



Wik'uuyám Heeta'

"Friend, Away from Here"

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



A Whole New Look

See Page 7 for Details on Stix Sports Bar's Renovation

Volume 32, Issue 3
March 2022

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

Inside This Issue

A Look Back Across 40 Years of Tribal History

Take a look at important events in March from the Tribe's past (Pages 4-5)

Oregon Courts Side Against the Flying Lark

The Historic Racing Machines were deemed unconstitutional (Page 6)

Renovations to Stix Sports Bar

One of Seven Feathers' hottest food outlets is getting a big upgrade (Page 7)

Culture and Education

Learn about Tribal history, Takelma, youth programs, and more (Pages 8-12)

Spring Break Culture Days

Mark your calendars for this exciting upcoming event (Page 13)

Government and Programs

New Low Income Rental Housing units coming, and other benefits (Pages 14-16)

Messages from the Clinic

We need your help to shape the future of Tribal healthcare (Pages 17-21)

Hours of Operation

Government Office Hours

Monday - Friday 8 AM to 5 PM

Roseburg Clinic Hours

Monday - Friday 8 AM to 5 PM

No Walk-Ins. Please Call for Same-Day Appointment

Canyonville Clinic Hours

Monday - Friday 8 AM 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)

Peacemakers Needed for Cow Creek Peacemaking Court

Planning for implementation of the Cow Creek Peacemaking Court is underway. The Peacemaking Court is part of the Tribal Court system and will provide an alternative to Tribal civil and criminal court.

The Peacemaking Court, which will use traditional methods of dispute resolution and have Tribal members serve as Peacemakers, is an important step for the Tribe in reclaiming its own cultural ways of resolving conflicts and promoting healing in the community.

Our Peacemakers (*xaawíisaahan* in Takelma) will be Tribal members who have the respect of the Tribal community and a reputation for honesty, integrity, and humanity. Peacemakers will be trained in facilitating traditional dispute resolution methods including talking circles.

If you are interested in learning more about the Peacemaking Court or applying to become a Peacemaker, please reach out to Cassidy Rice at cassidy@cassidyricelaw.com or (503) 832-0443 by April 15, 2022.



General Council Meetings 2022

The remaining Tribal General Council meetings for 2022 will be held on May 15th, August 14th, and November 13th.

All General Council meetings in 2022 will be held at Seven Feathers Casino Resort in Canyonville, Oregon.

Washington Informational Meetings

First Meeting

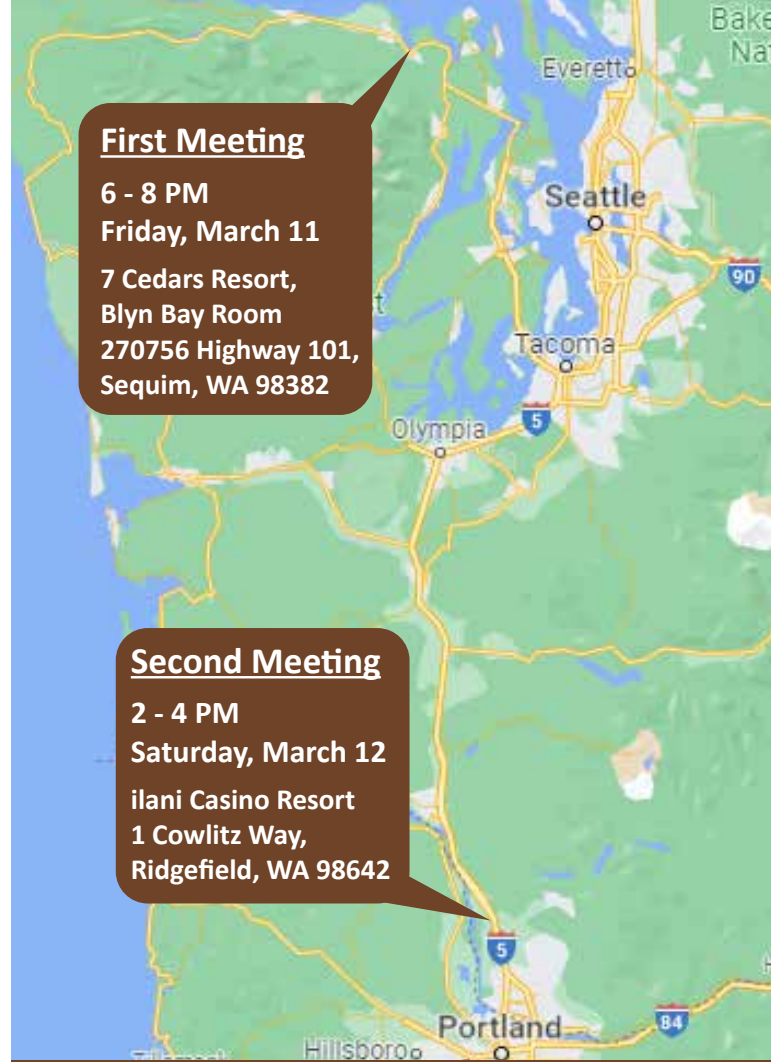
6 - 8 PM
Friday, March 11

7 Cedars Resort,
Blyn Bay Room
270756 Highway 101,
Sequim, WA 98382

Second Meeting

2 - 4 PM
Saturday, March 12

ilani Casino Resort
1 Cowlitz Way,
Ridgefield, WA 98642



DEATH NOTICE

Reuben Hill

Tribal Spouse

Date of Birth: 01/21/1927

Date of Death: 01/25/2022

Age at Death: 95

This Month in Tribal History

March

This monthly snapshot features some of the important milestones and changes that our Tribe has undergone as we've developed and grown. Reflecting on our past helps us to move forward with purpose and hold the issues that matter most to us close to our hearts.

Read any past newsletters at www.cowcreek-nsn.gov/tribal/tribal-services/newsletters/ (login required). Do you think we missed something? Let us know at info@cowcreek-nsn.gov and we may publish your feedback.

1992

The first employee positions are opened at the Cow Creek Indian Bingo Center.

Chairwoman Sue Shaffer promotes the Bingo Center's fiscal impact at various regional economic meetings.

1998

As required by the Gaming Compact with the state of Oregon, the Cow Creek Foundation awards its first round of grants to Douglas County organizations.

2007

Chairwoman Shaffer accepts Governor Ted Kulongoski's invitation to serve as one of 30 members of the Oregon 150 Board of Directors, a non-profit corporation formed to raise funds and provide overall policy direction for the 2009 commemoration of Oregon's Sesquicentennial. "This is a unique opportunity for all of us to showcase beautiful, wonderful Oregon. It's also an opportunity to tell all the pieces of the Oregon Story, including the Native American Story."

1994

Plans are finalized for an April 1994 opening of the Cow Creek Gaming Center, later known as Seven Feathers Casino Resort.

Cow Creek opposes proposed mining at the Huckleberry Patch.

2005

Oregon's Tribes announce the results of a study showing the positive economic impact of Tribal gaming in the state's economy: 10,968 jobs provided, and \$348.9 million in wages and benefits.

1995

The loan for the "Evergreen Property," on which is Seven Feathers Casino Resort currently stands, is paid off.

Tribes purchase NE Stephens Street property in Roseburg, OR, the future home of the Tribal Government Offices.

2006

Tribe initiates a new Tribal Dental Health Program that expands beyond the Seven-County Service Area to nationwide.

Seven Feathers opens a new second-story 11,000 square foot Bingo Hall.

Chairwoman Sue Shaffer speaks at the Ribbon Cutting Ceremony



This Month in Tribal History

March

2014

Dr. Stephen Dow Beckham writes an article for the Tribal newsletter featuring the Takelma language and its last known speaker, Frances Johnson.

2016

The Native American Rehabilitation Association (NARA) presents a letter of thanks to the Cow Creek Tribe for its support and the contribution of a flag for the NARA program in Portland.

2018

UCC renames remodeled Snyder Hall "Taphòytha Hall," a Takelma word meaning "to be blessed and prosper." Tribal member Rhonda Richardson offers the Takelma prayer in the dedication ceremony.

Behavioral Health partners with Expanding Horizons Youth Center (EHYC) and Umpqua Valley Arts Association for art show by Tribal youth at the UVAA gallery in Roseburg titled, "Culture is Prevention."



2017

The Cow Creek Education Department launches www.cowcreekeducation.com.

The Tribe acquires a Mobile Radio Vehicle from the Federal Emergency Management Agency to serve as a mobile Incident Command Post in the event of an emergency.



2019

The Tribe hosts the first ever Tribal Youth Summit at Seven Feathers Casino Resort.

Seven Feathers Truck and Travel completes renovations on market and reorganized, expanded fuel lanes.



Robert VanNorman cuts the ribbon at the ceremony

2021

Tribe announces the purchase of Focus Hemp Co., to process hemp produced by Seventh Gen Farms, and produce high-quality CBD oil products.



2020

Seven Feathers Casino Resort, Tribal Court, and Government Offices temporarily close due to the start of the COVID-19 pandemic.

OREGON COURTS SIDE AGAINST THE FLYING LARK

Oregon's top attorneys have ruled that historic horse racing machines cannot be installed at the Flying Lark in Grants Pass because they violate the state's constitution.

Just 42 miles south of Cow Creek's Seven Feathers Casino Resort, developers of the Flying Lark hoped the HHRs would move forward to help grow the horse racing track and entertainment facility, despite strong objection from many of Oregon's Tribal governments.

The ruling was sent the Oregon Racing Commission, who had been tasked with approving the Flying Lark's expansion proposal.

The Flying Lark's founder, Travis Boersma, a billionaire also at the reigns of Dutch Bros coffee, claimed that without the HHRs, he would be forced to lay off employees.

Since the initial construction of the Flying Lark, Cow Creek Tribal leadership, along with leaders of the Confederated Tribes of Grande Ronde, the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, and the Klamath Tribes, have made their opposition clear, arguing it unlawfully expands Oregon's gaming and harms Tribal communities by subdividing an oversaturated market.

Ultimately, the Oregon Department of Justice decision stated that the HHRs would violate Oregon's Constitution by either creating a casino or a lottery, both of which would be against the law.

"The planned concentration of 225 electronic gaming machines offering games of chance constitutes a casino," wrote Renee Stineman, Chief Counsel of the Oregon Department of Justice and Oregon Attorney General Ellen Rosenblum. She also stated, "the machines are games of chance that do not afford players any meaningful opportunity to exercise skill. As a result, we conclude that they are lotteries."

In a statement following the ruling, Boersma said in part, "I remain committed to saving horse racing in Oregon, providing family wage jobs in southern Oregon, and working closely with Tribal leaders to ensure all Oregonians benefit from the opening of the Flying Lark. "

*Department of Justice
Offices in Salem, OR
Image courtesy of [www.
doj.state.or.us/](http://www.doj.state.or.us/)*

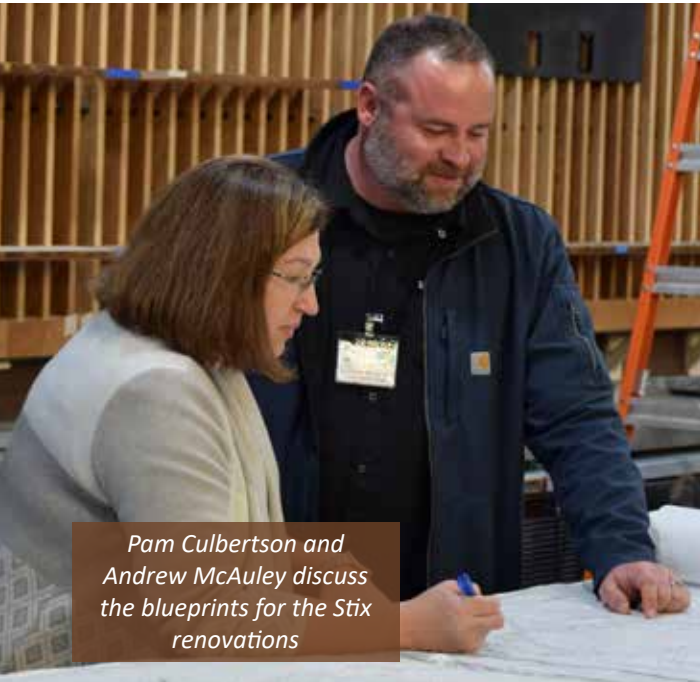
Lottie Hamrick Teaches Culture at Roseburg High School

Tribal spouse Lottie Hamrick visited a classroom at Roseburg High School in February, showing Tribal artifacts and teaching the students about their purpose and the history of the Cow Creek Band of Umpqua Tribe of Indians.

Thank you to Roseburg High School for sharing photos of the class on Facebook.



STIX: IMPROVED FROM THE GROUND UP



Pam Culbertson and Andrew McAuley discuss the blueprints for the Stix renovations

Stix Sports Bar, the most popular food outlet at Seven Feathers Casino Resort, has been closed for a long due renovation since Labor Day 2021, and the remodel coming this Spring will be well worth the wait.

“When I first came in to Stix, I didn’t even know there was a back area to the bar,” says Pam Culbertson, Senior Construction Project Manager and Cow Creek Tribal member. “This renovation has opened up and merged the two spaces. It’s a completely new look and feel.” Culbertson has been instrumental to the project, from organizing contractors, to ordering quality kitchen equipment and reshuffling installations when there are shipping delays.

When guests get their first look following the soft opening, targeted for March and April, they may also not recognize the space. Stix hasn’t undergone a major remodel since it was first opened, so the new seating, lighting, and interior design of the outlet should impress and excite visitors.

The project started by gutting the existing space, stripping it down to the concrete foundation. From there, crews have completed one project after another: replacing water lines and refrigeration, installing new beverage lines in the floor, tiling and adding wood details to the wall décor, and even building out a new entrance and waiting area. With a total of 24 televisions, ranging from 50 to 80 inches in width, the bar will be able to show eight sports games at the same time.

The remodel has been a passion project for Seven Feathers management, as well as Andrew McAuley, Director of Property Services Division, since 2017. But since Culbertson was hired last year, he has had an extra set of hands to really implement planning and construction on Stix, while also managing his duties around the casino and the Tribe’s other properties.

“It’s great to have someone of Pam’s caliber here on our team,” says McAuley. “She’s worked on other projects too, like the new Tribal clinic and Anvil Northwest’s new building.”

Even with some delays on materials, Culbertson and McAuley have been able to employ electricians from Umpqua Indian Utility Cooperative, as well as plumbers, painters, and more from local and regional businesses to get the work done in time for the soft opening.



The hexagon tiles near the bar are so durable, they had to be cut with a diamond-tipped blade

Culture and Education

Dumont Butte Renaming on Hold for Now

In an effort to remove the names of landmarks on federal lands that utilize derogatory names, the United States Forest Service has assembled a task force to review and generate new names. The only problem is that this effort has delayed all nominations for new names that had been previously submitted, including a proposal by the Cow Creek Cultural Resources Program to rename a Tribally-significant mountain to “Dumont Butte.”

The mountain bears the name of a derogatory word used by early settlers to denote Native American women, one of many terms intended to de-humanize native peoples.

“It was used primarily to make people seem less than human, so that there weren’t any emotional or ethical consequences to stealing land or killing people,” says Jeremy Johnson, Cow Creek Cultural Resources Programs Manager. “The Cow Creek people, and native Americans in general, have a long and terrible history of being viewed as less than human. As such, it is very important to try and remove these words, and remove any connotation that goes along with it, so we can tell the true Tribal story and remove the hate.”

The Tribe’s Cultural Resources Program first became involved in the process of renaming these landmarks in 2009. Initially, this particular mountain has had three separate proposals for a new name. The first two were Sacagawea Mountain and Ford Mountain, which were denied, as neither honor the Cow Creek Tribe, in whose ancestral lands the mountain falls. Three years ago, Johnson selected the name “Dumont Butte,” as it was near the headwaters of Dumont Creek and named after a Tribal family, and submitted his own proposal to the U.S. Board on Geographic Names for consideration.

The new name was scheduled for review when the U.S. Forest Service implemented its task force and pulled all current proposals so that all derogatory names could be reviewed and renamed.



While Tribes will not be consulted directly by the task force during the renaming process, there will be a 90-day public comment period after the names are selected. Johnson will also be working internally to suggest name replacements, and submitting rename packets for each landmark separately as needed.

Though the Cultural Resource Program is involved in providing cultural activities for Tribal members, the majority of its work happens behind the scenes on broad-reaching efforts to change the perception of Tribes. Culture staff teach at schools or government offices, provide a native perspective with federal land management, protect archaeological sites, reviewing histories for cultural sensitivity, and much more.

“It’s important to know that there are people trying to make this better,” says Johnson. “We try to ensure that the Tribal story is told in a light that is truthful, and which will protect our cultural identity.”

Culture and Education

PLACE: SOUTH UMPQUA FALLS

"It's just a sacred place that you can go to. And you can feel it when you've been there. If you sit for a few minutes, you can feel the peace."

- Louella Rondeau O'Dell

From time immemorial, our people have gone to South Umpqua Falls. This place was a great resource of many traditional foods. Our ancestors would gather to catch salmon, and the Tribe camped and fished for Chinook salmon in the late summer and early fall.

The salmon swim 200 miles from the ocean to spawn and rest near the falls. The fish runs were said to be so abundant that the fish would be stacked upon each other as they were heading over the Falls, and could easily be caught with fish spears.

The Cow Creek people would also pick huckleberries, hunt deer and waterfowl, and gather other supplies to get through the winters.

Ceremonies

"They did sweats up there," recounts Louella Rondeau O'Dell. "[Mike O'Dell] did a sweat in the early 1980s for all the women at the Tribal office up at the falls. The weather was fine when we went in. When we came out of the lodge, it was snowing, in June."

Several ceremonies, such as the salmon ceremony and funeral ceremonies, have and continue to occur at the Falls. Archeological evidence shows that we have been actively utilizing the area around and near the falls for at least 3,000 years.

Wallace Rondeau recounts: "Several times a year, we camped and fished at South Umpqua Falls, as the families had done as long as the older ones could remember... It makes me think of the good times we all had there when we would get together a long time ago."

More recently, the Cow Creek people have maintained a continuous connection with the South Umpqua Falls.

Jack "Tooter" Ansures gives one account: "I have been up at the Falls before I even went to school. There



was a time when you couldn't get up there, the roads were so bad. There used to be a little cabin near the Falls. We would have picnics and go fishing there."

Pow Wows

Jack goes on to talk about our Pow Wows.

"The Tribe didn't start Pow Wows until later on [1978]; before that, the members would meet there for fishing and picking huckleberries. It was always school time when it was time to pick the huckleberries, but now the berries come out early. The road out there used to end at Camp Comfort. When I was a kid, I could hear men logging at the Falls, and going into Tiller. It would take them several hours to get from the Falls to Tiller, only about 20 miles. Mud there could get up to your stomach, it was so deep."

Louella Rondeau O'Dell also talks about Pow Wow and South Umpqua Falls.

"We had our first Pow Wow, I think, maybe in 1977 [actually 1978]. Devils Flat is a place we gathered too, that's where we had our first Pow Wow and our second. We moved to South Umpqua Falls because we didn't have enough room for all the people who came to Pow Wow. We had a lot of games for the kids, ball games, and racing, and of course the dancing, drumming... There was drumming in the middle of the day, everyone heard it. We went around to all the camps, but no one was drumming. People said they were saving it all for that night. It was like a welcome back."

TAKELMA LANGUAGE CORNER

TAKELMA RESOURCE BANK

Pée Túu! The Takelma Language website has many resources available for you to learn about the language and culture of the Tribe.



Click **"DISCOVER MORE"** to find the Takelma stories, audio files, digital books, and historical documents. In addition, you can access the dictionary and links to all the language learning curriculum we have made so far. Check it out!

<https://www.cowcreekeeducation.com/takelma-language/>

LANGUAGE LESSON

Péemti yowò'?

Is it a tree?

[BEHM-dih yoh-WOH]

Ànii' péem yowò'.

It is not a tree.

[AH-nee BEHM yoh-WOH]

Haù.

Yes.

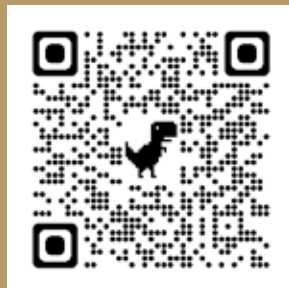
[HAH-oo]

Hít^h.

No.

[HEET]

TO HEAR THESE WORDS
SPOKEN ALOUD, SCAN THE QR
CODE FOR A VIDEO LESSON



QR code link:

<https://www.cowcreekeeducation.com/takelma-language/newsletter-lessons/>

CLASSES

Family Language Classes

March 3rd

&

March 24th

9am - 11am & 2pm-4pm

Learn *Family Members* in Takelma! Culture will join us with a presentation. On March 24th, Language will be participating at Spring Break Culture Days (see *Culture* for more details)

All dates and times
subject to change. To get
the zoom link, email
info-education
@cowcreek-nsn.gov



Culture and Education

Happy Valentine's Day from the Expanding Horizons Youth Center!

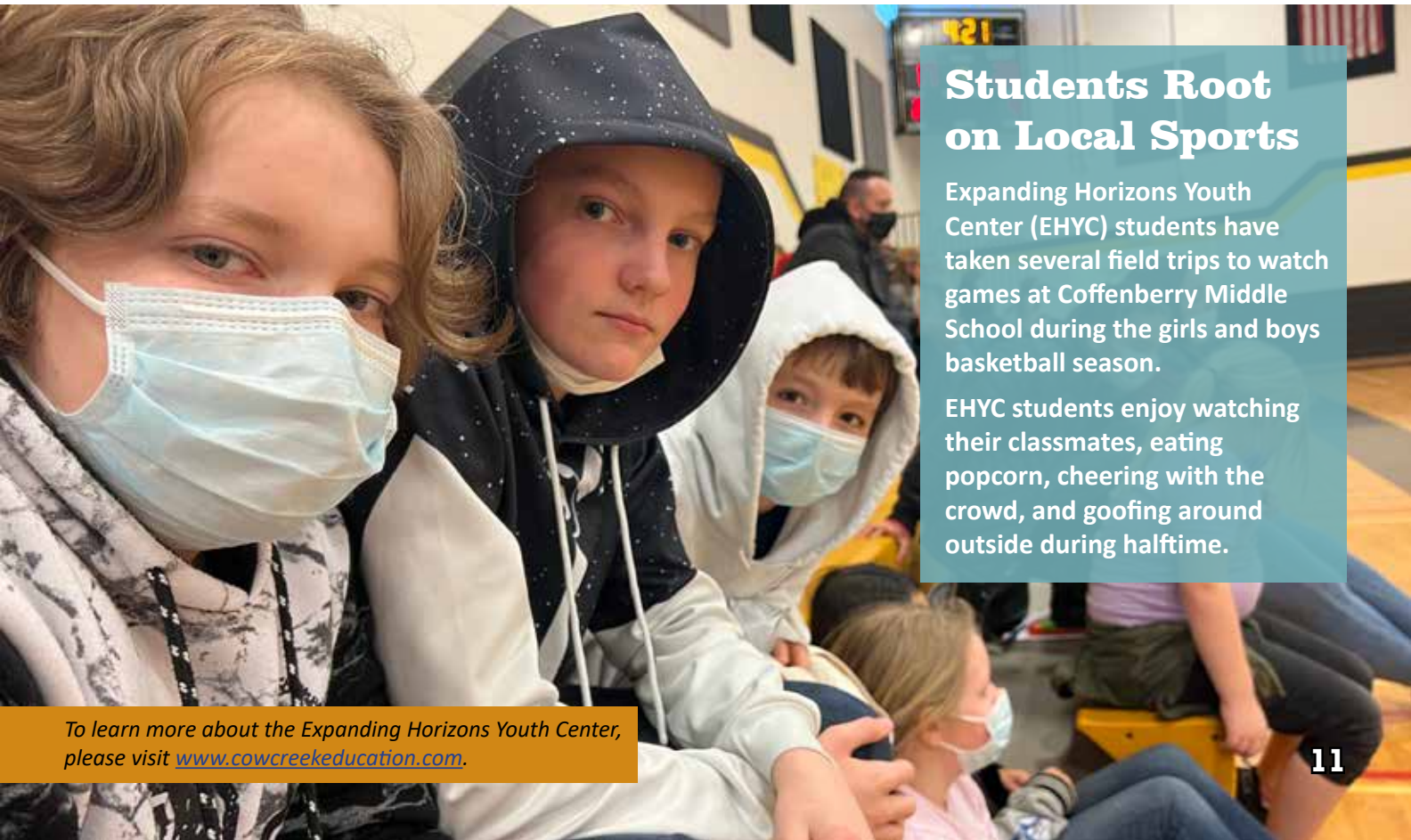
Students celebrated with heart-shaped waffles, goodie bags of candy and a themed selfie wall.



Students Root on Local Sports

Expanding Horizons Youth Center (EHYC) students have taken several field trips to watch games at Coffenberry Middle School during the girls and boys basketball season.

EHYC students enjoy watching their classmates, eating popcorn, cheering with the crowd, and goofing around outside during halftime.



To learn more about the Expanding Horizons Youth Center, please visit www.cowcreekeeducation.com.

MARCH 2022

Career Corner

Reach us at: www.cowcreekeducation.com



EDUCATION DEPARTMENT NEWS:

High school seniors the finish line is in sight! As you get ready to march to "Pomp & Circumstance" don't forget that your Cow Creek Education Department is ready, willing and able to make sure you are starting off on the right adult foot.

College not for you??? Look into a vocational/technical training program. Or maybe looking to start as an apprentice in the trades? There is a growing shortage of skilled trade workers across the nation, while the demand for these skilled workers continues to skyrocket. From Electricians, Plumbers, Lineman, Carpenters, Welders just to name a few, put those CTE classes in high school to work as you get paid while performing on-the-job training.

College Bound? Remember colleges look at mid-year grades, so make sure you continue working hard in school - Senioritis usually settles in at this time for some. Don't let this be YOU!!!

File your taxes!!!! The deadline for filing taxes is April 15th. Financial aid awards are based on your and your family's tax information (Federal & State) from 2021, so be sure to file on time.

Your Tribal Education Dept. & Career Center staff are here to help you make your post high school goals a reality. Hard work and good planning pay off! Contact us today at www.cowcreekeducation.com to get started-

Career Center

**Coming Soon!!! Summer
Youth Employment
Opportunities**

**Prep - Connect- Get
Hired Workshops**

**Employment
Opportunities!!!**
www.cowcreekeducation.com

**College Tribal
Internships
Externships Available**

**Spring
Cow Creek Industry
Tours for Tribal High
School Students**



SPRING BREAK CULTURE DAYS

RSVP: INFO-CULTURALRESOURCES@COWCREEK-NSN.GOV

Tribal youths can reconnect with Cow Creek Tribal traditions at Spring Break Culture Days.

Join us for this series of cultural learning events when most local public schools are on Spring Break.

**TUES,
MARCH 22**

Traditional Games: (South Umpqua Falls, 9AM-4PM) Learn to play shinny, dice, stick game and atlatl shooting - win prizes!

**WED,
MARCH 23**

Block Party: (Taylor Street, 10AM-2PM) Learn more about Tribal programs, such as housing and education

**THURS,
MARCH 24**

Arts and Takelma: (GO Board Room, 10AM-2PM) Make clacker sticks and learn to speak Takelma with the Takelma Language Team

Government and Programs

New Low Income Rental Housing Units on Gentry Loop

Wili Department is proud to announce the completion of two new houses on Gentry Loop for use in the Low Income Rental Housing Program, with more on the way.

The four new houses being constructed this year are two-bedroom homes, as opposed to the three- or four-bedroom houses built before, to better facilitate the needs of Tribal families who usually apply.

“They have a bigger yard and a smaller house,” says Jennifer Bryant, Housing Director.

The program utilizes a need-based waiting list, where all applicants are assigned to rental houses based on age, income, number of people in the family, and other factors, such as those in need of emergency assistance. To qualify, Tribal households must make at most 80% of the U.S. median income, with Elders and more people in the home receiving higher priority.

With the waiting list getting pretty short, now is a great time to apply for Low Income Tribal Housing. Interested Tribal members can apply by:

- Calling Wili Department at 541-492-5215 and mailing in the application
- Downloading an application from www.cowcreek-nsn.gov (login required to view the Tribal-only page)
- Email info-housing@cowcreek-nsn.gov

Come take a look at the new rental units (and pick up an application) during the Spring Break Culture Days Block Party on March 23rd! See page 13 for more details.



Call Wili Department staff directly at their new number: 541-492-5215



At the time of this writing, these new houses are in the final stage of construction



Government and Programs

SENIOR MEALS ARE BACK

WE'VE MISSED YOU!

Social Services is excited to announce the return of the weekly Senior Meals

Beginning March 1, 2022, the Senior Meals will be held every Tuesday and Thursday from 11 AM to 1 PM at the Grape Room at Seven Feathers Casino Resort



Elders and Spouses (or one guest) eat for free

All other guests must pay \$12.60
(CASH OR CHECK ONLY)

TO RSVP OR LEARN MORE, CONTACT SOPHIA GOSSELIN AT:
541-492-5278
SGOSSELIN@COW CREEK-NSN.GOV

Upcoming Veterans Meetings

All veterans meetings will be held in the Boardroom at the Tribal Government Offices in Roseburg, Oregon, from 10 - 11 AM, unless otherwise stated. Please remember to honor COVID safety guidelines.

Coffee, tea, and hot chocolate will be available. Let's get together and see what we can come up with to do together as a group.

To RSVP, please call Rhonda Richardson at 541-677-5575.

Upcoming Veterans Meeting Dates:

- April 1, 2022
- May 6, 2022
- June 3 and 30, 2022

Save the Date: Veterans Conference

Please mark your calendars for April 12th and 13th at the Convention Center at Seven Feathers Casino Resort, from 8 AM - 5 PM both days.

The event will be free of charge to all veterans. Continental breakfast and one dinner will be provided. Hotel rooms have been set aside for those who wish to stay overnight. There will be raffle prizes.

For more information, please call Rhonda Richardson at 541-677-5575.

PARENTING CLASS



CONFEDERATED TRIBES OF COOS, LOWER UMPQUA & SIUSLAW

COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

CONFEDERATED TRIBES OF SILETZ INDIANS

PRESENT TO YOU:

FATHERHOOD IS SACRED MOTHERHOOD IS SACRED BY ALBERT M. POOLEY

WHEN:

April 6, 13, 20, 27

May 4, 11, 18, 25

2022

6pm - 7:30pm

WHERE

~ZOOM~

Link will be emailed to you
after registration

COW CREEK

RSVP BY

3/30/2022

SOPHIA GOSSELIN

541.492.5278

CTCLUSI

RSVP BY

3/30/2022

SHAYNE PLATZ

541-297-3450

RAFFLE PRIZES FOR PARTICIPANTS WHO ATTEND!

FOR THOSE THAT ATTEND ALL 8 WORKSHOPS

YOU WILL BE ENTERED INTO A DRAWING FOR THE GRAND

PRIZE SO DON'T MISS OUT!!

COURSE TOPICS:

- ☐ Define the purpose of life
- ☐ Understanding the sacredness of fatherhood/motherhood

Laying the Foundation

- ☐ Understanding the concepts of character and integrity
- ☐ Understanding the importance of fathers and mothers as leaders.

The Creator

- ☐ Understand and explain the importance of faith/belief

Choice

- ☐ Understand and value the freedom of choice
- ☐ Understanding the consequences of both good and bad choices

Essential Part of Choice

- ☐ Understanding the importance of vision and explain how vision is powerful

Teachable

- ☐ Understand the importance of truth and being teachable

Barriers to Being Teachable

- ☐ Understand and identify the barriers to being teachable
- ☐ Understand and explain how to remove the barriers to being teachable

Wisdom

- ☐ Understand the importance of wisdom
- ☐ Explain the three components of wisdom

Service

- ☐ Understand the importance and benefits of service
- ☐ Understand the concept of sacrifice and why it is important
- ☐ Explain how to value the small and simple things

Self Identity

- ☐ Understand why it is important to know who we are
- ☐ Understand the importance of improving attitude
- ☐ Understand how our parents had ideas about who we would become

Relationships

- ☐ Learn positive ways to build relationships
- ☐ Understand how communication affects relationships

Nurturing

- ☐ Understand the importance of nurturing
- ☐ Learn how to nurture your family and children
- ☐ Understand how love and discipline relate to nurturing

Messages from the Clinic

Protect Your Well by Participating in a Well Water Quality Testing Project

Cow Creek Tribal members have the opportunity to participate in a well water quality testing project, thanks to recent funding from the Northwest Portland Area Indian Health Board.

This is a pilot project for Tribal members living in Douglas County who utilize wells or spring-fed water sources on their property. Testing will be conducted by Umpqua Research Labs.

Contaminated well water can cause serious health problems for anyone who drinks the water. Just a few contaminants that can affect your water include:

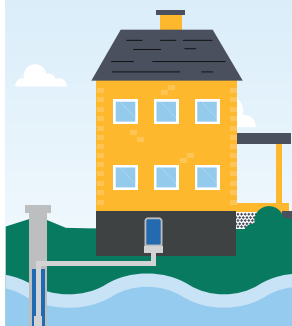
- **Microorganisms:** Bacteria, viruses, or parasites can cause gastrointestinal illnesses and infections.
- **Nitrate and Nitrite:** Animal or chemical fertilizers can affect the blood's ability to carry oxygen to vital organs, particularly in infants.
- **Heavy Metals:** Arsenic, antimony, cadmium, chromium, copper, lead, selenium, and much more from a variety of sources can cause toxicity in the liver, kidney, intestines, and more.
- **Organic Chemicals:** Many household, agricultural, or industrial products can enter ground water through spills or run-off, and can cause damage to kidneys, liver, and the circulatory, nervous, and reproductive systems.
- **Radionuclides:** Radioactive elements can be introduced by mining, or be present in the ground. They can cause toxicity in kidneys and increase the risk of cancer.
- **Flouride:** Excessive consumption of flouride can cause skeletal or dental fluorosis, a weakening of bones or teeth.

To participate in this project, please contact Cow Creek Public Health at (541) 677-5535 and mention well water testing.

Protect Your PRIVATE WELL



Many Americans receive their drinking water from a private well. These wells are not regulated by EPA or required to follow EPA's standards. If you use a private well, there are steps you can take to protect your water and ensure the safety of your drinking water.



How to **PROTECT** Your Well

TEST YOUR WELL WATER ANNUALLY



Have your water tested annually for contaminants.



Always use a state certified laboratory for testing.



If contaminant levels exceed a drinking water standard, retest the water supply immediately and contact your public health department for assistance.

How to **PREVENT** Well Water Pollution



Keep hazardous chemicals out of septic systems and away from your well



Pump and inspect septic systems as recommended by your local health department



Install a sanitary seal and slope the area around the well to drain surface runoff



Hire a certified well driller for any new well construction or modification

How to **REMEDiate** Your Well

If your well is contaminated or damaged, consult with your public health department, certified well inspector, and/or licensed well contractor to determine options for repair and remediation. Potential solutions include:



Disinfectants to remove germs and microbes.



Filters or other on-site treatment processes.



Identifying a new water source.



Digging a new, deeper well.

HOW WELLS CAN BECOME CONTAMINATED

Wells can become contaminated by sources around your well and your community. A few examples include:

AROUND YOUR WELL



Fuel tanks



Lawns—fertilizers, pesticides, and herbicides



Septic tanks and sewer lines



Swimming pool chemicals

AROUND YOUR COMMUNITY



Factories and industrial manufacturing



Farms and animal feedlots



New construction and mining operations



Cemeteries



Messages from the Clinic

Have you paid for health care services out of your own pocket?

LET US TELL YOU ABOUT PURCHASED / REFERRED CARE

What Is PRC?

Formerly called Contract Health Services, Purchased / Referred Care (PRC) is funded by the Indian Health Service and assists Cow Creek members in paying for services not provided at the Cow Creek Health and Wellness Center, such as:

- Specialty medical
- Chiropractic
- Vision
- Mental health
- Pharmacy
- Durable medical equipment
- Hearing
- Emergency care
- And more

Eligibility for PRC Services

PRC operates under federal guidelines and funding. To be eligible, you must meet the following criteria:

- **Tribal Membership:** You must be an enrolled member of the Cow Creek Tribe.
- **Residency:** You must reside in Douglas, Lane, Deschutes, Coos, Josephine, Jackson, or Klamath counties; or be a full-time student enrolled in a college or academic institution.
Note: Students must be eligible for PRC prior to leaving service area for school.
- **Approval:** Purchase Orders (PO) are required for all funded care. Call for a PO 2-3 days before your appointment.
- **Urgent/Emergent Services Approval:** Notify PRC within **72 hours** of receiving emergency services (30 days for elderly or disabled).
- **Alternate Resources:** PRC is considered after all other options, such as insurance or others, have been applied.

Contact PRC at 541-677-5515, Mon - Fri, 8 AM - 5 PM

After hours: please leave a detailed message at 541-677-5515

For the Cow Creek Health and Wellness Center, call 541-672-8533

Messages from the Clinic

U.S. Tribes to Settle Lawsuit with Opioid Drugmakers

The enduring pain of losing loved ones to the opioid epidemic that has plagued Tribal communities for decades may begin to fade after a landmark settlement was reached between drugmakers and U.S. Tribes.

Johnson & Johnson, AmerisourceBergen, Cardinal Health and McKesson pharmaceutical companies have agreed to pay \$590 million in order to settle all future opioid-related lawsuits with Tribal governments. Representatives from each of the hundreds of federally recognized Tribes will settle individually, but only after 95% of Tribes agree to the terms.

According to reports, the 236-page lawsuit filed in federal court included statistics showing excessive illnesses and deaths in Indian Country due to opioids, as well as the financial toll of adding services that specifically treat opioid addictions and social programs to try to mend destroyed Tribal families.

Jesse Spain, a Cow Creek Tribal member and Cow Creek Health and Wellness Behavioral Health Substance Counselor, knows personally how opioid addiction can disrupt Tribal communities.

"My uncle was irresponsibly prescribed opiate medication and died from an accidental overdose

about 12 years ago. A few years before that, I had an Auntie who was also prescribed pain medication and died of an overdose," said Spain.

Spain, who has been an alcohol and drug counselor for nearly ten years, also knows that opioid addiction can affect anyone, regardless of their place in life.

"I have seen that addiction does not discriminate, many of my clients have been professionals," said Spain. "I have seen it tear families apart and destroy lives."

With the help of connection to other Tribal members and families, Spain says those who are struggling with opioid addiction can begin to rebuild.

"Through culture and with the healing of our communities we can restore what was once lost; identity, purpose, and direction. There are now many more options and resources available than in the past," he said.

If you or someone you know is suffering with substance abuse and/or addiction, Cow Creek Health & Wellness Behavioral Health can help. Please call (541) 672-8533 (press #5 for Behavioral Health), or email info-behaviorhealth@cowcreek-nsn.gov

Cow Creek Behavioral Health Celebrates Social Worker Month in March



March is Social Worker Month, and Cow Creek Health & Wellness recognizes our three amazing Licensed Clinical Social Workers (LCSW): Tiffany Danforth, LeeAndria Witcraft and Andrew Delgado! Cow Creek is proud to have these wonderful social workers serving our Tribal population, assisting with mental health needs, and pointing people toward resources from the Tribe or the community.

The month's theme of "The Time Is Right for Social Work" highlights how social workers have enriched

our society for more than a century and how their services continue to be needed today.

Our LCSWs offer in-person therapy services at our new Behavioral Health location at 940 Garden Valley Blvd, Suite 104, and also offer telehealth therapy primarily for those that prefer or need that option.

If you or a loved one is in need of assistance from one of our Licensed Clinical Social Workers, please reach out to (541) 677-5520 to connect directly with our Behavioral Health Department today.

CULTURE IS WELLNESS

Unity: Emotional, Mental, Physical & Spiritual Wellness

Walking the Red Road "one day at a time" is all it takes!

Open Women's/Men's Recovery Healing Circle

The Medicine Wheel and 12-step program was developed to provide a culturally appropriate 12-step program for Native American people. This program was developed by White Bison, based upon teachings of the Medicine Wheel, the Cycle of Life, and the Four Laws of Change.

Join us: Wednesdays 7:00pm at the Block House in Canyonville
Please observe social distancing and pandemic regulations while attending to protect those who are seeking healing.

Directions: Turn right on Wartahoo Lane behind Seven Feathers Casino Resort and left down the driveway in between the employee parking lot and dry parking lot. Look for the big brown two-story house.

For any questions please contact: Roger Buchman - (458) 802-3828



Messages from the Clinic

We Need Your Help!

The Cow Creek Health & Wellness Center (CCH&WC) will be conducting the 3rd BRFSS health and Tribal programs survey. We are asking each Tribal member over the age of 18 to please help us begin planning for our next five years of programmatic development, revisions, and healthcare delivery.

It has been five years since we last asked our Tribal members to complete a survey regarding their health status. This data has been used to develop new programs and services within the Cow Creek Health & Wellness Center. Examples of feedback-inspired services include: adding dental to future services, the new clinic in Canyonville, radiology services, cancer prevention, cooking classes, clinical tobacco cessation programs, and possible future clinical expansion of specialty care, like chiropractic and massage therapy, physical therapy, and pharmacy.

Our plan is to contact everyone by phone to conduct

Cow Creek Behavioral Risk Factor Surveillance System (BRFSS) Project

a 45-60 minute survey. Surveying will begin April 1st, 2022, with plans to conclude by the end of June 2022.

Each Tribal member who participates will receive a \$100 gift card, an increase from previous surveys. Results will be highlighted in the September 2022 newsletter, and preliminary highlights will be available at the August 2022 General Council meeting.

This survey will once again be administered by staff from the Northwest Portland Area Indian Health Board (NPAIHB), and all information will remain confidential: no names or other identifying data will be given. Their staff will first call and set up an appointment to conduct the survey within the following week.

Please be watching for a letter from the Tribal Chairman explaining the survey process in detail. Your input and information is VITAL to the planning of future healthcare programs and clinical services.

ORDER FREE COVID SUPPLIES



FROM COW CREEK PUBLIC HEALTH

COVID-19 HOME TESTS, MASKS, THERMOMETERS,
PULSE OXIMETERS, AND MORE!

FREE OF CHARGE FOR TRIBAL MEMBERS

- Visit www.cowcreek-nsn.gov/public-health
- Fill out the COVID Supply Request Form
(Must be filled out by an adult older than 18)
- Supplies ship in 3-5 business days

Questions? (541) 677-5535

TRIBAL LOGIN REQUIRED

TROUBLE LOGGING IN?

WWW.COWCREEK-NSN.GOV/LOGIN-ASSISTANCE/



SPRING GATHERING DRIVE THRU



— **TRIBAL GARDENS** —

Free Food & Drink

| Games

| Prizes

1-3 PM SATURDAY, APRIL 2ND, 2022

All Youth Activity Council events are Drug and Alcohol Free

RSVP to Tammy Anderson at tammy.anderson@cowcreekgrc.com

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Meals	2 Culture Is Wellness	3 Senior Meals Online Takelma and Culture Class	4	5 YAC Regalia Class 9 AM - 3 PM @GO
6	7 RSVP Deadline for Spring Break Culture Days	8 Senior Meals Food Bank 9 - 11 AM	9 Culture Is Wellness	10 Senior Meals	11 Washington Informational Meeting 6-8 PM @ Sequim, WA	12 Washington Informational Meeting 2-4 PM @ Ridgefield, WA
13	14	15 Senior Meals	16 Culture Is Wellness	17 Senior Meals	18	19
20	21	22 Senior Meals Food Bank 2-4 PM Spring Break Culture Days	23 Culture Is Wellness Spring Break Culture Days	24 Senior Meals Takelma Class Spring Break Culture Days	25	26
27	28	29 Senior Meals	30 Culture Is Wellness RSVP Deadline for Parenting Class	31 Senior Meals		

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Veteran Meeting 10 - 11 AM @ GO	2 YAC Drive Thru Spring Gathering 1-3 PM @ Tribal Gardens
3	4	5 Senior Meals	6 Parenting Class Culture Is Wellness	7 Senior Meals	8	9
10	11	12 Senior Meals Food Bank 9-11 AM Veteran Conference 8 AM - 5 PM @7F	13 Parenting Class Culture Is Wellness Veteran Conference 8 AM - 5 PM @7F	14 Senior Meals	15 Peacemaker Applications Due	16
17 Easter Sunday	18	19 Senior Meals	20 Parenting Class Culture Is Wellness	21 Senior Meals	22	23
24	25	26 Senior Meals Food Bank 2 - 4 PM	27 Parenting Class Culture Is Wellness	28 Senior Meals	29	30 40 th Anniversary Celebration @7F

Location Abbreviations

GO: Government Offices, Roseburg, OR
SC: Cow Creek Health & Wellness Center, Canyonville Clinic
7F: Seven Feathers Casino Resort, Canyonville, OR
BH: Block House, Behind Seven Feathers, 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: 9 - 11 AM, 2 PM - 4 PM each
first and fourth Thursday of the month, streamed via Zoom.
RSVP for the link at info-education@cowcreek.com.
Culture Is Wellness: Women's/Men's Healing Circle, 7 PM at
brown, two-story Block House behind Seven Feathers
Senior Meals:

For any questions regarding activities, please call the Government Offices at 541-672-9405.

WEEKENDS OFF

**WORK / LIFE
BALANCE**

HIRING BONUS



HEALTHCARE POSITIONS
OPEN AT THE

**COW CREEK HEALTH
& WELLNESS CENTER**



SCAN THIS QR CODE WITH
A SMARTPHONE TO VISIT
OUR WEBSITE

COWCREEK-NSN.GOV/EMPLOYMENT
541-672-9405
INFO@COWCREEK-NSN.GOV



JOURNEY *THROUGH THE GENERATIONS*

CELEBRATING 40 YEARS OF TRIBAL RECOGNITION

TRIBAL FAMILY NIGHT

APRIL 30, 2022
SEVEN FEATHERS CASINO RESORT

**RSVP AT WWW.COWCREEK-NSN.GOV
OR 541-677-5559**