



# Wik'uuyám Heeta'

"Friend, Away from Here"

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



Limited-Time 40<sup>th</sup> Anniversary Brew

See Page 6 for more information on Takelma Roasting Co.'s creation

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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 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)



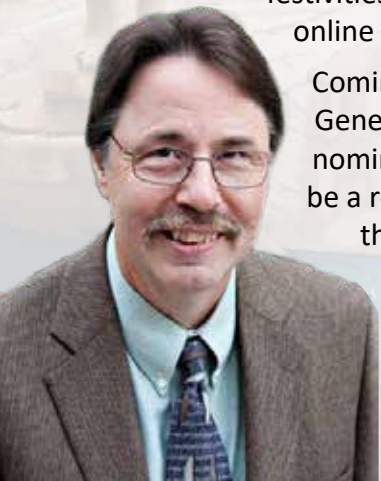
## LETTER FROM THE CHAIRMAN

On behalf of the Cow Creek Band of Umpqua Tribe of Indians Board of Directors and Tribal Government, I would like to extend my personal thanks to all Tribal members and families who attended the Journey Through The Generations 40<sup>th</sup> Anniversary event on April 30<sup>th</sup> at Seven Feathers Casino Resort. After the last few years of hardship, it was meaningful to come together in person for this momentous celebration.

I offer my sincerest gratitude to all of the employees, volunteers, and families who planned this year's festivities. Be sure to watch for pictures from the celebration in your June newsletter, as well as online at our website, [www.cowcreek-nsn.gov](http://www.cowcreek-nsn.gov).

Coming up on May 15<sup>th</sup> at 10 AM at Seven Feathers Casino Resort, we are holding our General Council meeting, open to all Tribal members. At this meeting, we will hold nominations for the Tribal Board of Directors. In order to make a nomination, you must be a registered voter of the Tribe, and you may nominate one individual for a position on the Tribal Board. The person nominated must also attend the meeting to accept the nomination. After all nominees are finalized, the Tribal Election is scheduled for Sunday, August 14<sup>th</sup> at 10 AM at Seven Feathers Casino Resort.

To receive a Tribal voter registration application, please log on our website, [www.cowcreek-nsn.gov](http://www.cowcreek-nsn.gov), and click on Forms and Contacts, or call (541) 672-9405. Voter registration will be closed from May 15<sup>th</sup> - August 14<sup>th</sup>.



## Health Advisory Committee (HAC) Meet and Greet

Around 60 Tribal members attended the HAC Meet and Greet in April, where Ben Steward performed a smudge to release negativity and bless the recently completed North Clinic. Tribal Board member Susie Steward provided packets of herbal teas, along with an explanation of their medicinal benefits.

The event featured two activities: a scavenger hunt, and get-to-know-you BINGO. All attendees received a Cow Creek tumbler filled with goodies.

"We loved the time we were able to gather and learn," says Chief Health Officer Sharon Stanphill. "The feeling of closeness among the staff and HAC members was really wonderful."





# This Month in Tribal History

## May

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

### 1981

The annual Pow Wow date was changed to the third weekend in July. It is still held on this weekend each year.

### 1993

The Cow Creek Tribe assisted three other Oregon Tribes in pursuing a Class III Gaming Compact with state officials.

### 1989

The Adult Education Program offered cassette tapes to expand learning around financial literacy, smoking cessation, redirecting anger, and other self-help topics.

### 1996

Gaming revenue helped establish the first minor trust funds for Tribal members under the age of 18.

### 1997

The first ever Cow Creek Tribal website was launched.

### 1991

The Tribal Board called Tribal members to vote to adopt the Cow Creek Tribal Government Constitution in the July 1991 Constitutional Election, to "ensure Tribal stability and enable the Tribe to move forward."

### 1998

The Tribe held the grand opening of the Tribal Government Offices in Roseburg, OR.

### 1992

Cow Creek Indian Bingo Center opened, launching the first Tribal gaming enterprise of the Cow Creek Tribe.

### 1999

Over 700 Tribal leaders, Tribal members, and supporters gathered on the west steps of the U.S. Capitol to draw attention to the constitutional rights of Tribal governments and government-to-government relationships, and Chairman Sue Shaffer spoke on behalf of Tribal nations.



*Congressman Kennedy and Chairman Sue Shaffer*

# This Month in Tribal History

May

**2003**

The Tribe announced plans for major developments at I-5 Exit 99, including the first plans for Seven Feathers RV Resort, reservoirs for storing fresh water, a wastewater treatment plant, and an expansion of Seven Feathers Hotel.

**2013**

Fire breaks out at the Rogue River Ranch the day after it is purchased by the Tribe, destroying 600 tons of hay, a barn, a new bale wagon, and two tractors.

Cow Creek Health and Wellness Center South Clinic opens its doors.

**2010**

Sue Shaffer resigns as Chairman of the Tribal Board after decades of service. Vice-Chairman Dan Courtney, who was first elected to the Tribal Board in 1991, is appointed Acting Chairman until the Tribal election.

**2018**

The Tribe reclaims the George Rondeau Family Cemetary property at Starveout Creek, OR.

In honor of the late former Chairman, the Native American Rights Fund introduces the Sue Shaffer Memorial Law Clerk Scholarship.

The Tribe partners with Douglas County Museum to restore the Colliding Rivers Exploration Station in Glide, OR.

**2007**

20<sup>th</sup> Anniversary of the dedication of Chief Miwaleta Park at Galesville Reservoir.

**2015**

The Cow Creek Health & Wellness Center wins the highest national and regional awards from Indian Health Services for their participation in initiatives to improve patient care.

**2012**

The Tribe signs a Memorandum of Understanding with the Medford Bureau of Land Management and the Nature Conservancy supporting the protection and management of Table Rocks.

**2020**

After eight years of legal pursuit, the Bureau of Indian Affairs issues a letter of denial to Coquille Tribe's intent for a casino in Medford, OR, on grounds of the distance from their Tribal area, opposition from Oregon's elected officials, lack of service agreements with local jurisdictions, and loss of lottery dollars.



*BLM Director Ed Shepard shakes hands with the Tribal Board of Directors*

**2021**

Umpqua Indian Development Corporation announces raising minimum wage of all Tribal businesses to \$14 an hour. 5



# Tribal News

## Special Treats to Honor 40 Years of Federal Recognition

Tribal members were in for a surprise treat at the 40<sup>th</sup> Anniversary celebration: a special coffee blend from Takelma Roasting Co., and a limited-time revival of the Umpqua Indian Foods (UIF) jerky and huckleberry preserves.

“I wanted this blend to capture the spirit of the celebration, and of the Tribe,” says Eric Albecker, Production Manager. “We wanted something our Tribe as a whole could enjoy. It hits that sweet spot.”

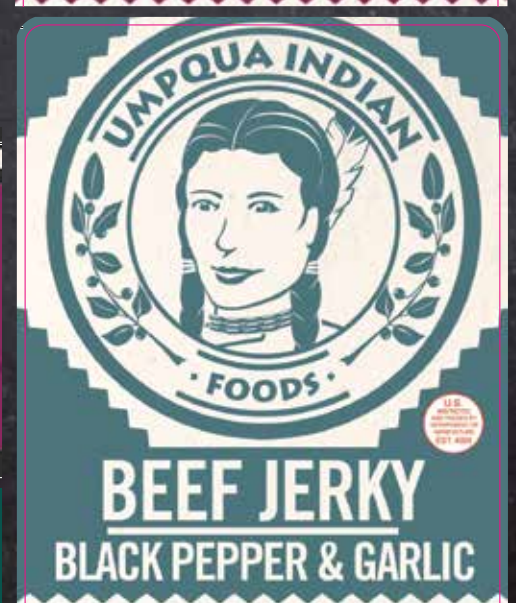
The blend uses chocolatey Columbian coffee, cut with a Guatemalan variety to give it complexity and a medium-dark profile. It is available at the casino and on [www.takelmaroasting.com](http://www.takelmaroasting.com) until the end of 2022. Tribal members can get a 30% discount on orders by using this code: **tribalmember** (all lowercase, no spaces).

The temporary revival of the UIF brand was another surprise, including both the “Brown Sugar” and “Black Pepper & Garlic” flavors of jerky, and the huckleberry preserves.

Years ago, the UIF brand was dismantled, due to the need for large amounts of capital infrastructure and an unsustainable business model. However, the Tribe worked with an Oregon co-packer to produce the limited-time foods for the celebration using the original recipe profiles.

“We have wanted to bring back UIF for a long time,” says Travis Hill, Chief Operations Officer for Umpqua Ventures. “Our prior research into co-packers made the 40<sup>th</sup> anniversary a perfect time to try a limited run, with the hope for more sustainable production in the future.”

We would love to hear the Tribe’s feedback on these special items, which you can submit through Takelma Roasting Co.: 541-492-6248.



NATIVE OWNED • MADE IN OREGON • LOCALLY SOURCED • NATIVE OWNED • MADE IN OREGON • LOCALLY SOURCED



Ingredients:  
Wild Local  
Huckleberries, Sugar,  
Natural Fruit Pectin,  
Citric Acid

NOT FOR RESALE

Look for a more detailed report on the “Journey through the Generations” 40<sup>th</sup> anniversary celebration in next month’s edition of the Tribal newsletter!

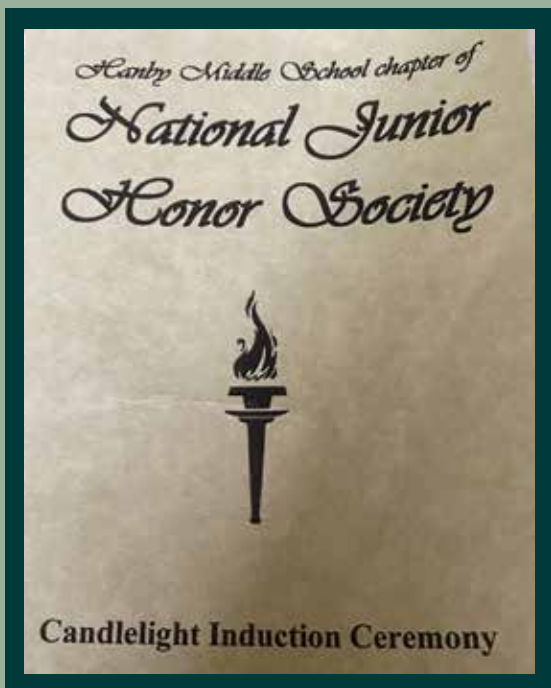


## TRIBAL MEMBER HIGHLIGHT **SIENNA VICK**

of the Thomason Tribal Family

Submitted by Teri Hansen

This month, we recognize 12 year-old Tribal member Sienna Vick, who was inducted into the National Junior Honor Society in February.



If you would like to highlight the accomplishment of a Tribal member, please reach out to us at [info@cowcreek.com](mailto:info@cowcreek.com) so we can all celebrate their achievement with you.

"I show leadership when I help with the younger children at my Tribe's annual Tribal Pow Wow and Culture Camp. I help them with arts and crafts and dancing, and I babysit them while the adults dance and drum. I also help babysit my little sister.

"For service, I went through our pantry and donated food we didn't eat to the local IOOF building food pantry. We donate non-perishable food items so they won't go bad. I have also driven a tractor and helped a disabled veteran clear fallen trees from his driveway.

"I show citizenship when I help my school set up flags around Gold Hill for Veterans Day. I really enjoy driving through Gold Hill and seeing the flags we hung up. I like to show support for the men and women who fought for our country.

"I always try to be a good role model by making good decisions. I know that actions have consequences, so I try to make sure my actions have good ones."



## Tribal Peacemakers Needed

Planning for the Cow Creek Peacemaking Court continues, and we are seeking nominations for Peacemakers.

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 (*xaawísaahan* 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 know of a Tribal member who you think would be a great Peacemaker, please nominate them! Please send the nominee's name and contact information to Cassidy Rice at (503) 832-0443 or [cassidy@cassidyricelaw.com](mailto:cassidy@cassidyricelaw.com), and reach out with any questions about the program.

## Tribal Veterans Come Together for Monthly Meetings and the 2022 Annual Veterans Conference

Cow Creek Tribal veterans have been involved in two recent efforts to increase resources and community engagement for veterans.

Tribal veterans met with Tribal Member Liaison Rhonda Richardson and Prevention Specialist Sara Koyano in early April for the first monthly Tribal Veterans Meeting.

Also in April, Tribal staff, veterans, and representatives from veterans organizations in the community gathered in Canyonville for the 2022 Annual Veterans Informational Conference. This two-day event connected veterans to resources, helped providers network, and featured food and giveaways.



*Attendees of the first monthly Tribal Veterans Meeting.*



*Behavioral Health staff Sara Koyano and Jesse Spain, both veterans, shared resources at the conference*







## KIDS IN THE WOODS

Tribal Attendance Promising Practices



# A Day to Explore



In early April, the Expanding Horizons Youth Center partnered with the Tribe's Forest Management Department and South Umpqua TAPP to host a field trip for Tribal families to explore local forests, plant trees, and watch drones in flight.





# Culture and Education

## Tribal Youth Summit 2022 Organized by the Tribal Youth Council

The Cow Creek Tribal Youth Council hosted the Annual Tribal Youth Spring Summit on March 26-27 at the Convention Center at Seven Feathers Casino Resort.

Over 40 students engaged with our Canadian facilitators, Dakota House and Scott Ward, through interactive workshops that addressed social and mental health issues that face many of our young leaders today. Our Tribal neighbors, Burns-Paiute, were in attendance, along with other special Tribal leaders from around the State: Jonathan Arakawa, our NW Regional Representative for UNITY; Izaiah Fisher, Male Co-President with UNITY; Abraham Magana, with Oregon Department of Education's Youth Development Division; and Lorri O'Neill, Indigenous Coordinator for Unite Oregon.

The attendance this year was small in numbers, yet just as impactful for our youth leaders who attended. This event also allowed us to be recognized in UNITY's News webpage, which we are very proud of. The evening's entertainment, a comedy mentalist act and hypnosis show, was open for all Tribal families to enjoy.

The Tribal Youth Council wishes to extend its thanks to our Education Department, and Seven Feathers staff from the Group Sales, Marketing, Buffet, and Hotel departments for continued generosity and support in putting this annual Summit on. We look forward to making 2023 a memorable summit for Oregon's Nine Tribes' Youth Council.



*Tribal Youth Council President  
Samantha Morris gives the  
opening speech*





# Culture and Education

## Expanding Horizons Youth Center (EHYC) Meets National Standards by Engaging Students in Learning Activities

Throughout March and April, the EHYC has engaged its students in various activities that support healthy development and teach valuable skills. Notably, students recently created a community garden, built four large planter boxes, made a large star pattern on wood, and planned for an upcoming quilting project.

The students began the community garden by planting personal pots of bulbs and seeds, then measured and built the four wooden boxes, cut ground cover, and mentored Yimisa' Preschool students in planting strawberries and marigolds.

All the EHYC youth participated in drawing, tracing, painting, and weatherproofing a beautiful eight-point star mural that now hangs in the front entrance of the Tribal Community Center. These designs also inspired the quilt designs they made, along with a reading of "The Star Quilt on the Northern Plains" by Birgit Hans.

"We here at the EHYC are confident that our program meets all the national components of quality programming that supports children's healthy development," says Amber Lomascola, Center Programs Manager.

Lomascola's statement refers to a newly released report from "America After3pm," a resource for policy makers, educators, parents, and advocates on afterschool and summer program participation. This report lists that:

- Highest marks are given to programs that support healthy development in kids
- Parents prioritize a safe environment and quality staff when selecting an afterschool program
- Quality afterschool programs are identified by parents as opportunities for youth to build life skills and participate in activities that reduce risky behaviors

Watch official Tribal communications for details on the fun upcoming summer activities that the EHYC has in the works for Tribal students.



# Career Corner

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

## Career Center Upcoming Event

Resume Workshop – May 11th  
@ Tribal Community Center  
825 NE Leon St. Myrtle Creek  
4–7 pm

## Looking for Summer Employment?

The Career Center is offering local Douglas County area high school students various employment opportunities! Contact us if interested.

## High School Seniors

Graduation is right around the corner. You're almost to the finish line, not sure what's next for you? Make a plan with the Career Center!!

## Education Benefits

The Cow Creek Education Department wants you to know that we are here to partner with you on all of your education needs. [www.cowcreekeeducation.com](http://www.cowcreekeeducation.com) has all of the education benefits programs we offer on one convenient website. From beauty school to a bachelor's degree and beyond, the Cow Creek Education Department staff is here to help you on your journey to success. Log on, email us at [info-education@cowcreek-nsn.gov](mailto:info-education@cowcreek-nsn.gov) or call us at (541) 672-9405.

## Reminders

All students attending Pell grant eligible schools need to complete a FAFSA for the 2022-2023 school year! Contact us if you need help!



# TAKELMA LANGUAGE CORNER

## NEW LANGUAGE BOOKS

**Pée Túu!** Do you have a set of *Takelma Language Primer* books? Each household received books 1-4: *Animals*, *Places*, *Colors*, and *Numbers*. We now have finished the final two books in this series, ***Plants*** and ***Activities***, due to be distributed in May!



In the ***Plants*** Takelma Primer, we explore seven Takelma plant words. These words were specifically chosen as first food sources of our people. Each plant is accompanied with a scene of how we might have interacted with the plants.



In the ***Activities*** Takelma Primer, we learn nine Takelma words for activities. Each word is a complete sentence in Takelma. Throughout the book, we follow our people as they participate in different culturally-specific activities.

## LANGUAGE LESSON

Túuti eyít<sup>h</sup>? Are you good?

[DOO-dih eh-YEET]

Túu eyít<sup>he'</sup>. I am good.

[DOO eh-YEE-teh]

Yap'a túu eyít<sup>he'</sup>. I am a good person.

[yah-p'-AH DOO eh-YEE-teh]

haù / híit<sup>h</sup> yes / no

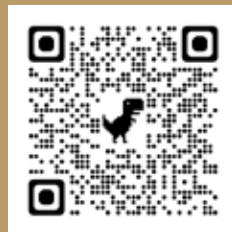
[HAH-oo / HEET]



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

QR code link:

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



## CLASSES



Family Language Classes

May 12th

&

May 26th

9am - 11am & 2pm - 4pm

Planning on attending Culture Camp? Learn words to use during *Salmon Ceremony*. Each class is online via Zoom. Culture will follow with a presentation.

All dates and times subject to change.

contact via email:

info-education

@cowcreek-nsn.gov



# Culture and Education



## CULTURE CAMP 2022

JUNE 17-18

8 AM - 5 PM

FOOD WILL BE  
PROVIDED

### BARE PARK

5719 Dole Road,  
Myrtle Creek, OR


On 1-5, take Exit 113 toward  
Clarks Branch Rd, then turn  
South onto NE Dole Road.  
Turn off onto the Bare Park  
access and cross the railroad  
before the overpass.

## RSVP

BY MAY 16

INFO-CULTURE@COWCREEK-  
NSN.GOV





CHIEF MIWALETA DAY WILL BE  
**BACK AND BETTER  
THAN EVER  
IN 2023**

Thank you for your patience as  
we plan for the future of this  
celebration of Tribal history

**Elders Shawl Making Activity**

Purple shawl making for Tribal Elders

**Every Tuesday and Thursday in May**

**10 AM (just before Senior Meals)**

**Grape Room at Seven Feathers Casino Resort**





# Culture and Education

*44th Annual*

# Cow Creek Tribal Pow-Wow



*Master of Ceremonies: Bob Tom, Siletz*

*Host Drum: Steiger Butte*

*Head Woman Dancer: Crystal Ansuers, Cow Creek*

*Arena Director: Allen Mata, Cow Creek*

**July 15, 16 & 17, 2022**

Drummers, Dancers, Singers & Traditional  
Craftspeople are welcome!

**Authentic Artwork, Crafts & Jewelry**

**NO TOBACCO SALES**

**Held at: South Umpqua Falls, Tiller, OR**

**No Alcohol, Drugs or Weapons allowed**

*For more information call*

Lottie Hamrick 541-643-4814

Tammy Anderson 541-672-3861

Teri Hansen 541-821-4893

Jacob Ansuers 541-630-0486

FRIDAY Set up - Salmon Dinner 6 p.m.

SATURDAY Pow-Wow 7 p.m.  
(No Meal Provided)

SUNDAY Raffle 10:00 a.m.  
Breakdown/Cleanup

**Dry Camp only — NO Electric, Water,  
RV hook-ups—** Water provided during event





# Government and Programs

## NEW GUIDELINES AND LIMITS

### DOWN PAYMENT ASSISTANCE



### HOME REPAIR ASSISTANCE



As of early April, both the Down Payment Assistance Program and the Home Repair Assistance Program have much higher fund limits, and are open for new applicants.

#### Down Payment Assistance Program

Tribal members that apply for this program can now receive **\$15,000** toward closing costs or a down payment on purchasing a house.

This assistance is only applicable for new transactions, and cannot be used for existing mortgage payments.

Applicants are advised that it can take around two weeks to process the application, verify the documents, determine eligibility, and establish payment with the Cow Creek Accounting team.

**“We understand that in today’s real estate market, you have to be ready to close as soon as you can,” says Jennifer Bryant, Housing Director, “but we need time to work out the details on our end. Submitting your application in advance will help us help you.”**

**Jennifer Bryant, Housing Director**

#### Home Repair Assistance Program

Tribal members who are existing homeowners can now receive **\$15,000** toward home repairs that fall under three categories: energy efficiency upgrades, structural upgrades, or infrastructure upgrades, such as these examples and more:

- A new roof
- Hiring an electrician to install new wiring or replace faulty or non-existent wiring
- Plumbing repairs or repairing water damage
- Upgrading a water heater
- Replacing baseboard heating with an A/C unit

Each application must be accompanied by two comparable bids. Funds are issued directly to the vendor or contractor, not to the applicant.

These funds are used to meet a need, but not a want; this ensures that these funds are used in the most effective way to help as many Tribal members as possible.

Contact the Wili Department for more information:

**541-492-5215**

**[info-housing@cowcreek-nsn.gov](mailto:info-housing@cowcreek-nsn.gov)**



A DEPARTMENT OF COW CREEK BAND  
OF UMPQUA TRIBE OF INDIANS





## The Shifting Landscape of Insurance in the Wake of the Pandemic

*This article is brought to you directly by the newsrooms of KHN and KFF*

The landscape of health insurance and benefits is shifting in many directions as the pandemic health emergency ends.

Before the public health crisis, states regularly reviewed whether people still qualified for Medicaid, based on their income, age or disability status. While those routines have been suspended for the past two years, enrollment climbed to record highs.

When the public health emergency ends, state Medicaid officials face a huge job of reevaluating each person's eligibility.

People who become uninsured may qualify for insurance through government programs, the ACA insurance marketplaces, or their employers — but the transition into other coverage isn't automatic.

In addition, insurance benefits for individuals and families may face a jolt or two.

Since the pandemic, many employers have made changes to their mental health and substance use benefits, as well as telemedicine and wellness programs.

A Kaiser Family Foundation study at the end of 2021 found workers are taking advantage of the services.

In 2021, average premiums for both family and single coverage rose 4%, to \$22,221 for families and \$7,739 for single coverage. Workers with family coverage contribute \$5,969 toward their coverage, on average, while those with single coverage pay an average of \$1,299.



The annual premium change was in line with workers' wage growth of 5% and the rate of inflation in 2021 of 1.9%. But during the past 10 years, average premium increases have substantially exceeded increases in wages and inflation.

Workers pay 17% of the premium for single coverage and 28% of that for family coverage, on average. The employer pays the rest.

Deductibles remained steady in 2021. The average deductible for single coverage was \$1,669, up 68% over the decade but not much different from the previous two years, when the deductible was \$1,644 in 2020 and \$1,655 in 2019.

Eighty-five percent of workers have a deductible now; 10 years ago, the figure was 74%.

# Government and Programs



COW CREEK PUBLIC HEALTH

# 2ND ANNUAL COMMUNITY HEALTH FAIR

SATURDAY, OCTOBER 1  
10:00AM-3:00PM

COW CREEK HEALTH & WELLNESS SOUTH CLINIC  
480 WARTAHOO LANE  
CANYONVILLE

COOKING DEMOS • PUMPKIN CARVING • CLINIC TOURS  
GAMES & PRIZES!



# Messages from the Clinic

## We Need Your Help!

### Cow Creek Behavioral Risk Factor Surveillance System (BRFSS) Project

The Cow Creek Health & Wellness Center (CCH&WC) will be conducting the 3<sup>rd</sup> 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.

This data has been used in the past to develop new programs and services within the Cow Creek Health & Wellness Center.

Our plan is to contact everyone by phone to conduct a 45-60 minute survey. **Surveying began April 1<sup>st</sup>, 2022**, with plans to conclude by the end of June 2022. Cow Creek Tribal members can call toll-free to **1(888)305-5105** and await a return call within 24 hours to get on the schedule to take the survey, or can wait for the surveyor to call and schedule a time.

**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.

Your input and information is VITAL to the planning of future healthcare programs and clinical services.

**If a Tribal member has recently turned 18, they need to complete the paperwork for the Rapid PayCard and W-9 form.**

## PUBLIC HEALTH COVID-19 BY THE NUMBERS



TOTAL DOSES OF VACCINE ADMINISTERED AS OF APRIL 15, 2022

### MODERNA

PRIMARY DOSES: 4,621  
BOOSTERS: 831  
OTHER: 19

### JOHNSON & JOHNSON

PRIMARY DOSES: 600  
BOOSTERS: 12

### PFIZER

PRIMARY DOSES: 1,142  
BOOSTERS: 123

### PEDIATRIC PFIZER

PRIMARY DOSES: 198

THANKS TO OUR COMMUNITY FOR GETTING VACCINATED AND BOOSTED!

FOR THE LATEST INFORMATION FROM PUBLIC HEALTH:

[www.cowcreek-nsn.gov/public-health](http://www.cowcreek-nsn.gov/public-health)



# CULTURE IS WELLNESS

EMOTIONAL, MENTAL, PHYSICAL, AND SPIRITUAL WELLNESS

## OPEN WOMEN'S & MEN'S RECOVERY HEALING CIRCLE

Walking the Red Road  
one day at a time

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

Questions?  
Call Roger Buchman  
(458) 802-3828



Join us on Wednesdays at 7 PM  
at the Block House in Canyonville

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 brown two-story house.



**GENERATION  
RED ROAD**



# May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Senior Meals	4	5 Senior Meals	6 Elders Luncheon 11 AM @7F Veteran Meeting 10 - 11 AM @ GO	7
8 Mother's Day	9	10 Senior Meals Food Bank 9-11 AM	11 Parenting Class Culture Is Wellness	12 Senior Meals Online Takelma and Culture Class	13	14
15 General Council 10 AM @7F	16	17 Senior Meals	18 Parenting Class Culture Is Wellness	19 Senior Meals	20	21
22	23	24 Senior Meals Food Bank 2-4 PM UIDC Career Fair 1 - 5 PM @7F	25 Parenting Class Culture Is Wellness	26 Senior Meals Online Takelma and Culture Class	27	28
29	30 GO Closed for Memorial Day	31 Senior Meals				

# June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Senior Meals	3 Veteran Meeting 10 - 11 AM @ GO	4
5	6	7 Senior Meals	8 Culture Is Wellness	9 Senior Meals Online Takelma and Culture Class	10 Elders Luncheon 11 AM @7F	11
12	13	14 Senior Meals Food Bank 9-11 AM	15 Culture Is Wellness	16 Senior Meals	17 Culture Camp	18 Culture Camp
19 Juneteenth/ Freedom Day	20 GO Closed to honor Juneteenth/ Freedom Day	21 Senior Meals	22 Culture Is Wellness	23 Senior Meals Online Takelma and Culture Class	24	25
26	27	28 Senior Meals Food Bank 2-4 PM	29 Culture Is Wellness	30 Senior Meals Veteran Meeting 10 - 11 AM @ GO		

## 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](mailto: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: 11 AM - 1 PM @7F

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

**WEEKENDS OFF**

**WORK / LIFE  
BALANCE**

**EXCELLENT  
BENEFITS**



# COME JOIN OUR TEAM

## POSITIONS AVAILABLE:

- BILLING & CODING SPECIALIST
- CERTIFIED MEDICAL ASSISTANT
- CLINIC INFORMATICS COORDINATOR
- COMMUNITY OUTREACH COORDINATOR
- COMMUNITY SPECIALIST
- REFERRAL & PRIOR AUTHORIZATION COORDINATOR
- REGISTERED DIETITIAN
- REGISTERED NURSE
- EMERGENCY PREPAREDNESS COORDINATOR
- SOCIAL SERVICES PROGRAMS ASSISTANT
- TIMBER ACCOUNTANT

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



# SAVE THE DATES

## UPCOMING EVENTS IN 2022

<b>CULTURE CAMP</b>	<b>June 17-18</b>
<b>POW WOW</b>	<b>July 15-17</b>
<b>YAC RAFTING</b>	<b>July 30</b>
<b>SUMMER GATHERING</b>	<b>August 20</b>
<b>YAC MOVIE NIGHT</b>	<b>September 10</b>
<b>COMMUNITY HEALTH FAIR</b>	<b>October 1</b>