



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Merry Christmas from the Tribal Government Offices

Volume 31, Issue 12
December 2021

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

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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)

Letter from the Chairman

*Merry
Christmas*

*From Our
House to Yours*

In times of winter, our ancestors would gather in plank houses like this to warm themselves with food and stories.

Though our Tribe may not gather like that today, we wish each of your families a very Merry Christmas this year.



HOLD YOUR HORSES

Cow Creek Gaming Commission Director Speaks Out Against “Historic Racing Machines”

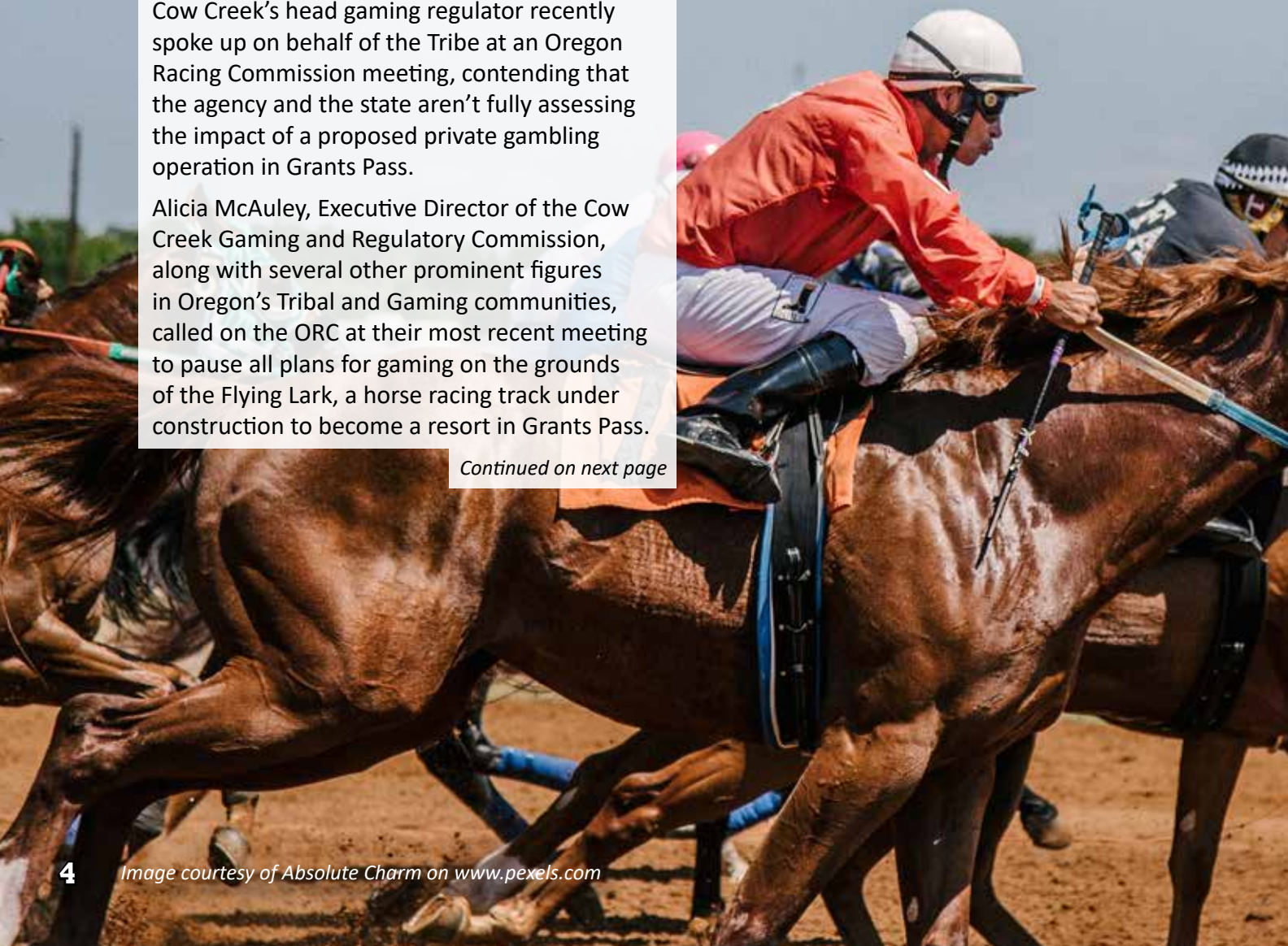
Cow Creek’s head gaming regulator recently spoke up on behalf of the Tribe at an Oregon Racing Commission meeting, contending that the agency and the state aren’t fully assessing the impact of a proposed private gambling operation in Grants Pass.

Alicia McAuley, Executive Director of the Cow Creek Gaming and Regulatory Commission, along with several other prominent figures in Oregon’s Tribal and Gaming communities, called on the ORC at their most recent meeting to pause all plans for gaming on the grounds of the Flying Lark, a horse racing track under construction to become a resort in Grants Pass.

Continued on next page



*Alicia McAuley
Executive Director, Cow Creek Gaming and
Regulatory Commission*



Owners of the Flying Lark, including Travis Boersma, a co-founder of Dutch Bros coffee company, want to install historic horse racing machines for wagering on the property.

"This really has left no question in my mind and others that the Flying Lark is a casino and these are slot machines," said McAuley, speaking to ORC board members during public comment at their meeting on October 21. "To call this an entertainment center is almost insulting to the Tribes and the future customers of the Flying Lark."

McAuley, who has worked in the gaming industry for 20 years and represents Cow Creek on several statewide gambling boards, felt it was important to participate because of her unique knowledge of abiding by strict gaming regulations.

"It's been nice to have the Chairman [Chairman Dan Courtney] and the leaders of the Tribe have that kind of faith in me to be able to do that. I was humbled but proud to be able to represent the Tribe. I couldn't do it without the team," McAuley said, recalling her experience speaking to the commission.

Cow Creek, as well as the leaders of most of Oregon's federally recognized Tribal Governments, have requested the state carry out an extensive review of gambling in Oregon before any decisions are made on the Flying Lark. In addition, they say Tribes are owed a say in the matter, especially when considering that a project of this magnitude has the potential to expand gaming in Oregon, and therefore impact Tribal economies.

"Unregulated gambling is accessible to most Oregonians, and it hurts everyone," McAuley told ORC board members in her testimony.

Because the state has not yet studied the matter, Cow Creek and five other Oregon Tribes commissioned their own review, concluding that gambling at the Flying Lark would result in a \$20 million loss to the state's Tribes and the Oregon Lottery during its first year of operation.

The Oregon Lottery also funds portions of Oregon's state budget, such as funding for public schools, state parks and veterans programs, which stand to lose significantly as well if revenue moves away from the Oregon Lottery.

"Revenues won't be a net benefit for the state, they will be a net loss, and only a benefit for the operator and owner of the Flying Lark," she said during ORC testimony.

McAuley went on to point out that Cow Creek is not opposed to horse racing, and that it is an important part of native history in Oregon. But, she argued, historic horse racing machines are not the way to engage that history, especially when it is to the detriment of local economies.

"We believe there is a better way," she said during testimony, "but in order for us to all succeed, we need to be honest and transparent about the goal and find solutions together to achieve those goals, instead of using a cloak of a private casino that will benefit one at the expense of others."

Alongside McAuley, Justin Martin, a Grande Ronde Tribal member and lobbyist, noted that the Oregon legislature should be at the forefront of deciding the fate of Oregon's gaming landscape, rather than a panel of board members.

"These are critical decisions about gambling in Oregon, and frankly, five people should not be making these decisions that could impact over four million," said Martin.

Within weeks of the public comment at ORC's meeting, Oregon's top state congressional leaders, Senator Peter Courtney (D-Salem), and House Speaker Tina Kotek (D-Portland), voiced their support for a pause on state gaming expansion. The Flying Lark proposal was subsequently removed from the ORC's November meeting agenda.

AN ODE TO LAMPREY

Two Cow Creek Tribal members were recently featured on a well-known national podcast, promoting Cow Creek culture and language to millions of ears, while also stressing the ecological importance of an endangered regional river species.

Kelly Coates, Water and Environmental Resources Program Manager for the Tribe, and Elizabeth Bryant, Takelma Language Teacher Learner, participated in an episode for the National Public Radio (NPR) science podcast *Short Wave* about the Pacific lamprey.

Coates happens to be an expert on lamprey; she's the Tribal Co-Chair of the Pacific Lamprey Conservation Initiative, a working partnership among Northwest Tribes, state agencies and U.S. Fish and Wildlife to conserve and study the lamprey and its delicate role in the ecosystem. It's that detailed knowledge of the ancient fish species (450 million years old!) that led NPR to Coates, who then brought in Bryant to include the historical Cow Creek language.

"The *Short Wave* staff were very excited about learning all they could about Pacific lamprey and capturing the Tribal perspective in [the] podcast," said Coates.

Short Wave made Cow Creek culture front and center at the beginning of the episode. It starts, "We want to start by sharing a story from the Cow Creek Band of the Umpqua Tribe of Indians," and then moves into Coates telling the legend of how the lamprey bet and lost his bones to the salmon in a game.

After Coates tells the story, Bryant's voice is heard speaking Takelma while the hosts explain how lamprey plays a significant role in Cow Creek and other Northwest Tribal cultures.

"Lamprey was our first food. The lamprey was our medicine. The lamprey helped us to survive," is the translation of Takelma that Bryant spoke for the podcast.

"I was able to record the script into my phone and submit it [to the podcast producers]," Bryant recalled about the process. "Because it wasn't in a live interview, I had the opportunity to re-record myself until it sounded the way I wanted it to."

The Takelma word for lamprey is "xtáan," pronounced [x-DAH-N].

The podcast continues on to explore the life cycle of the lamprey, how the PLCI came together and why conservation efforts are growing stronger in the recent years, especially among regional Tribes. Coates says it also shows how Tribes are a driving force behind lamprey research and getting results that impact the environment and ecological system.

"I hope people understand how the work that PLCI does is a model in successful partnerships and coordination. Lamprey have a way of bringing people together to make good things happen," she said.

"Everyone should realize that there is lamprey in the water that they have probably swam with," said Bryant.

To read this story, log in and visit the new Cultural Resources Page at:

www.cowcreek-nsn.gov/other-traditional-stories/

Visit our website, www.cowcreek-nsn.gov, for a link to "Ode to the Pacific Lamprey," on the NPR *Short Wave* podcast, featuring Cow Creek Tribal members Kelly Coates and Elizabeth Bryant.

Tribal Member Spotlight: Tyler Jasper

by Kelly Warner, Career Center Manager

You may have seen this gentleman carrying a flag in the Cow Creek Color Guard at one of our cultural events; it's hard to miss him at 6'5". He brings his mild manner and infectious smile with him as a journeyman electrician for the Tribe's utility company, Umpqua Indian Utility Cooperative (UIUC).

After graduating from Riddle High School, he was uncertain about what he wanted to do with his life, taking various jobs in the area to make ends meet. Several friends from high school had joined the military, inspiring him to enlist in the Marine Corps, where he served for four years, including a seven-month deployment in Afghanistan. The training he received as an Electrical Equipment Repair Specialist provided him with practical skills and knowledge.

After his years of service, he returned to his home town. He worked for Roseburg Forest Products for over a year before his grandfather, Tribal Board member Robert VanNorman, mentioned that UIUC had an Electrician Apprenticeship program open for Tribal member applications.

Fortunately, Tyler was able to apply some of his military training hours and coursework towards his Associates of Science Degree and Electrical Apprenticeship, contributing toward the 144 yearly hours of classroom instruction and 8,000 hours of on-the-job field training required by the Oregon State Apprenticeship and Training Council.

Despite a few curve balls from grades, lack of support from his college, and the delay of his GI Bill benefits, among others, Tyler continued to work with the Cow



"Do what you love, and don't be discouraged by road bumps."

Tyler Jasper

UIUC Electrician Apprentice

Creek Career Center to find options. He was able to transfer his classroom coursework to a similar program at Rogue Community College, where his determination paid off yet again. In September 2021, Tyler earned his General Journeyman Electrician card from the State of Oregon Building Codes Division.

When asked what advice he could give to others who might be struggling, he said: "I know it sounds corny, but it's true that you have to do what you love, and don't be discouraged by road bumps. Keep your best foot forward, as it does pay off. The world of possibility is really out there."

Cow Creek Career Center staff are proud of what Tyler has accomplished, and we look forward to helping support and guide Tyler as he continues to reach for his dreams of new possibilities.

2021 Tribal Member Graduates

Liam A. Tait

Liam A. Tait graduated from Gig Harbor 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.



Virtual healthcare delivered with *exceptional* care

Welcome to WellVia!

Cow Creek Band of Umpqua Tribe of Indians is pleased to provide you with access to WellVia, your telemedicine provider! WellVia has a national network of board certified, state licensed doctors offering medical consultations 24 hours a day, 7 days a week!

WellVia doctors diagnose acute non emergent medical conditions and prescribe medications when clinically appropriate. Speak to our doctor within minutes from anywhere – home – work – or while traveling.



When to use WellVia

- | | | |
|---------------------|--------------|---------------------------|
| ✓ acid reflux | ✓ cold | ✓ sinus conditions |
| ✓ allergies | ✓ flu | ✓ sore throat |
| ✓ asthma | ✓ infections | ✓ Pink eye |
| ✓ bladder infection | ✓ nausea | ✓ urinary tract infection |
| ✓ bronchitis | ✓ rashes | ✓ and more... |



Activate your WellVia account

1. Access by WellVia mobile app, online or phone
2. Enter your member ID located on your card
**If you do not have a card, you can call (855) WELLVIA anytime or reach out to your program administrator.*
3. Create your username and password
4. Complete the required fields to begin your electronic medical record
5. Request a consult

Registering your account is **not required to use the service, you can call (855) WELLVIA anytime for 24/7 access to doctors.*



Prescription Policy

- If medically necessary a prescription will be called in to your pharmacy of choice.
- Our doctors do not prescribe DEA (schedule I-IV) controlled substances or lifestyle drugs.



(855) WELLVIA

(855) 935-5842



Online Portal:

www.WellViaSolutions.com



Download on the
App Store

ANDROID APP ON
Google play

Disclaimer: WellVia Services are for non-emergency conditions only. WellVia does not replace the primary care doctor, services are not considered insurance or a Qualified Health Plan under the Patient Protection and Affordable Care Act. WellVia doctors do not prescribe DEA controlled substances (schedule I-IV) and do not guarantee that a prescription will be written. Available nationwide where allowable by law. For updated full disclosures, please visit www.wellviasolutions.com.

Government and Programs

Important Message from Chief Health Officer Dr. Sharon Stanphill

In November, Centers for Medicare and Medicaid Services (CMS), under direction of the federal Department of Health and Human Services, issued a requirement that staff at all certified facilities be vaccinated against COVID-19.

After significant staff and legal review of this final rule, the determination was made that all Cow Creek Health and Wellness staff must comply with this CMS mandate. Tribal Government Office departments and programs that provide direct support capacity to the clinic will also be required to comply with the mandate.

Requirements of this mandate include that by December 5, 2021, CMS certified facilities must:

- A process or plan for vaccinating all eligible staff.
- First dose or single-dose vaccine by Dec. 5, 2021.
- Full vaccination by January 4, 2022.
- A process or plan for applying for exemptions and accommodations for those who are exempt.

This decision did not come without extended discussion. However, there can be no debate that

our vital Tribal health services must adhere to this ruling. Our Tribal Government stands to lose a consequential amount of revenue if we were to be found in defiance, and it would also be a violation of our compact with Indian Health Services. We are therefore obligated to carry out in detail the regulation to the letter. Healthcare is a top priority for our Tribe and we will continue to provide quality health and wellness care for our membership.

We understand that some of our Tribal members, as well as members of the community, will be affected by this mandate. In the event your provider chooses not to comply with CMS, we will make every accommodation to assign you to another provider to provide the best level of health care. Our staff can be reached by calling (541) 672-8533 (press #3 for the North Clinic in Roseburg, press #4 for the South Clinic in Canyonville) anytime during business hours.

Please help us by being patient during this time of transition for Cow Creek Health and Wellness Centers. We hope to have minimal disruptions to patient care.

Did you receive your member card?



24/7/365
(855) 935-5842

If you misplaced your member card, you can still use WellVia services by providing other personal identifiable information.

All registered Cow Creek Tribal Members now have access to Doctors from the comfort of your home via Phone, Web, or Mobile App

Common Conditions Treated:

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

Government and Programs

Did You Not Receive Your PPE Kit in the Mail?

Earlier this year, the Cow Creek Emergency Preparedness Department mailed out Personal Protective Equipment (PPE) Kits to each Tribal household, containing hand sanitizer, cloth masks, and other equipment to help protect Tribal members from infection.

If you have not received your PPE Kit, please contact our Emergency Management Director Julie Smithart at JSmithart@cowcreek-nsn.gov or 541-677-5575 so that we can mail it to you.



Tribal Firewood Program

The Tribal Firewood Program is now accepting applications for the 2021-2022 program year. This program is not limited to the Seven-County Service Area.

The Tribal firewood program is designed to provide firewood to “Primary Participants” including:

1. Tribal Elders
2. Tribal members who have a wood-burning stove or furnace
3. And/or those members that have a demonstrable need to use firewood as a heating resource

The Firewood Program allows for up to two cords of firewood per household per year. The program requires a \$55.00 co-pay per cord, with the first cord being free for Tribal Elders. Once payment is received, a \$500 voucher will be issued to the Tribal member to exchange for firewood at one of the participating firewood vendors.

Vendors have been contracted throughout the Pacific Northwest. If you live outside of the service areas of any of the current vendors, please call our office to see if another vendor is available to address your firewood needs.

For any questions, or to utilize the Firewood Program, please contact Sophia Gosselin, Social Services Programs Assistant, at (541-492-5278) or by email at SGosselin@cowcreek-nsn.gov.

DEATH NOTICES

Ralph Edwin Young

Tom Rondeau Family

Date of Birth: 12/28/1934

Date of Death: 10/26/2021

Age at Death: 86

Government and Programs

Cow Creek Food Bank

Holiday Meal Boxes Available

Application Required for Food Bank Program



December 7th, 9AM-11AM
December 21st, 2PM-4PM

Need to reschedule? Contact Sophia
(541).492.5278 or (541).530.2852

Project Warmth Program

As the name suggests, the goal of this program is for all Cow Creek Tribal children to have a coat and a pair of good shoes to keep warm and dry, even in the coldest winter months. This promotes overall wellness, and can help eliminate possible barriers to positive school behavior and performance.

Parents/grandparents/legal guardians of Cow Creek Tribal children (0-17 years of age) are eligible to receive reimbursement for one pair of shoes and one coat. There is no income limit to receive reimbursement. There is a limit of **\$40 per item** – up to \$80 reimbursement per child per year. The program year runs from January 1st to December 31st. This is a program that you will only be reimbursed one time per year.

Program Eligibility

Eligibility is determined by the child, not their legal parent or guardian. Any Cow Creek Tribal child within the age range is eligible as long as he/she hasn't already received reimbursement for the item in the current program year. For children who turn 18 during the program year, the proof of purchase must be dated before the child's 18th birthday.

For questions, or to get a reimbursement form, contact Sophia Gosselin at 541-492-5278 or by email at SGosselin@cowcreek-nsn.gov. You can also download it from our website at www.cowcreek-nsn.gov/tribal/tribal-services/human-services/project-warmth/.

Career Corner

COW CREEK CAREER CENTER

High School Seniors!

Take advantage of your winter break! it's time to make a plan for after high school. Keep track of what you have to do and key deadlines for college admissions and scholarships. Oregon high school/college students should apply to OSAC at www.oregonstudentaid.gov

Hot Jobs List!

- MAINTENANCE WORKER - Adapt (Roseburg) \$18-\$20/hr.
- KENNEL ATTENDANCE - Canine Country Club (Roseburg) \$13/hr.
- UPS PACKAGE HANDLER (Myrtle Creek) various shifts available up to \$17/hr.

Native American Scholarships

- American Indian College Fund (Full circle & Tribal College Scholarships)
- American Indian Graduate Center (Graduate, Undergraduate, High School) Scholarships go to www.aigcs.org.

Attributes Employers Seek on Resumes

- Ability to work in a team (81%)
- Problem-solving skills(79%)
- Analytical/quantitative skills (76%)
- Communication skills (verbal/written73%)
- Initiative (67%)
- Leadership (67.8%)
- Technical skills (67.8%)
- Strong work ethic (65.4%)
- Computer skills(59%)
- Detail-oriented (56%)



Takelma Language Corner

Takelma Language Classes

Topic: Counting

December 2nd

2:00 to 3:00 pm

Email info-education@cowcreek-nsn.gov
to reserve your spot!

Since September, the Language Team has offered several live online classes to Tribal members. However, for those of you who couldn't attend, we have made recordings of those classes accessible to everyone! You can view the class recordings at

www.cowcreekeducation.com/takelmalanguagecurriculum

Everything you need is available, including lessons with sound and practice materials. No log-in required!

Language Requests

We have received 44 language requests this year! Some notable places we have provided language for: Takelma Roasting at Seven Feathers, the new Cow Creek Clinic, and many departments throughout the Government Office. To make a language request, visit our website.

**44
Language
Requests
received**

Level 1 Takelma

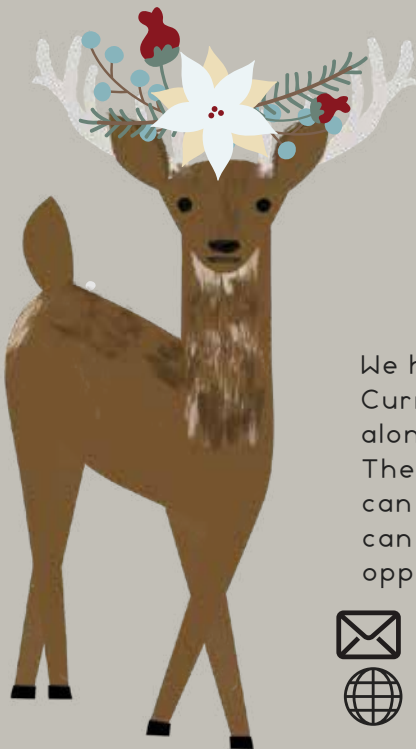
We have now made all of the Level 1 Takelma Curriculum materials available online. This is a stand-alone class that you can complete at your own pace. The curriculum is available on the Canvas website and can also be downloaded as an app. Tribal Members can expect many more language-learning opportunities to be available in 2022. Stay tuned!



info-education@cowcreek-nsn.gov



www.cowcreekeducation.com



Culture and Education

PLACE: GEOGRAPHICAL, SOCIAL, AND SPIRITUAL LANDSCAPES

This month, the Cultural Program wanted to focus on “place,” or those areas the *Nahonk^huotana* (Cow Creek People) visited and named in their territory.

Places of Gathering

Since “the time when the mountains started throwing rocks at each other” (the eruption of Mount Mazama), members of numerous villages, and different bands, would come together during the summer; particularly at Huckleberry Patch or Illahee Flats (“Illahee” means “meeting place”). During these gatherings, berries were picked and hunters hunted, and a host of social activities would be held. Games of chance, dances, and later horse races were carried out.

Inter-tribal trade was also conducted, which provided for the exchange of goods, information, and cultural ideas, as well as marriage between culturally and linguistically distinct peoples.

Naming Places

For the Cow Creek people, everything in nature had a spirit, and certain places were living entities that had special names in the native language.

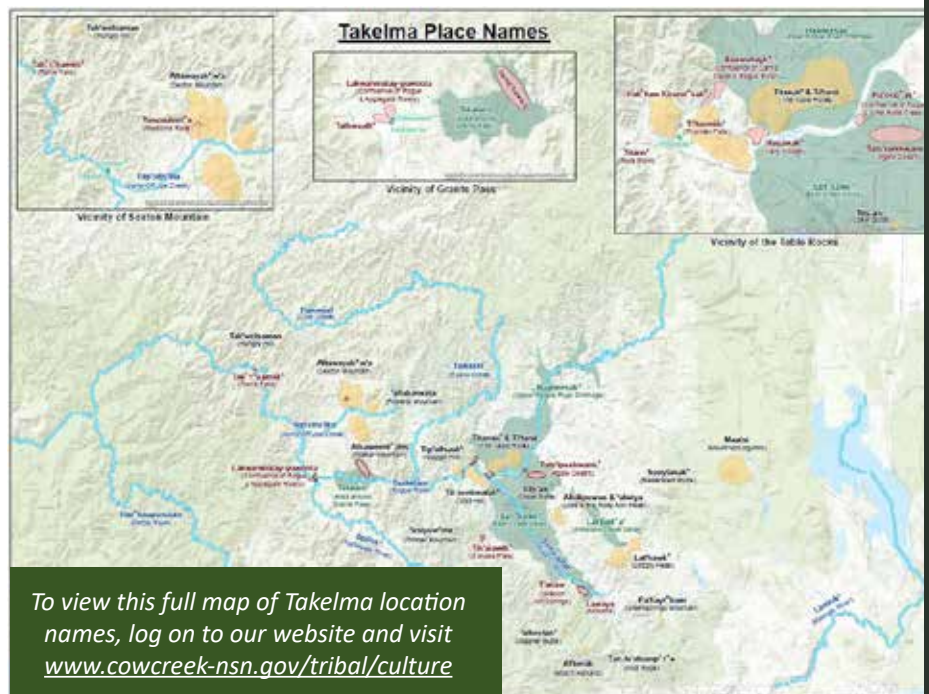
The Takelma people had many stories recorded by ethnographers in the early 1900s. Take Mount McLoughlin for example: its native name is *Máalsi*. These stories were told for many reasons including to impart important social lessons or morals, knowledge of the environment, instructions on how to do certain tasks, and for entertainment.

These stories could also contain information on places. In one story, the protagonist shoots an arrow that “split a rock in half” as he traveled. This could be evidence of a specific location that needed to be reached during travel, a rock with a big split and perhaps a tree growing out of that crack.

Traditional Cultural Properties

Even today, the Cow Creek Tribe still holds many of these traditional places in high regards. In the modern land management world of archaeology, these places are categorized as Traditional Cultural Properties (TCP). A TCP is a property that is eligible for inclusion in the National Register of Historic Places, based on its associations with the cultural practices, traditions, beliefs, lifeways, arts, crafts, or social institutions of a living community.

While there are many significant places within the ancestral territory, the a big trifecta of TCPs important for the Tribe’s cultural identity today are: Old Tom’s Prairie, South Umpqua Falls, and the Huckleberry Patch. For these three, or any other significant areas, the Tribal Historic Preservation Office holds the responsibility to review and comment on projects that occur near these areas, so that they are respected and protected for continual use by the Cow Creek people.



Story Telling and Bear Grass Braiding

JANUARY 15
10 AM - 2 PM

BOARD ROOM AT TRIBAL GOVERNMENT OFFICES

In-person availability dependent on current COVID-19 Restrictions.
Limited space available for in-person attendance, according to order of
RSVP received. Food provided for those who attend.

VIRTUAL ATTENDANCE OVER ZOOM

Zoom link provided upon RSVP. Early RSVP required to receive materials
in time for the event. Any RSVPs in excess of available in-person
availability will instead receive Zoom link and mailed materials.

RSVP REQUIRED BEFORE JANUARY 5
info-culturalresources@cowcreek-nsn.gov



Please provide name, number in your party,
and contact information. Address needed to
send supplies to virtual attendees.

**THE
CULTURAL
RESOURCES
PROGRAM
HAS A NEW WEBPAGE!**

EXPLORE TRADITION AND CULTURE

- Read historic newspaper articles
- Find books on the history of our people and homeland
- Watch video classes on Tribal crafts
- Learn traditional lifeways, stories, and uses for plants and animals.

Visit www.cowcreek-nsn.gov/tribal/culture

Login required to view this page.
See www.cowcreek-nsn.gov/login-assistance/ for help.

Culture and Education

Holiday Basket Raffle Giveaway

The Tribal Youth Council is holding their 4th annual raffle drawing for Tribal members who stop by the Tribal Government Offices for food boxes. There are two beautiful baskets that members have the chance to win!

Eston Barney (Youth Council member) and Samantha Morris (Youth Council President) went out to shop for the goodies to fill for the “Cozy” and “Holiday Baking” baskets.

All those participating in the Food Bank will receive a ticket to the raffle each time they pick up a Holiday Box. For more information on the Food Bank, please contact Sophia Gosselin at 541-492-5278 or 541-530-2852.



Culture and Education



OH CHRISTMAS TREE



The Cow Creek Tribal Youth Council's design team, composed of Samantha Morris (below), Mya Malone, Amara Mata, and Melissa Bryant (left), have been busy in workshops preparing for the upcoming 28th Annual Festival of Trees, organized by the Mercy Foundation.

This year's design theme is "Sweetest Christmas of All," a candy land display of nutcrackers, gingerbread houses, and lollipops! Our big giveaway will be four tickets to Disneyland, with a hotel stay included.

Due to COVID-19 restrictions, this year's Festival of Trees will be a virtual auction on Saturday, December 4th at 7pm, and you can preview the trees starting at 6pm. For more information, visit www.mercygiving.org/festival.html.





A WALK ON THE WILD SIDE

**Tribal Youth Council Visits
Wildlife Safari**



Thanks to a gift certificate from the Tribal Government Offices, six of the Tribal Youth Council were able to attend Wildlife Safari in Winston, Oregon.

Not only did they take the guided tour, but they also had the chance to feed the tigers and their cubs.



In attendance:

Michael Zimmerman
Krista Deardorff
Samantha Morris
Amara Mata
Mya Malone
Scott Sauer

Advisors in attendance:

Robert and Melissa Lowell
Kelly Warner

Culture and Education

EHYC Youth Take a Trip to the Pumpkin Patch

In October, eleven EHYC youth and staff took a field trip to the Valadez Organic Farm corn maze and pumpkin patch, where students took silly souvenir-style pictures and collected a total of 20 pumpkins. The pumpkins that weren't taken home by the students were used to decorate the Tribal Community Center in Myrtle Creek.



Culture and Education

EHYC Youth Support Myrtle Creek Halloween Festival

On October 30th, Expanding Horizon Youth Center (EHYC) students and staff braved the cold to pass out goodie bags, prizes, and useful information at the Halloween Festival hosted by the Myrtle Creek Chamber of Commerce.

In addition to the post cards, stickers, blinking lights, candy, bracelets, and pencils in the goodie bags, EHYC youth facilitated a game with prizes like culturally-rich books, fuzzy socks, and other trinkets.

In collaboration with Tribal Prevention Specialist Darlene Chapman, EHYC youth passed out 90 “Teen to Teen” youthline bracelets and pamphlets to peers who attended the event.

In all, EHYC students provided goodie bags and information on afterschool programs, cultural appropriation, and suicide prevention to over 400 youth from the Myrtle Creek community.

The EHYC youth have already begun making plans to participate in next year’s event. EHYC staff thanked them for their participation with pizza and hot drinks during the event, and a gift of a decorative drinking cup and pop-up fidget toy afterward.



Cow Creek Public Health & Oregon Health Authority

COVID-19 Vaccination Clinic

Saturday, December 4

10AM-4PM

1028 NE Stephens St in Roseburg
(Formerly Umpqua Auctions)

FREE
FOOD
for getting
your shot!



Moderna (adults)

Johnson &
Johnson (adults)

Pediatric Pfizer
(ages 5-11)

No appointment necessary; Primary & Boosters; Receive a vaccine or transport someone to be vaccinated to get a \$15 voucher to “The Bun Stuffer” food truck on site.

More info cowcreek-nsn.gov/public-health

Messages from the Clinic

Native Boost

COVID-19 VACCINES FOR CHILDREN

*What you need to
know*

PROVIDE
PROTECT
PLAY



For more information:

<https://www.npaihb.org/covid-19/>
email: tconner@npaihb.org

Vaccines are safe

Vaccines have been shown to be safe. Effects from COVID-19 infection are greater than any possible short-term side effects from the vaccine.

Vaccines are effective

Vaccines protect children from COVID-19 infection and prevent them from spreading COVID-19 to others

Know the facts

Vaccines cannot affect DNA in any way. They do not affect fertility. You cannot get COVID-19 from the vaccine. Your child can also get the flu shot at the same time.

Where to go

Your child can get the vaccine from their provider. Call now to make an appointment.



Cow Creek Public Health

Questions about
COVID-19 Boosters?

(541) 677-5535



Scheduling

Questions

Adults and
Kids

If you call and leave a voicemail, CCPH will return it within an hour,
or next business day if after hours/weekends

More info cowcreek-nsn.gov/public-health

Healthy Living

Healthy Recipe: Winter Quinoa Salad

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

Prep Time: 20 minutes **Cook Time:** 15 Minutes **Servings:** 4

Nutrition Facts per serving: 430 calories, Total fat: 24g, Saturated Fat: 5g, Total Carb: 45g, Fiber: 10g, Protein: 14g

Ingredients:

- 1 medium Delicata squash (or 2 small ones), seeded and sliced
- 2 cups cooked quinoa
- 1 bunch Lacinato kale, coarsely chopped, stems removed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1/3 cup dried cherries
- 1/3 cup toasted pumpkin seeds
- 1/3 cup pecans, chopped
- 1/3 cup goat cheese

Tools:

- Parchment paper or silicon baking mat
- Baking Sheet

Directions:

To Roast the Squash:

1. Preheat oven to 425 degrees Fahrenheit. Line a baking sheet with parchment paper or a silicon baking mat and place the sliced squash onto the pan.
2. Bake the squash for 15 minutes, or until golden brown.
3. While the squash is baking, combine the quinoa and kale in a large bowl.
4. Whisk the olive oil and red wine vinegar together in a small dish or jar. Pour the oil/vinegar mixture over the quinoa/kale mixture and stir to combine.
5. When the squash is finished, add it to the quinoa mixture.
6. Fold in the cherries, pumpkin seeds, and pecans.
7. Top with crumbled goat cheese just prior to serving.
8. To make it a complete meal, consider serving with an additional protein such as salmon, chicken, lean beef, or marinated tofu.



Image courtesy of Delish.com

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 RSVP Deadline for Virtual Cedar Weaving Class	2 Online Takelma and Culture Class (Last class until mid-January)	3 Winter Gathering @7F, 3 - 7 PM	4 Vaccination Clinic 1028 NE Stephens, Roseburg OR 10 AM - 4 PM
5	6	7 Food Bank Open 9 - 11 AM	8	9	10	11 Virtual Cedar Weaving Class 10 AM
12	13	14	15	16	17	18
19	20	21 Food Bank Open 2 - 4 PM	22 GO Closes at 1 PM for Christmas	23 GO Closed for Christmas	24 GO Closed for Christmas	25
26	27	28	29	30	31 GO Closed for New Years Day	

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5 RSVP Deadline for Storytelling and Bear Grass Braiding	6	7	8
9	10	11 Food Bank Open 9 - 11 AM	12	13	14	15 Storytelling and Bear Grass Braiding 10 AM - 2 PM @GO
16	17 GO Closed for Martin Luther King Jr. Day	18 Online Takelma and Culture Class	19	20 Online Takelma and Culture Class	21	22
23	24	25 Food Bank Open 2 - 4 PM	26	27	28	29
30	31					

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 and third Thursday of the month, streamed via Zoom. RSVP for the link at info-education@cowcreek.com.

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DON'T FORGET:

WE'VE MOVED!

The Cow Creek Health and
Wellness Center's North
Clinic has moved to a new
location in Roseburg, Oregon

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ROSEBURG OR