



Wik'uuyám Heeta'

"Friend, Away from Here"

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



Jennifer Bryant Gifts Necklaces to Salmon Ceremony Swimmers
See pages 10-11 for more photos from Culture Camp

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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)

Tribal Staff Bless Rock Creek Steelhead Before Release

In June, the Oregon Department of Fish and Wildlife (ODFW) performed a volitional release of 75,000 steelhead smolt into Rock Creek near Glide, Oregon. Cow Creek Education and the Cultural Resources Program were present to conduct a ceremonial blessing over the fish.

Initially, ODFW had voted 4-to-3 against the volitional release, due to concerns that the released “non-native” steelhead would compete for resources with the river-born “native” steelhead population. However, quick action from the Cow Creek Natural Resources Department, in conjunction with four other federally-recognized Oregon Tribes, convinced ODFW to proceed with the release.

“If the release hadn’t happened, all 75,000 fish would have died,” said Jesse Jackson, Cow Creek Education Programs Officer. “That would be a travesty. I am really proud of our Natural Resources Department for collaboratively communicating in such a quick manner. If they’d sat on their hands for even a day, this release wouldn’t have happened.”

Not only does the release honor the fish, but it also provides thousands of pounds of food for Tribal and non-Tribal anglers in Douglas County and beyond.

The volitional release gives the steelhead the best chance of survival. Their tank is acclimated to the temperature of river water they are entering, and they are allowed to leave the tank of their own volition. This avoids more stressful methods of relocating the fish, such as suctioning them into a pipe, which can kill, injure, or otherwise affect the fish.

At the beginning of the release, Elizabeth Bryant offered a Takelma prayer over the fish, and Jennifer Bryant made an offering of native tobacco she had grown herself. Jesse Jackson played a flute song inspired by his grandfather, Chuck Jackson, who was very actively involved in preservation and conservation of local flora and fauna.

At the end of the outlet, where the fish would enter Rock Creek, the team scattered an offering of powdered dentalia shells into the water. This increased the area of the blessing, and may prevent thieves from taking the valuable dentalia shells afterward.

“Giving up an item of traditional wealth is a bit of quid pro quo with the Creator,” said Jackson.

The Education Department and Cultural Resources Program hope to continue to bring cultural aspects to Natural Resources projects in the future.



Robert VanNorman and Jennifer Bryant



Staff from the hatchery, Tribal Board, Tribal Education, and law enforcement

Emergency Preparedness

Wildfire Season Has Only Been Delayed

The long period of rains this year have been a welcome relief, but don't be fooled. Fire season is coming, and it can come fast. Despite the extra water in reservoirs and rivers, Oregon is still experiencing a drought. Here are three ways to prepare:

1: Sign up for Local Emergency Notifications

For instantaneous notification of any emergency situation, go to <https://oralert.gov/> and enter your location and contact information. Signing up for emergency notifications for your local area is the fastest way to be notified of any threat that may require evacuation.

Other useful resources are:

- www.tripcheck.com for checking on road closures throughout Oregon.
- The OregonAir and AirNow apps for your mobile phone to check air quality in your area.

2: Create Defensible Space Around Your Home

- Clear 30 feet around the home from flammable items.
- Cut tree branches to be six to ten feet above the ground.
- Cover vents under the house and on the roofline.

Defensible space around a home can make all the difference in protecting it from an encroaching wildfire, and give firefighters the best chance to keep them and your home safe. Find more information on creating defensible space here: <https://wildfire.oregon.gov/>

3: Become Two-Weeks Ready

- Be Informed
- Make an Emergency Plan
- Make an Emergency Kit with food, water, medicine, clothing, and supplies for pets and livestock.

If a wildfire or any other large-scale emergency strikes, everyone should be prepared to be self-sufficient for at least two weeks, in case of being cut off from outside resources. Learn more here: <https://www.oregon.gov/oem/hazardsprep/Pages/2-Weeks-Ready.aspx>

"Tribal leadership is preparing for fire season, but it is important that each individual prepare their own homes. Help us help you, by being as self-sufficient as you can. We can help so many more people if everyone follows these guidelines."

DOUG LADD
Public Safety Administrator

Contact Doug Ladd for emergency preparedness resources at 541-677-5579.

If you live outside of Oregon, don't worry. You can find your state's versions of these emergency resources with a quick internet search for emergency notifications and guidelines for your area.

Cow Creek Education Director Speaks on Oregon Public Broadcasting



The Cow Creek Tribe recently participated in a conversation on Oregon Public Broadcasting regarding a new grant program for Tribal students designed to offset the costs of higher education.

Sandy Henry, Education Director, was invited to speak on OPB's "Think Out Loud" program, along with Ben Cannon, Executive Director of Oregon's Higher Education Coordinating Commission, about the new Oregon Tribal Student Grant program.

The program is being heralded as a major opportunity for Native American students to conquer some of the hurdles associated with higher education.

"Being able to talk with our students -- returning or first-time students -- and saying, 'I've got this great program that's going to take a lot of pressure off of you and your family and it's going to allow you to focus primarily on having a successful academic year,' that's a huge gift to give our students right off the bat," said Henry.

The grant is for Oregon Tribal members attending in-state colleges or universities, who can apply for financial aid to bring down the costs of tuition, housing, books, and more. Cannon said the program is more far-reaching than others.

"This program takes into account not only [tuition] costs, but also the costs associated with being a student," he said.

The program has been approved by Oregon lawmakers for one year, at a cost of \$19 million.

Henry was enthusiastic about the grant program, but expressed concern that one year is not enough to create a successful career path.

"What we don't want to do is set people up for one year of success, followed by no supports and failure," she said, adding, "I'm hoping that by engaging in

this program for this year and showing the legislature what a need there is, we can continue to invest in what is an important part of our success and future."

In addition, Henry said Cow Creek and other Tribes would like to see the grant program expanded to include technical and vocational schools which offer licenses and certificates as a pathway toward good-paying jobs.

"I have great confidence that we're going to resolve that and move that forward," said Henry. "I'm hoping that this opens the door for Tribal students to see what their potential can really be."

To learn more about the Oregon Tribal Student Grant program, visit www.cowcreekeducation.com, or www.cowcreek-nsn.gov.

**"I'm hoping that this
opens the door for
Tribal students to see
what their potential
can really be."**

Sandy Henry

Cow Creek Education Director

MOHEGAN TRIBAL CHIEF TO BE NAMED AS U.S. TREASURER



Photo Credit: Jessica Hill,
Associated Press

“I am honored and humbled by Secretary Yellen and the Biden Administration’s commitment to ensuring that all voices are heard by Treasury as we work together to create an equitable and just society. It is especially important that our Native voices are respected.”

MARILYNN MALERBA

Marilynn Malerba, the 18th chief of the Mohegan Tribe in Connecticut, will soon be nominated by President Biden to be the U.S. Treasurer. If confirmed, she would be the first ever Native woman to hold that position.

If appointed, Malerba would not only oversee the Bureau of Engraving and Printing, the storage of gold at Fort Knox, and the U.S. Mint, but she would also be at the forefront of the Treasury’s new Office of Tribal and Native Affairs, which coordinates government-to-government communication between the Treasury and Tribal nations.

Malerba has previously served as a member of the Treasury Tribal Advisory Committee, and as both the Mohegan Tribe’s Executive Director of Health and Human Services, and Chair of the Tribal Council, among many other positions in local, Tribal, and community organizations. She is the first woman in nearly 300 years to be given the title of Chief by the Mohegan Tribal Council. Before that, she worked as a registered nurse, and as the Director of Cardiology and Pulmonary Services at Connecticut’s Lawrence + Memorial Hospital.

As U.S. Treasurer, Malerba would also advise Treasury Secretary Janet Yellen on matters of public engagement and community development.

“This is an historic appointment,” Yellen said in a statement. “Her leadership and experience will deepen our commitment to help expand economic opportunities for all Tribal communities.”

NAVAJO TRIBAL MEMBER NOMINATED AS DIRECTOR OF INDIAN HEALTH SERVICES

The nomination of a new director of Indian Health Services is currently waiting on a vote from the U.S. Senate, following a committee hearing in early May.

If confirmed as Director of IHS, Roselyn Tso would be the most senior government official in charge of ensuring adequate and accessible healthcare for Native Americans and Alaskan Natives.

Tso is an enrolled member of Navajo Nation and is the current Director of the Navajo Service Area.

The Navajo Nation Council cheered her nomination by saying in a statement: “Ms. Tso has committed her professional life to the public health field and overseen the well-being of the Navajo people during this pandemic. Her years of leadership on the front lines have prepared her to lead the IHS and to be an outspoken voice for Tribes across the United States. We appreciate President Biden for appointing highly motivated and qualified Native American leaders to key positions within his administration.”

During her professional career, Tso also spent significant time in the Northwest. She previously worked in various leadership positions with the IHS Portland Service Area, including as the Administrative Officer for the Yakama Service Unit. Tso also graduated from universities in Portland, earning a Bachelor’s of Arts in interdisciplinary studies from Marylhurst University and a Master’s Degree in organizational management from the University of Phoenix in Portland.



ROSELYN TSO

“Her years of leadership on the front lines have prepared her to lead the IHS and to be an outspoken voice for Tribes across the United States.”

—
Navajo Nation Council

This Month in Tribal History

July

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.

1977

The first officially organized annual Cow Creek Tribal Pow Wow was held at South Umpqua Falls.

1982

Dr. Stephen Dow Beckham, Don Wharton, Dennis Mulvihill, Dennis Whittlesey, Charles Jackson, Sue Shaffer, Naomi Gould, Amaryllis Young, and "Tooter" Jack Ansures testify at a House hearing regarding the Restoration/Recognition Bill.

1995

The Tribe reclaimed the "Monarch Cache" of Tribal artifacts taken from the Huckleberry Patch.

Over 200 Tribal members attended the opening of "Seven Feathers Hotel" adjacent to the Gaming Center in Canyonville, Oregon.

1999

The Tribe hosted the first annual Fourth of July Veterans Dinner.

1994

For the first time in any presidential administration, the White House sponsored a Tribal Women's Meeting between the First Lady, women Tribal chairpersons, and women members of the President's cabinet. Chairman Sue Shaffer was selected by White House staff to respond to the First Lady's presentation on government-to-government relationships between Tribes and the Clinton Administration.

1998

The Tribe hosted the "Seven Feathers Jubilee," a show depicting the history of the Tribe, Douglas County, and Southern Oregon. It included dozens of historical photos from the local area, Tribal families, and a special section dedicated to Tribal veterans of the armed services.

2001

Cow Creek historical markers were dedicated at rest areas on I-5, one at the southbound South Umpqua Rest Area (south of Roseburg), and the other at the northbound Cow Creek Rest Area (north of Glendale). They were titled "Cow Creeks: A Land of Strong Recovery" and "Homeland of the Cow Creeks."



Chairman Sue Shaffer presenting beside First Lady Hillary Rodham Clinton

This Month in Tribal History

July

2013

Under the leadership of Tribal member Cam Campman, the Tribal-owned graphic design business Creative Images was rebranded as Anvil Northwest.

2007

Jack "Tooter" Ansures was honored for 15 years of archaeological work.



2017

Takelma Roasting Company opened its doors.

2019

The Education Department holds a ceremony to open the new Tribal Community Center in Myrtle Creek, Oregon.

The Tribe worked with DFPA, BLM, ODFW, OHA, local governments, and other partners to fight the Milepost 97 fire that threatened Canyonville, Oregon, and many Tribal businesses.

2010

The Tribe's website first went live as www.cowcreek.com.

Tribal member Kelly Huddleston passed the New Mexico State Bar and joined Cuddy & McCarthy, LLP. She had previously earned three other degrees from three prestigious universities.

2016

After a vote, the Tribal Gardens are named *Tuú Yap'a Xumá* (Takelma for "good people food").

Cow Creek Behavioral Health worked with Anvil Northwest to design "Prevention Warriors" posters, urging Tribal youth to honor heritage by avoiding destructive behaviors like drugs, alcohol, or suicide.



2021

The Tribe opens the first retail outlet of a Tribal-owned Business at Seven Feathers Casino Resort: Takelma Roasting Co.

Robert VanNorman receives the Chapel of Four Chaplains Legion of Honor award at the annual Veterans Dinner at Seven Feathers Casino Resort.



2011

In collaboration with ODOT, the Tribe opened the Jordan Creek Rest Stop on I-5 Exit 99.

Seven Feathers Truck & Travel Center opened a new truck parking lot with electrical hookups, capable of accommodating 60-80 vehicles.

Tribal News

Culture Camp 2022

Jesse Spain and Scott Hamrick raising the Cow Creek Flag to start the event

Over 200 attendees enjoyed the many booths and activities at this year's Culture Camp. Tribal members, employees, and the Youth Activity Council manned booths that offered basketry, leatherworking, flintknapping, stone knife making, archery, Takelma language, storytelling, and many other traditional crafts and activities.



The Youth Activities Committee providing fun crafts for kids, such as painting toys and tie dying shirts

Darlene Chapman helping youth make talking sticks



Elizabeth Bryant and Dave Prine leading games of Hànta, a Takelma game like Bingo. See page 16 for more details.



Beth Gipson and Clara Keller weaving miniature baskets



Ben Steward and Tribal Youth Council President Samantha Morris raffling a knife made by Butch Bochart





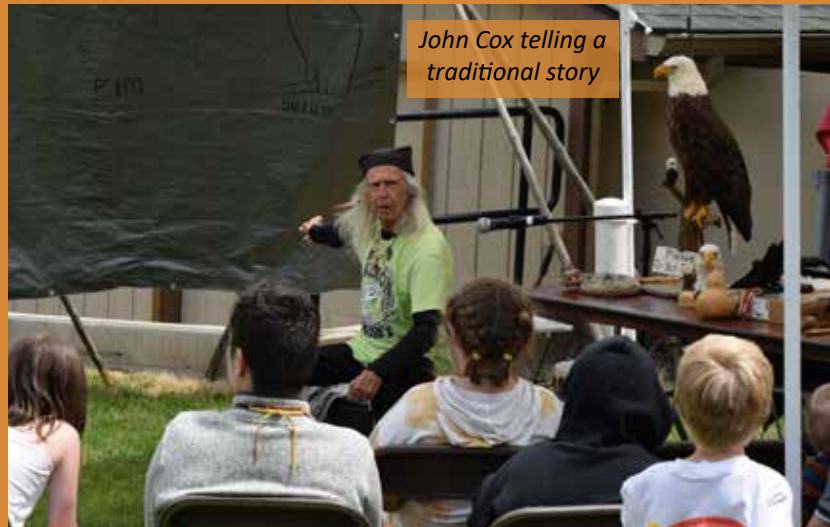
Butch Bochart demonstrating leather sheath making



Talon Gipson and Mike Hamrick watching over the traditional salmon smoking method



Tribal youth in regalia to honor the Salmon Ceremony



John Cox telling a traditional story

The Salmon Ceremony

Each year at Culture Camp, Earl Huitt leads this ceremony, telling the tale of how the salmon saw the starving people and offered themselves as food.

Attendees gather in a circle, eating half of a piece of salmon cut only by an obsidian knife, then placing the other half on branches along with the person's prayers. These branches are carried to the river, where young men will swim down and place the branches and salmon bones at the bottom of the river. This carries the prayers of thanks to the salmon, and guides them back to the river each year.



THE CAREER CORNER

COW CREEK CAREER CENTER

IMPORTANT DATES:

JULY 15

NEW SEMESTER Higher Education student applications for Fall 2022 are DUE!

AUGUST 1

Oregon Tribal Student Grant Program

Please go to the HECC website for eligibility and to apply

<https://www.oregonstudentaid.gov/oregon-tribal-student.aspx>

or call 541-672-9405 and ask for Sandy Henry

AUGUST 15

NEW TERM Higher Education student applications for Fall 2022 are DUE!



DID YOU KNOW?

COLLEGE PREP: Are you attending college in the fall? The Career Center is here to help you transition.

HOT JOB LIST

- Summer Trail Maintenance
- Mill Production
- Packhouse Workers
- Laborer
- Summer crew at Ford's Pond Community Park
- Umpqua Dairy Ice Cream Scoopers for local summer events!

INTERESTED? CONTACT US!
INFO-CAREERCENTER@COWCREEK.COM

COWCREEKEDUCATION.COM





Seven weeks of
STEAM curriculum
Tuesday through
Thursday

Registration open
for grades 3-12

Limited spots
available

Summer of STEAM
learning!
Register today



Expanding Horizons Youth Center

Summer STEAM Programs!

Tuesday–Thursday 11am–3pm

Tribal Community Center
825 NE Leon St. in Myrtle Creek

- Call to reserve a spot in one or all classes
- Transportation options available
- Most classes include fieldtrips with transportation provided

STEAM Classes:

- Prevention Team July 5–7
- Cooking Class, Cow Creek Dietitians July 26–28
- Takelma Language Team August 2–4
- Culture Team August 9–11
- Robotics, Spike Prime Robot, UCC Instructors
August 16–18

Contact us:

541–860–7296

ALomascola@cowcreek-nsn.gov

To learn more, visit us at
www.cowcreekeducation.com

Culture and Education

Yimisa Preschool and Expanding Horizons Youth Center Celebrate Graduation into Kindergarten

On Wednesday, June 8, Yimisa Preschool held their first in-person ceremony to celebrate Tribal preschoolers graduation into Kindergarten. This is the third class of Yimisa students to graduate, but pandemic restrictions prevented holding in-person ceremonies in previous years.

Tribal youth in the Expanding Horizons Youth Center (EHYC) fostered close relationships with the preschoolers, interacting with them during early release playtime. EHYC youth made signs and neck stoles for each preschooler, and escorted them down the ramp at the start of the ceremony.

"These are all Tribal kids playing together and building relationships that will last their whole lives," said Sandy Henry, Cow Creek Education Director.



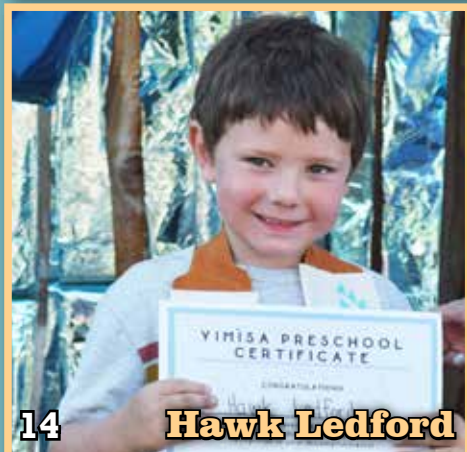
Amara Svilar



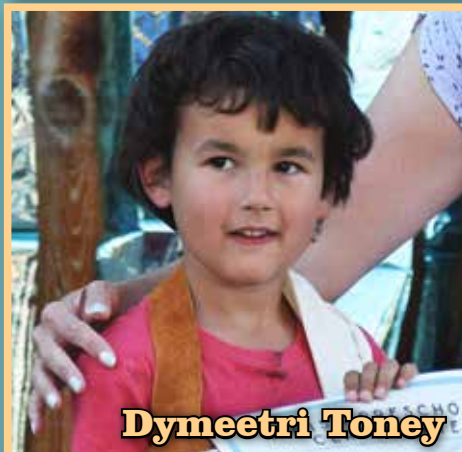
Jaylynn Shewey



RosaLee Ohlund



Hawk Ledford



Dymeetri Toney



Kambrie Ferch

Culture and Education

Art by Sarah Thompson-Moore



TRADITIONAL FISHING



Photo Credit: BLM Idaho

SALMON FISHING TECHNIQUES

Along the glistening rivers and streams, salmon was harvested with the use of weirs, traps, gaffs and net. Stick dams were constructed across creeks and funnel shaped baskets made of hazel shoots were placed in narrow channels to catch salmon as they surged upstream.

HARVESTING LAMPREY

Tribal men also plunged into the water to tear large numbers of lampreys from the rocks. They would thrust the lamprey's head into their mouths; bite down, and throw the lifeless lamprey onto the rocks. Then Tribal women would gather them and begin to process the catch.

COOKING METHODS

Both salmon and lamprey were smoked and dried, serving as stored food used during the winter months.



Photo Credit: Watershed Information & Conservation Council The Pacific lamprey

TAKELMA LANGUAGE CORNER

CULTURE CAMP

Pée Túu!

We loved seeing you at Culture Camp! If you didn't make it, we played **Hànta**, which is a game just like bingo. You might have also received a shirt with the word **kós**, or a bag with the word **Takelmá-yok^hyà's**.

Hànta is the Takelma word meaning "across it."

Kós means "abalone shell" and "rainbow"!

Takelmá-yok^hyà's means "one who knows Takelma."



LANGUAGE UPDATE

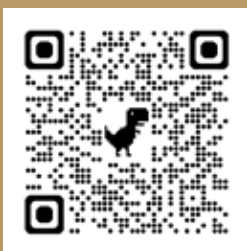
The Language Team is making some changes, including:

- Revising the current online curriculum
- Working on new lessons for fall classes
- Updating the online dictionary with more vocabulary!

FOR PREVIOUS
NEWSLETTER LESSONS,
SCAN THE QR CODE OR
USE THE LINK BELOW!

QR code link:

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



CLASSES

There will be no Language Classes in July. Stay tuned for next month, and have fun at Pow Wow!



contact via email:

info-education@cowcreek-nsn.gov

44th Annual

Cow Creek Tribal Pow-Wow

July 15, 16, & 17, 2022

This year marks the 44th year of the Annual Cow Creek Tribal Pow Wow at South Umpqua Falls.

Pow Wow is a great opportunity for celebrating Cow Creek Tribal culture and family ties. Gatherings like these help generations of Tribal members reconnect, especially after a long and isolating pandemic.

This year at Pow Wow, families are welcome to camp overnight, or join just for the day to take part in the planned Cow Creek ceremonies and rituals.

Helpful Tips for Those Planning to Camp During Pow Wow:

- Camping is DRY only – there is no water, electricity or sewer hook-ups
- No reservations, honor system only – please contact Tammy Anderson or Lottie Hamrick once you arrive
- Potable water is available on site
- Camping areas are mostly in the field meadow with limited shade

What You Can Expect at Pow Wow This Year:

Pow Wow will open with a salmon potluck on Friday night. All families are asked to bring a side dish to share. Friday's potluck is the only meal provided, families are responsible for all other meals.

On Saturday, kids' games begin at 10:30AM in field. Families are welcome to visit artisan and vendor booths throughout the day, or swim in South Umpqua Falls. Both Cow Creek Public Health and Cow Creek Behavioral Health will be on site for meet and greets, as well as surveys and prizes.

The cornerstone event of Pow Wow, the Grand Entry ceremony, begins at 7:00PM on Saturday. Everyone is invited to enjoy traditional dancing, music and food. Sunday morning at 10AM, Pow Wow closes with the annual raffle.

Please feel free to share pictures of this year's Pow Wow, or any other Pow Wow celebrations from years past, and we may feature them in the August Tribal newsletter.

Government and Programs



TRIBAL VETERANS CORNER

JULY 2022



This month, we thank a group of Tribal veterans who participate in any public or private events where the Color Guard is requested.

The group is led by Tribal Elder, veteran, and Tribal Board member Robert VanNorman, and includes the following volunteers:

- Fred VanNorman
- Tom Cox
- Scott Hamrick
- Tyler Jasper
- Ryan Bochart
- Sara Koyano
- Jesse Spain
- Jesse Hardin
- Larry Davis
- Ed Davenport

We thank these Tribal veterans, and those who participate by supporting their efforts!

**WATCH YOUR MAILBOX FOR MORE
INFORMATION ON A FISHING TRIP**

UPCOMING VETERANS EVENTS

- JULY 4** Veterans Dinner at Seven Feathers Casino Resort
- JULY 5** 10 AM – Meeting in the Hospitality Room at Seven Feathers Casino Resort
- JULY 16** Pow Wow Veteran's Breakfast (see Rhonda Richardson for a ticket) at the Fry Bread trailer at South Umpqua Falls
- AUGUST 5** 10 AM – Meeting in the Hospitality Room at Seven Feathers Casino Resort
- AUGUST 15** Veterans and Elders Drum Making Class. Limited space, location TBD, one per household
10 AM – 1 PM
- AUGUST 27** Huckleberry potluck and picking. Bring a dish or dessert to share. Don't forget a chair! Drinks provided. Meet near the cemetery entrance to Seven Feathers Casino Resort at 7 AM.

Government and Programs



WELLVIA

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- Asthma
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- Heartburn
- Nausea
- Rashes
- Sinus Infection
- Sore Throat
- AND MORE...

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TRIBAL MEMBER ASSISTANCE PROGRAM

Available to all Tribal Members and family members at NO COST to you

- Confidential Counseling
- Online Peer Support Groups
- 24-hour Crisis Help
- Online Legal Forms

866-750-1327

UPRISEHEALTH.COM/MEMBERS

Access Code: cowcreektribe



Women's TREM Workshop

TRAUMA RECOVERY
& EMPOWERMENT
MODEL

A 24-week workshop to guide through the recovery and healing process for women who may be living with the effects of traumatic or bad experiences within their lifetime.

Starting July 21, 2022, each session will be held weekly on Thursdays from 6 - 7:30 PM at the Tribal Government Offices South Building Conference Room.

Food, drinks, and onsite child care will be provided during sessions. Transportation may be available if scheduled beforehand.

**For more information, please contact
Ally Van Norman at 541-492-5268 or
Ally.VanNorman@cowcreek-nsn.gov.**

DEATH NOTICES

Dorian Denny Cox

Rainville Family

Date of Birth: 10/13/1939

Date of Death: 05/16/2022

Age at Death: 82

Barbara Jean Hill

Rainville Family

Date of Birth: 03/23/1932

Date of Death: 05/27/2022

Age at Death: 90

Messages from the Clinic

MODERNA AND PFIZER VACCINES NOW APPROVED FOR CHILDREN UNDER FIVE

After more than two years of waiting, experts at the Centers for Disease Control and Food and Drug Administration have authorized shots for the children. Both Moderna and Pfizer mRNA COVID-19 vaccines are now available for children between 6 months and 5 years old.

To begin immediately providing for Tribal members and the community, Cow Creek Public Health held a pediatric vaccine clinic on Friday, June 24, and are planning to hold similar events in the future.

Cow Creek Public Health plans to make the vaccine available during their normal hours at the mobile vaccine drive-thru site, but are still working through those operational plans.

The mobile vaccine drive-thru site is currently open for COVID-19 primary and booster doses for all teens and adults on Mondays, Tuesdays and Wednesdays from 10AM-1PM, and 2PM-5PM. Patients of Cow Creek Health & Wellness are also able to schedule a vaccine on Fridays only with an appointment. Call (541) 672-8533 to schedule an appointment.



Frequently Asked Questions

Which vaccine should my child get?

Each parent can choose which vaccine is right for their child. Moderna is two-shot series with four weeks in between doses. Data from the company touted between 37% and 51% efficacy against symptomatic COVID-19 infection, depending on the age of the child. Pfizer is a three-dose series; the first and second shots are three-weeks apart and a third shot is administered eight weeks later. Pfizer data claimed 80% efficacy.

What are the side effects?

Side effects are similar to those experienced after most childhood vaccines (irritability, low-energy, pain at injection site, etc.).

Can my child get their vaccine at the doctor's office?

Yes, you can make an appointment with your child's pediatrician to receive the vaccine in their office. However, not all doctor's offices are taking appointments for COVID-19 vaccines for kids under 5 yet.

Messages from the Clinic



CONNECT WITH COW CREEK PUBLIC HEALTH DURING **SUMMER OUTREACH TOUR**

Just like last summer, Cow Creek Public Health will be going on another road trip this summer, visiting Tribal members and communities across the Cow Creek seven-county service area.

This is an opportunity for Tribal members to connect with their Tribal healthcare providers and learn more about how to keep themselves and their families healthy.

Each event will be fun, family-oriented and easily accessible. These events are for Tribal members looking for more information on overall health and wellness, those who may need assistance with OHP (Oregon Health Plan) and/or PRC (Purchased and Referred Care for Cow Creek Tribal members), or who want to learn more about our Behavioral Health, Dietetics, and Public Health teams.

**EVERYONE WHO ATTENDS
WILL GET A FREE GOODY BAG!**

AUGUST 22

Cow Creek Health & Wellness Center
Dietetics kitchen (far right entrance)
2589 Edenbower Blvd, Roseburg OR
10 AM - 6 PM

AUGUST 23

Medford Tribal Government Office
40 S. Central, Medford OR
10 AM - 6 PM

AUGUST 25

Klamath Basin Equipment (KBE)
2109 NW 6th St, Redmond, OR
10 AM - 6 PM

AUGUST 26

CTCLUSI Outreach Office
135 Silver Lane, Suite 200, Eugene OR
10 AM - 6 PM

AUGUST 27

CTCLUSI Tribal Hall
338 Wallace Street, Coos Bay, OR
10 AM - 6 PM

Youth Activity Committee
SUMMER GATHERING

SATURDAY, AUGUST 20TH

TUÚ YAP'A XUMÁ TRIBAL GARDENS

Exit 101 on Interstate 5

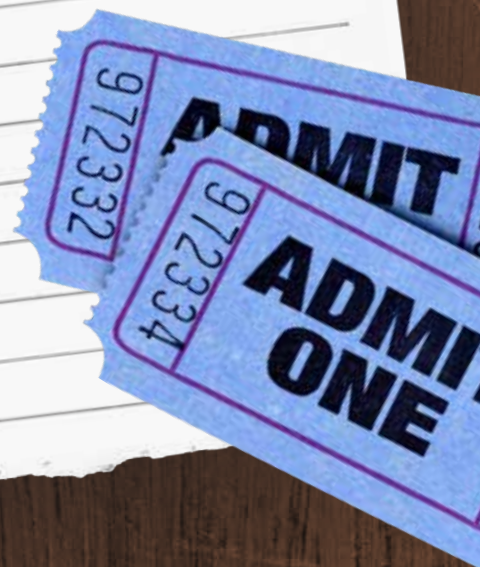
GAMES - PRIZES - FOOD

SCHOOL SUPPLIES

MOVIE NIGHT

RSVP to Tammy Anderson: 541-672-3861 or
tammy.anderson@cowcreekgrc.com

Time info
coming
soon



July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Elders Luncheon 11 AM @7F Veteran Meeting 10 - 11 AM @ GO	2 Culture is Wellness
3	4 GO Closed for Independence Day Annual Veterans Dinner @7F	5 Senior Meals EHYC Summer STEAM Class	6 Culture Is Wellness EHYC Summer STEAM Class	7 Senior Meals PRC 101 Class 10 AM, Online EHYC STEAM	8	9 Culture is Wellness
10	11 Culture Is Wellness	12 Senior Meals Food Bank 9-11 AM	13 Culture Is Wellness	14 Senior Meals	15 Pow Wow @ South Umpqua Falls	16 Culture is Wellness Pow Wow @ South Umpqua Falls
17 Pow Wow @ South Umpqua Falls	18 Culture Is Wellness	19 Senior Meals	20 Culture Is Wellness	21 Senior Meals Women's TREM	22	23 Culture is Wellness
24	25 Culture Is Wellness	26 Senior Meals Food Bank 2-4 PM EHYC Summer STEAM Class	27 Culture Is Wellness EHYC Summer STEAM Class	28 Senior Meals Women's TREM EHYC Summer STEAM Class	29	30 Culture is Wellness YAC Rafting Trip

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Culture Is Wellness	2 Senior Meals EHYC Summer STEAM Class	3 EHYC Summer STEAM Class	4 Senior Meals Women's TREM EHYC Summer STEAM Class	5 Veteran Meeting 10 - 11 AM @ GO	6 Culture is Wellness
7	8 Culture Is Wellness	9 Senior Meals EHYC Summer STEAM Class	10 Culture Is Wellness EHYC Summer STEAM Class	11 Senior Meals Women's TREM EHYC Summer STEAM Class	12 Tribal Election Ballots due to Wicks Emmett by 1 PM	13 Culture is Wellness
14 General Council Election Meeting 10 AM @7F	15 Culture Is Wellness	16 Senior Meals Food Bank 9-11 AM EHYC Summer STEAM Class	17 Culture Is Wellness EHYC Summer STEAM Class	18 Senior Meals PRC 101 Class 10 AM, Online EHYC STEAM	19 Also on the 18th: Women's TREM	20 Culture is Wellness Summer Gathering @ Tribal Gardens
21	22 Culture Is Wellness PH Outreach Tour	23 Senior Meals Food Bank 2-4 PM PH Outreach Tour	24 Culture Is Wellness	25 Senior Meals Women's TREM PH Outreach Tour	26 PH Outreach Tour	27 Culture is Wellness Huckleberry Picking PH Outreach Tour
28	29 Culture Is Wellness	30 Senior Meals	31 Culture Is Wellness			

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

Culture Is Wellness: Women's/Men's Healing Circle
Mon: 6 PM, Medford Tribal Office, 40 S. Central St, Medford, OR
Wed: 7 PM at Block House behind Seven Feathers Casino
Sat: 6 PM at 940 Garden Valley Blvd, Roseburg, OR
Senior Meals: 11 AM - 1 PM @7F
Women's TREM Workshop: 6 - 7:30 PM @GO South Building

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

SOME OF OUR AVAILABLE POSITIONS:

- ACCOUNTING SPECIALIST
- EDUCATION COORDINATOR
- GENERAL COUNSEL
- IT TECHNICIAN
- WATER AND ENVIRONMENTAL RESOURCES MANAGER
- CERTIFIED MEDICAL ASSISTANT (SIGN-ON BONUS!)
- CLINIC INFORMATICS COORDINATOR
- LICENSED CLINICAL SOCIAL WORKER
- PUBLIC HEALTH MEDICAL ASSISTANT (SIGN-ON BONUS!)
- PUBLIC HEALTH REGISTERED NURSE (SIGN-ON BONUS!)
- REGISTERED NURSE (SIGN-ON BONUS!)

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



SAVE THE DATES

UPCOMING EVENTS IN 2022

ELDER TRIP (GOLD BEACH)	August 8
SUMMER GATHERING	August 20
YAC MOVIE NIGHT	September 10
ELDER TRIP (BELKNAP)	September 19
COMMUNITY HEALTH FAIR	October 1
FALL GATHERING	October 15
YOUTH POW WOW	November 12