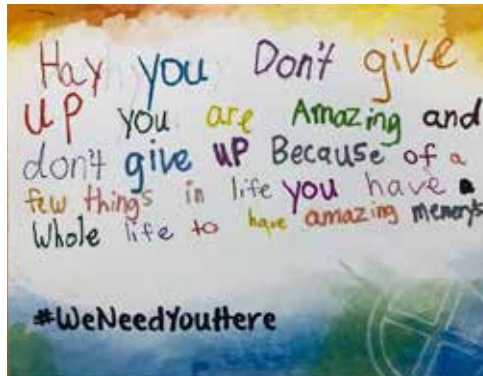
- Painting, Drawing, Sculpting
- Singing or Playing Musical Instruments
- Weaving, Beading
- Poetry
- Tool Making, Flint Napping
- Any Other Artistic Skills

If you would like us to know about your artistry, let us know by contacting Ryan Bochart at (541) 677-5551 or emailing RBochart@cowcreek-nsn.gov.

Messages of Hope from the Expanding Horizons Youth Center

Our students at the Expanding Horizons Youth Center created posters during September in recognition of Suicide Prevention Month. We are proud of the heartfelt messages of hope these bright students put on paper.

If you or someone you know needs help, there's always someone to talk to. Learn more at 800-273-8255 or <https://suicidepreventionlifeline.org/>



Culture and Education

Upgrades To The Expanding Horizons Youth Center

During August, staff at the Tribal Community Center in Myrtle Creek worked hard to upgrade several areas near the Expanding Horizons Youth Center (EHYC) classroom. EHYC staff want to welcome students back for the 2021/2022 school year by giving them an inviting space that will enhance their educational and artistic abilities this year. They plan to encourage STEAM (science, technology, engineering, arts, and math) activities daily.

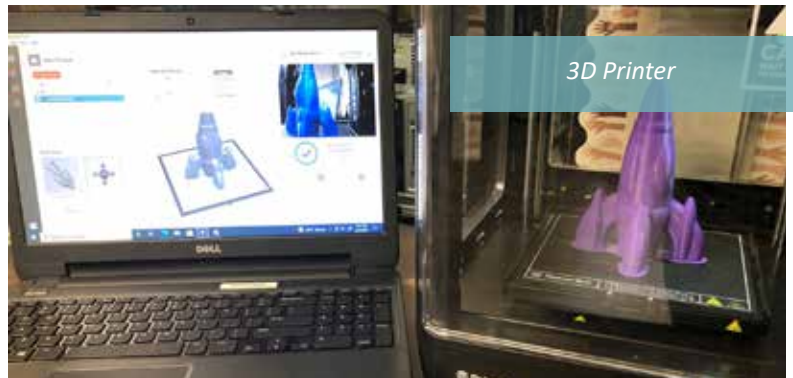
Some of the permanent changes and fixtures in the classroom include:

- A game room
- A quiet room
- A book nook
- 3D printers
- Sphero education
- A laser cutter
- Vinyl cutting
- New cubbies

Youth in grades 3-12 may apply to join the EHYC. The registration form is currently available in PDF on www.cowcreekeducation.com under "Tribal Community Center (TCC) Program," or you may contact the Tribal Community Center at 541-860-7296. Leaflets with EHYC program information are available at 825 NE Leon St in Myrtle Creek, Oregon.



Quiet / Game Room



3D Printer



Vinyl Cutter



Book Nook



Sphero Education

Culture and Education

2021 TRIBAL YOUTH COUNCIL

We are proud to announce this year's Tribal Youth Council. Despite pandemic regulations, our resilient Tribal youth are working hard to find ways to serve the community.

Council Officers:

Michael Zimmerman, President
Samantha Morris, Vice President
Arrow Zimmerman, Treasurer

Council Members:

Melissa Bryant	Krista Deardorff
Zoey Hoyt	Isabella Fife
Madyson Pratt	Iliea Dumont
Caden Dumont	Amara Mata
Mya Malone	Francisco Barocio

Peer Advisors:

Elizabeth Bryant	Nicholas Lowell
Hannah Lowell	Ally VanNorman
Aria Mathison	Madison Fife

Parent Advisors:

Robert & Melissa Lowell



TS'ÁMX TAP'AĀLAW
COW CREEK TRIBAL YOUTH COUNCIL

2021 Tribal Member Graduates

Logan Hill

Logan Hill graduated high school from Oregon Charter Academy 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.

Expanding Horizons Youth Center to Participate in Community Events

To help Tribal youth engage with their community, nation, and heritage, the Expanding Horizons Youth Center (EHYC) is participating in the following events:

Orange Shirt Day:

On September 30th, EHYC youth decorated and wore orange shirts to raise awareness about the history and legacies of the residential school system in Canada, and the Stswecem'c Xgat'tem First Nation.

National Lights On Afterschool Event

On October 28th, Tribal youth will be making giant cardboard lightbulbs, decorated with facts about the importance of afterschool activities. In a typical year, 1 million Americans come together at more than 8,000 Lights On Afterschool events across the nation.

Myrtle Creek Halloween Walk

On October 31st, the EHYC will host a booth at the Halloween Walk. They hope to reserve a location near the police station or Millsite park.

Takelma Language Corner

LEARNING OPPORTUNITIES

Pée túu!

Did you make it to our class in September? There are 2 classes happening this month. Both classes will teach you how to introduce yourself in Takelma. If you didn't make it to the first class, or can't make it to both October classes, that's okay! Each class is stand alone, and available for all ages.

If you are looking for more serious classes, Level 1 Takelma is available using Canvas, an online learning platform. This course is for people who are looking to learn the language at their own pace. The course is self-directed, with no time commitments. If you are interested and want access to the course, sign up at any time! Email info-education@cowcreek-nsn.gov for more information!

NEW LANGUAGE BOOKS COMING SOON!!

KEEP AN EYE ON YOUR MAILBOX.



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

ONLINE TAKELMA CLASS

**October 7th
October 19th**

**Each class is
2:00pm - 3:00pm**

RSVP at info-education@cowcreek-nsn.gov

Classes and materials are available online at cowcreekeducation.com

LANGUAGE REQUEST

If you would like to know a word or phrase in Takelma, go to the website to place a request! The dictionary is also available to everyone!

TAKELMA WORDS

**deer- p'iyín
hunter-alhuuyúuxi**

Happy Hunting season!
The Language Team wishes you túu luck as you hunt p'iyín.

The Career Corner

COW CREEK CAREER CENTER

SALARIES FOR COLLEGE GRADUATES CLIMB DESPITE PANDEMIC

August 09, 2021 | By Kevin Gray



Despite the deeply negative impact that the COVID-19 pandemic has had on business, average starting salaries for new college graduates continue to climb, according to results of NACE's Summer 2021 Salary Survey. The final overall average starting salary for the college Class of 2020 landed at \$55,260—2.5% above the final average starting salary of \$53,889 for the Class of 2019.

Not surprisingly, technical majors were the highest paid among Class of 2020 graduates earning bachelor's degrees. In fact, the list of the 10 majors with the highest average starting salary is dominated by those in technical areas, led by petroleum engineering, computer programming, and computer engineering.

In addition, in some cases, salary increases most likely reflect these unique times. For example, the increased demand for nurses as frontline workers during the COVID-19 pandemic may have fueled the 2.1% increase in the average starting salary for registered nursing majors, despite the overall salary of health sciences majors dipping 0.1% from last year. The Summer 2021 Salary Survey report provides actual starting salaries and serves as the final salary report for the college Class of 2020. The figures reported are for base salaries only and do not include bonuses, commissions, fringe benefits, or overtime rates. Data were gathered from Class of 2020 graduates through December 31, 2020, and reported to NACE through May 15, 2021. The salary data presented here were reported to NACE through its national Class of 2020 First-Destination Survey and are based on the 249 schools that provided salary data by specific program or major.

Source: Summer 2021 Salary Survey, National Association of Colleges and Employers

DID YOU KNOW?

We can help with GED prep, testing & fees!
Connect with us today to learn more!

IMPORTANT DATES

October 1, 2021
FAFSA 2022-2023
OPENS

November 15, 2021
HIGHER EDUCATION:
ALL NEW term &
semester student
applications

HOT JOBS LIST

- UPS – Warehouse Worker-
Package Handler, P/T
Roseburg \$15/hr
- Douglas CARES – Admin.
Assistant, P/T Roseburg
\$19-\$23/hr
- Harbor Wholesale Foods –
Warehouse Order
Selector-RDC, F/T
Roseburg \$16-\$17.33/hr;
\$1,000 sign on bonus
- Umpqua Dairy – Ice
Cream Production/Start
Up, F/T \$22.09-\$23.25/hr
w/benefits, Roseburg
- WinCo Foods – Warehouse
Worker, F/T
\$15.34-\$23.81/hr, Myrtle
Creek
- River Blendz Coffee - P/T
Barista, Roseburg, OR

INTERESTED?

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

cowcreekeducation.com

Culture and Education

GAMES AND GAMBLING

Gambling and games were an integral part of traditional culture. The Cow Creek people used games for entertainment and for resolving quarrels.

Stick Game

One gambling game that the Cow Creek people played was the stick game. This game is played with eleven long sticks and four shorter sticks. At least three sticks need to be dyed; one short stick was solid white, another was white with a black stripe, and one of the long sticks to be differentiated from the other ten. Anything of value was put into “the pot”. Each team gained five of the long sticks. The shorter sticks were then hidden behind the back, under a blanket, and one kept in each hand. After the players with the sticks sang a song, the opposing side would try to guess where the solid white stick was. If they guessed correctly, they gained 1 of the 5 non-dyed long sticks and then took their turn to hide the shorter sticks and sing. If the team guessed wrong, the hiding team won one of their sticks. Gameplay continued like this until all of the sticks from one side was collected by the other.

Dice Game

Another game we know that was played traditionally is the dice game. Sets of four beaver teeth would be carved with different designs, one on each side with the same two designs for all four teeth. The dice were then rolled. If all four teeth showed the same side, that person scored four points. If there were two of each design, that person scored one point. If there were three of one design and one of the other, that person’s turn was done and the dice passed to the next person. Play continued until one person scored a certain amount of points, and again the winner won what was put into the pot in the beginning.

Shinny

Finally, shinny is another traditional game. Shinny is similar to other games like lacrosse or hockey and is played with wooden sticks (*t’el*) and two rounded stone balls tied together or with a billet (*t^hpeèk^hw*). The billet would then be passed around as players tried to score a goal, a *póow*.



Stick game components



Tribal youth playing modern shinny

Government and Programs

School Supplies Drive-Thru at the Tribal Gardens

On September 18th, the Youth Activities Committee(YAC) gave away school supplies, backpacks, sweaters featuring the Cow Creek logo, and games to over 40 Tribal youth.

Despite ever-changing pandemic restrictions that complicate the planning of events, the YAC remains committed to the task. We share our appreciation of their diligent efforts!

The Youth Activity Committee passed out backpacks full of school supplies to dozens of Tribal Youth



Don't Forget to RSVP for the Halloween Drive-Thru

Saturday, October 16th, 2 - 4 PM at the Tribal Gardens

**Please RSVP by October 8th to Jasmine at 541-672-3861 or
Jasmine.naylor@cowcreekgrc.com**



Healthy Recipe: Mediterranean-Style Sheet-Pan Chicken Dinner

by Ansley Hill, CCH&WC Registered Dietitian, adapted from Food52.com

Prep Time: 20 minutes **Cook Time:** 20-30 Minutes **Servings:** 6

Nutrition Facts per serving: 470 calories, Total fat: 21g, Saturated Fat: 5g, Total Carb: 28g, Fiber: 4g, Protein: 42g

Ingredients:

2lb boneless, skinless chicken breast or thighs, sliced into strips
3 small lemons, 2 juiced and 1 thinly sliced
6 cloves garlic, minced
4 tablespoons olive oil, divided
1/2 teaspoon salt, divided 2 teaspoons black pepper
1lb Brussels sprouts, halved (or seasonal vegetable of your choice)
1lb baby red or yellow potatoes
1 large yellow onion, diced
1, 14.5-ounce can low-sodium diced tomatoes (with the juice)
2 tablespoons fresh oregano, chopped
½ cup pitted Kalamata olives, halved
4 ounces feta cheese, crumbled
2 tablespoons fresh Italian parsley, chopped

Tools:

Parchment paper, 12x17 sheet pan

Directions:

1. Preheat oven to 450° F.
2. Add the chicken to a large mixing bowl and mix with minced garlic, 2 Tablespoons oil, ¼ teaspoon salt, 1 teaspoon of black pepper, and the juice of 1 lemon. Ensure the chicken is well-coated with seasonings and set aside.
3. In a separate bowl, combine Brussels sprouts (or seasonal vegetable of your choice), potatoes, onion, tomatoes, oregano, and remaining salt, pepper, lemon juice, and olive oil. When the vegetables are well-mixed, spread them evenly onto a parchment-lined 12x17 sheet-pan.
4. Next, nestle the chicken strips into the vegetables, arranging them evenly across the pan. Top with lemon slices and Kalamata olives.
5. Bake for 25 minutes.
6. Remove the pan from the oven and add crumbled feta cheese on top. Bake an additional 5 minutes, or until the chicken reaches 165°F.
7. Remove from oven and top with fresh parsley just prior to serving.



Recipe adapted from the original to reflect the reduction of sodium and the use of seasonally appropriate produce for October.

Image of the original recipe courtesy of Food52.com



By Juliete Palenshus

Thrive Umpqua Community Engagement Director

When Blue Zones Project-Umpqua Launched in 2017, the goal, in general terms, was to improve the quality of life for the people of Roseburg and surrounding communities.

The many efforts undertaken to that end have earned the region the official designation as a Blue Zones Certified Community; proof of the enormous impact the project has made locally. The Certification is a testament to the dedication shown by the large team of community volunteers, dozens of local businesses, schools, local leadership, and the organization's staff. Together, they've been working effectively to ensure their neighbors have more opportunities to enjoy productive, purposeful and well-being-focused lives than existed at its inception.

In just over three years, the community made crystal clear that its goal is to not only be healthier but to thrive. So, as Blue Zones Project enters its post-demonstration project phase, it is doing so with a new identity that is both more locally focused, and highly representative of the significant progress that the organization and residents of this community have made toward its goal.

Blue Zones Project-Umpqua is introducing its next iteration, an evolution of the last four years of the project, Thrive Umpqua.

While the organization has a new name and logo, it will continue to operate under the same principles that have guided it to this point. If the demonstration phase was designed to inspire and ignite transformation in the Roseburg area, the goal now is to continue integrating a culture of well-being into area residents, businesses, schools and many other organizations and initiatives.



A Blue Zones Certified Community

Thrive Umpqua has a strong foundation on which to continue building community health. The local staff and its large cadre of volunteers have been engaged in countless strategies and projects designed to engage individuals in a community-wide, health-enhancement effort.

A small sampling of the results achieved to date include the following:

- More than 7,300 residents have participated in community health and well-being programs.
- Nearly 1,000 citizens have volunteered their time to the program and its various projects and initiatives.
- More than 600 people have attended purpose workshops.
- Nearly 300 have attended cooking and gardening demonstrations.
- More than 5,000 residents have made personal pledges to make the lifestyle changes that promote longer, healthier lives.
- 74 restaurants, grocery stores, schools, worksites and faith-based organizations are now making it easier for local residents to make healthy choices.

According to the Blue Zones Project organization, local efforts to reduce poor nutrition, increase exercise and improve quality of life equate to an estimated \$1.5 million in medical and productive value.

For more information on Thrive Umpqua, visit Thrive Umpqua - A Blue Zones Certified Community or go to thriveumpqua.com.



COW CREEK HEALTH & WELLNESS

DIETITIANS ARE OFFERING A

Virtual Cooking Demo

Featuring an Instant Pot Soup Recipe!



Join the Health Education Department dietitians for a virtual cooking demonstration. We will be making a delicious, fall favorite soup in an Instant Pot! **REGISTRATION IS REQUIRED & LIMITED TO THE FIRST 15 PARTICIPANTS (SLOTS FILL UP QUICKLY).** Registration includes a box with all the ingredients to make this soup.

Please e-mail Elisa Moore at emoore@cowcreek-nsn.gov or call 541-492-5266 to sign up and receive details regarding the pick up your recipe box!

LIVE Virtual Demo: Thursday, November 18th, 11 AM – 12 PM

In case you can't join us live, a recording of this demo will be available.

Tribal Housing Opportunities in Portland, Oregon

The Native American Youth and Family Center (NAYA) of Portland is working with the Siletz Tribe and other local partners to create a 100% Tribal-affiliated community of families and artists.



Community
Development
Partners



MAMOOK TOKATEE

NOW ACCEPTING APPLICATIONS



DETAILS

low-rent apartments:

- Studios, 1 bedrooms, 2 bedrooms, and 3 bedrooms

Portland Location:

- 4610 NE 42nd Avenue, Portland, OR 97218 (Cully)
- Ethnically diverse community

Wait List Preferences:

- Enrolled Tribal and Artist

BUILDING

Community Spaces:

- Community room with art from local Native artists
- Art workshop and studio
- Courtyard

Supportive Services:

- On-site property manager and maintenance tech
- Resident services provided by NAYA Family Center

Public Transportation:

- On direct bus line to NAYA Family Center and Many Nations Academy

NEIGHBORHOOD

within 1 mile in NE Portland:

- Parks: Fernhill Park, Wilshire Park
- Portland Community College Workforce Center
- Public Schools: Rigler Elementary, Beaumont Middle School

Less than 1.5 miles away:

- NAYA Family Center services including it's Many Nations Academy – an alternative, accredited high school
- Public School: Grant High School

APPLY

To apply or visit us in-person:

4522 NE 42nd Street
Portland, OR 97218

Questions?

MamookTokatee@virdianmgt.com
or

MamookTokatee@nayapdx.org
503.396.1158

Application materials can be found here:

<https://bit.ly/3y9n57n>

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Online Takelma and Culture Class PHMU in Roseburg	8 Halloween RSVP Deadline PHMU in Roseburg and Coos Bay	9
10	11 GO Closed for Indigenous Peoples Day (Columbus Day)	12 Food Bank Open PHMU in Eugene	13 PHMU in Sequim	14 PHMU in Tacoma	15 PHMU in Longview	16 Halloween Drive-Thru, 2 - 4 PM @ Tribal Gardens
17	18	19 Online Takelma and Culture Class	20 PHMU in Roseburg	21 PHMU in Roseburg	22	23
24	25	26 Food Bank Open	27	28	29	30

November 2021

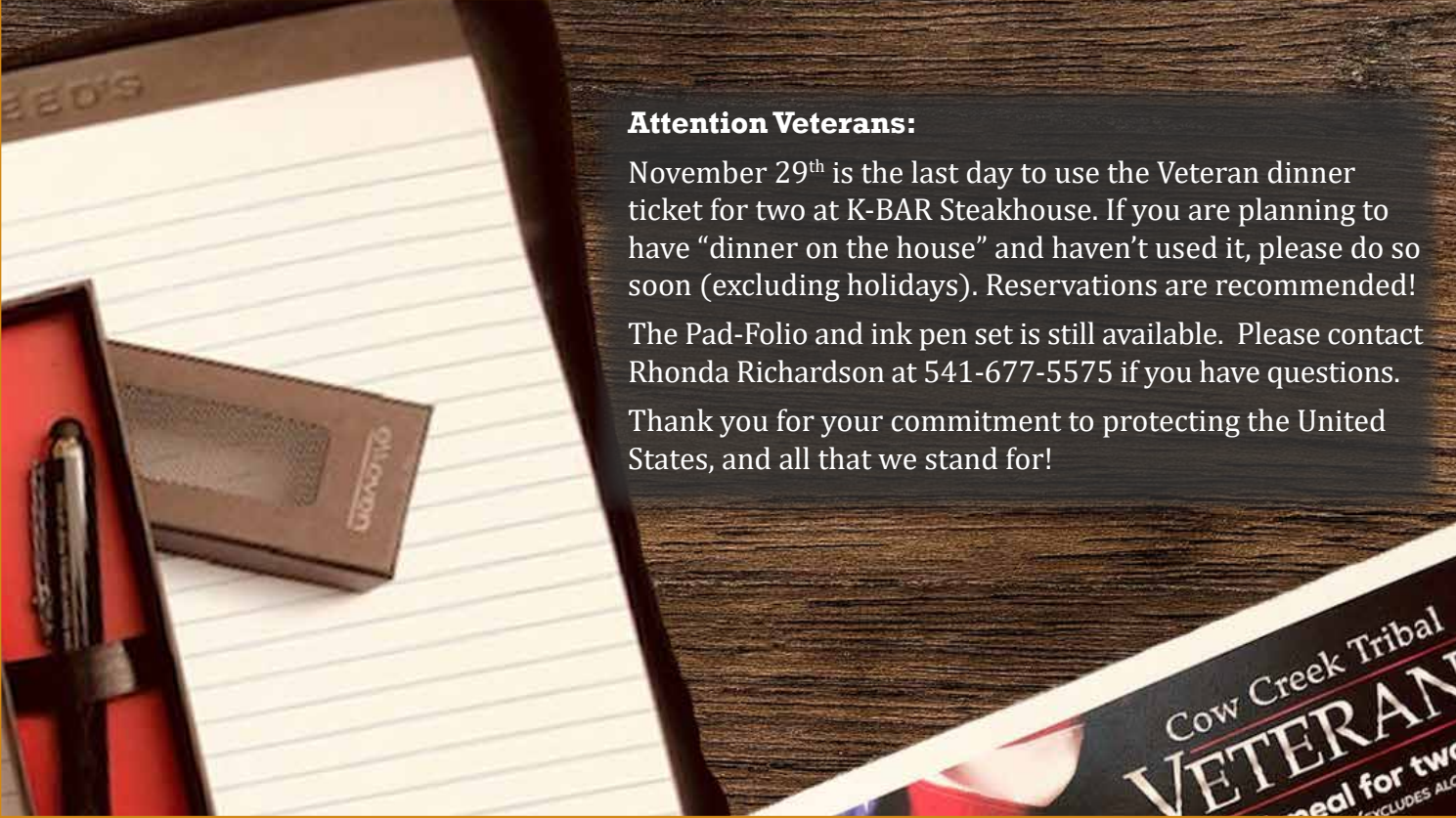
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Online Takelma and Culture Class	5	6
7	8	9 Food Bank Open	10	11 Veterans Day	12	13
14 General Council 10 AM @7F Food Bank Open After Meeting	15	16 Online Takelma and Culture Class	17	18 Virtual Cooking Demonstration 11 AM - 12 PM	19	20
21	22	23 Food Bank Open	24	25 GO Closed for Thanksgiving Day	26 GO Closed	27
28	29 Last day to use Veteran Dinner Ticket at K-Bar	30 Emergency Backpack Request Deadline (pg 9)				

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.
 PHMU (Public Health Mobile Unit): See page 9 for more details on time and location.



Attention Veterans:

November 29th is the last day to use the Veteran dinner ticket for two at 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/.