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## U.S., Indians Enter Historic Settlement

After nearly 14 years of litigation, three Presidents, four Interior Secretary's, two judges and scores of lawyers, the federal government and more than 300,000 Individual Indian Money (IIM) beneficiaries have come to a settlement in a lawsuit that claims that the federal government mismanaged individual Indians' trust accounts for over 100 years.

Plaintiffs, Elouise Cobell, Earl Old Person, Mildred Cleghorn, Thomas Maulson and James Larose filed the original complaint in 1996 in the United States District Court in Washington D.C. The case was originally assigned to the Honorable Judge Royce C. Lamberth who presided over the case for over 10 years.

Lamberth wrote in an opinion that **"I have never seen more egregious misconduct by the federal government"** and later wrote in another opinion **"Now, at the conclusion of the second contempt trial in this action, I stand corrected. The Department of Interior has truly outdone itself this time.....it is a dinosaur – the morally and culturally oblivious hand-me-down of a disgracefully racist and imperialist government that should have been buried a century ago."**

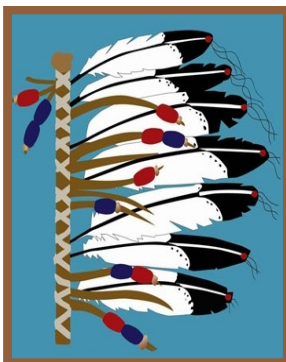


Judge Lamberth was removed by a federal appeals court in 2006 at the request of the U.S. Government. He was accused of being bias against the government. The case was then assigned to Judge James Robertson.

The settlement, announced on December 9, 2009, calls for \$1.4 billion to be divided among more than 300,000 people, the descendants of Indians to whom the government assigned plots of Tribal land under an 1887 law. An additional \$2 billion was agreed upon to buy back as many as 37,000 acres of subdivided Indian lands.

The settlement must be voted on by Congress and approved by Judge, Robertson.

This settlement is with individual Indian account holders and has no affect on the Cow Creek Tribe. As you know, the Cow Creeks were ignored by the federal government for over 128 years from the signing of the Treaty in 1853 until federal restoration in 1982. During that time the Tribe had no assets managed by the Bureau of Indian Affairs. However, there are some enrolled Cow Creek Tribal members who have IIM accounts for assets that were passed down to them from ancestors of other Tribes.



**Special points of interest:**

- **Government Office Hrs:** Mon-Thurs 8am-5pm  
Fri 8am-4pm
- **Roseburg Clinic Hrs:** Mon-Thurs 8am-5pm  
Closed 12pm-2pm
- **Canyonville Clinic Hrs:** Mon-Thurs 8:30-4:00  
Closed 12pm-2pm
- **Office Closure Dates:** Feb. 15 Presidents Day

## What is Attention Deficit Disorder (A.D.D.)?

First of all, what isn't A.D.D.? It isn't a bad, lazy, or stupid child. It has nothing to do with how hard your child tries to be successful. It's not your child's fault if they have A.D.D. And it's not bad parenting.

What is A.D.D.? It is the inability of your child's brain to focus on what is relevant in his/her environment. It's sort of like an electrical short circuit in a radio or cell phone that is not plugged in correctly or properly charged. It involves the neurotransmitters (electrical transmissions) in the brain; all of the parts are probably there, but the connections aren't working right.

A child with A.D.D. often has difficulty in school due to this inability to determine what is relevant in the classroom and what isn't. The overhead lights may have a buzzing sound that you can't hear, but your child may. Your child may be very bothered by the child sitting six seats over who is tapping her finger on her desk. Your child may be agitated by the sound of the teacher helping another student. Sounds in the hall, the classroom next door, people at recess, and any movement or change may vie for your child's focused attention. Everything seems equally important to your child and he/she cannot select what to pay attention to. Your child may often be impulsive and may have difficulty making good choices, even when he/she wants to. Your child may often have

difficulty with how he/she interacts with other children. Boys with A.D.D. are often aggressive and are reported to be on-the-go all of the time. Girls with A.D.D. are often withdrawn. A child with A.D.D. typically feels bad about him/herself and, as a result, may have low self-esteem.



The diagnosis for A.D.D. cannot be made by you or your child's teacher. A Qualified Mental Health Professional (Q.M.H.P. – Psychiatrist, Psychologist, Social Worker, Behavioral Health Therapist, etc.) may use the information that you and the teacher provide, as well as how your child acts, to determine a diagnosis of A.D.D. This information should include specific behaviors, actions, activities, and sounds that your child makes. The teacher can offer information on your child's interactions with other children. There are assessment tools that a Q.M.H.P. may use to make a diagnosis of A.D.D. Two such tools are the Conner's Rat-

ing Scale and the Taylor Hyperactivity Screening. A child that is under age five is typically not able to be diagnosed with A.D.D., even though they have many of the symptoms, as small children make lots of noises, are impulsive, and distractible as part of their developmental age.

What can you do if your child has A.D.D.? If your child does have A.D.D., there are strategies he/she can learn from a Q.M.H.P. to help them cope. Examples are: you can teach your child to purposely make eye contact, in a mindful way, when someone is talking to them. Your child may want to sit in the front row in school to help eliminate distractions. You may want to watch what your child eats and drinks, some children may be sensitive to dyes, sugar, or other additives and these may worsen your child's

symptoms. If your child continues to struggle, you may want a medication evaluation by a doctor. There are safe and tested medications that may allow your child's brain to plug-in more clearly and aid him/her with relevance and attending.

A.D.D. is not much different from any other physical problem or illness. It can be treated. If you suspect that your child may have A.D.D., contact Lee Van Beuzekom, L.M.F.T., at the Cow Creek Health and Wellness Center at 672-8533 and request an assessment.



## Medicare Part B Reimbursement Benefit

If at any time during the 2009 calendar year **Medicare Part B** premiums were withheld from your Social Security benefit, you may qualify for reimbursement from the Tribe. Tribal members aged 65 or those receiving disability payments are eligible for Medicare Part B insurance.

At the end of each calendar year, the Social Security Administration (SSA) sends recipients a SSA-1099 form for tax purposes that details social security benefits. According to the Social Security Administration, the SSA-1099 forms for year 2009 will be mailed to recipients by the last week of January 2009. In order to expedite premium reimbursement, please mail a copy of the SSA-1099 to the Government offices. Reimbursement checks will be distributed upon receipt of this information. To request an SSA-1099 or 2009 Benefit Statement, please contact your local Social Security Administration office.

If Medicare Part B premiums were paid for you through a retirement account, pension fund, or by some other means, you may still be eligible for reimbursement. Please provide proof of payment.

Tribal members also have the option of receiving monthly reimbursement for Medicare Part B premiums. If you would like more information regarding this program or have questions, please contact Jennifer Boetcher, Assistant to the Health Director at (541) 672-8533.

## Contract Health News

**2010 APPLICATIONS ARE DUE NOW.** It is hard to believe another year has gone by. If you have not received an application and live within the seven county service area, contact Contract Health Service at 541-672-8533, option 1, for an application. **By Federal regulation, applications are required each year for each individual using CHS prior to a PO being issued to assure eligibility for services.**

Please call 1-2 business days, in advance, for purchase orders. It is important to know the name of the business that you are going to, as most doctors and dentists are listed under the business name and the location of the business (name of the town). **It is the Tribal member's (parent or guardian's) responsibility to call for their own purchase orders before each visit.**

If you receive a statement and it does not show the payer of last resort (CHS) information, call the provider and give them our address and telephone number so they can bill CHS. This will speed up payment and keep you from receiving late payment notices and/or bad debt letters.

Remember: Use urgent care services when available and only use the Emergency Room for true emergencies as CHS is required to request chart notes for all ER visits to determine true emergency. If a visit was not deemed a true emergency, it is the patient's responsibility to pay the bill.

Please call us with any and all questions so we can pay your PO approved bills in a timely manner.



## F E B R U A R Y 2 0 1 0

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JOM Mtg 5:00 South Building <b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
General Council Mtg 10:00 am Boardroom <b>14</b>	President's Day Office Closed <b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	JOM Ski Trip <b>27</b>
<b>28</b>						

## M A R C H 2 0 1 0

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JOM Mtg 5:00 South Building <b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	Washington Board Meeting Woodland, WA JOM spiritual Sweat 6 p.m.	Port Angeles, WA <b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

For more information on events listed on calendar refer  
to your newsletter or call the Tribal Office at 1-800-929-8229.

## Tribal General Council Meetings Set for 2010

Tribal General Council Meetings for 2010 have been scheduled as follows:

- February 14, 2010
- May 16, 2010 \*
- August 8, 2010 \*\*
- November 14, 2010

*Nominations Meeting \**

*Annual Election Meeting \*\**

All General Council Meetings will be held at 10:00 a.m. at the Cow Creek Tribal Government Offices located at 2371 N.E. Stephens Street, Roseburg, OR.

The Procedures for the nominations for the Tribal Board of Directors Election are as follows: Any registered voter of the Tribe present at the May

meeting each year may nominate. Each person may nominate one individual for the election in August. When nominations are closed, no other nominations will be accepted. A nomination will be considered complete when the nominee has accepted the nomination in writing. Nomination acceptance forms will be furnished to all candidates represented at the meeting.

For those nominees not present, forms will be mailed to them no later than (3) days following the Nominations Meeting and must be received in the Tribal Government Office no later than June 10th. Candidate acceptance forms will be placed on the ballot in the order the

nominations are made. Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from the Siletz Agency around July 15<sup>th</sup> and are due back to the Siletz office by August 6<sup>th</sup>. Any new voter registration card needs to be completed by May 14, 2010. Tribal members are encouraged to maintain an updated registration card including an updated signature.

If you are a registered voter and do not receive a ballot, you must contact the Government Office at 541-672-9405 or 800-929-8229.

## Tribal Board of Directors To Washington

The Tribal Board of Directors will travel to Washington State in March for their annual informational meetings. The meetings will be held at the following locations:

- Friday, March 12, 2010, in Woodland, WA at the Oak Tree Restaurant at 7:00 p.m. in the Columbia Room.
- Saturday, March 13, 2010, in Port Angeles, WA at the Red Lion Hotel in the Juan de Fuca Room.

For more information contact Carol McKinney at 541-672-9405 or 800-929-8229

## State of the Beaver Conference 2010 – February 3<sup>rd</sup> – 5<sup>th</sup>.

Inherently, all things "Cow Creek" always seem to be perceived "grand in scale." The Tribe, in collaboration with the South Umpqua Rural Community Partnership and The Beaver Advocacy Committee have planned and organized "The State of the Beaver Conference" at Seven Feathers Convention Center on February 3<sup>rd</sup>-5<sup>th</sup> to address issues of concern regarding beavers. This event is certain to adhere to grand expectations we have all come to expect of Tribal Events.

Historically beavers thrived to the point of maximum capacity within our aboriginal homelands. The entire State of Oregon (before it became a state) was abundant with beavers. Because of their abundance, as well as people's desire to associate with the animal's ingenuity, intelligence, and industry led to Oregon being known as "the Beaver State." Unfortunately, the arrival of fur trappers signified a start to their decline.

Beavers are a "Keystone Species" that play a major role in our land's biodiversity of which other species rely upon in part or entirely for their own survival. Beavers have positive effects on the vitality of salmon and their skills as "nature's engineers" also play a major role in the retention of water, which is an increasingly sought after commodity.

To some, beavers are simply seen as unwanted rodents, killed for their pelts and/or harming trees (that have commercial value) which is in discordance with human development or progress. For these reasons among others, their numbers have significantly declined through time to the point of being listed as federally threatened.

The issues surrounding beavers are unquestionably controversial, economically relevant, and increasingly important necessitating this event. It's noteworthy that the Tribal Board of Directors is co-sponsoring the event which will facilitate critical discussions and provide a forum to discuss these difficult issues. Conference presenters are the most highly prominent, world-renowned and forward thinking authorities from the international environmental community on beavers.



# CAREER FAIR

\$\$\$SUMMER\$\$\$

**INTERNSHIPS**

hosted by

**JOBS**

**Native American Student Services  
and**

**Confederated Tribes of Siletz**

**January 29, 2010 from 11:00 am - 2:00 pm**

**Native American Student & Community Center**

**710 SW Jackson - Portland, OR**

**Warm Springs Tribe – Voc Rehab**

**US Forest Service- Willamette**

**Bonneville Power Administration**

**NIKE, Inc.**

**Portland General Electric**

**Oregon Health Sciences University**

**Columbia River Inter-Tribal Fish Commission**

**Center Coastal Margin Observation & Prediction**

**US Census Bureau**

**Resume Writing Workshop, NASCC Computer Lab, PSU Educational Equity Internships & PSU Career Center, 12:00 noon – 1:00 pm**

**Indian Health Services**

**Bureau of Indian Affairs**

**Native American Youth Association**

**Northwest Inter-Tribal Timber**

**Safeway Inc.**

**Affiliated Tribes of NW Indians**



**Portland State  
UNIVERSITY**

Info 503-725-5348, Dean Azule, PSU Native American Student Services



## Announcements

### Births/New Enrollments

Jenna Lynn Gaddis, Beckett James Nichols, Lilyana Marie Alsing, Royce Patrick Ireland, Nevaeh Ann Lobben, Isabella Faith Rondeau

### Obituaries

**Worcester - Mildred Isabelle (Buschman) Sturgeon**, 92, born in Roseburg, OR, passed away peacefully on January 20th, at the Lutheran Home in Worcester, MA.

### Veterans

The Tribe is currently composing a list of past and present Veteran's of the United States Armed Forces for the purpose of bestowing on them, or their family, the Native American Medal of Valor.

The Tribe has also begun a Tribal Honor/Color Guard for community and Tribal activities as requested.

Robert VanNorman, Tribal Board of Directors, is the current Leader for the Honor/Color Guard. Please send in your name, current address and phone number along with the branch of service and years served to Rhonda Malone, 2371 NE Stephens, Roseburg, Oregon 97470.

Name: \_\_\_\_\_ Spouse: \_\_\_\_\_  
 Address: \_\_\_\_\_ Telephone: (    ) \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Branch of Service: \_\_\_\_\_ Entering and Ending Dates: \_\_\_\_\_  
 I am interested in participating in the Honor/Color Guard: ☐ YES ☐ NO (Example 1962-1968)

## Reminder: Oregon's New Cell Phone Law was effective January, 2010

This is a reminder that Oregon's new cell phone law goes into effect January 1<sup>st</sup> 2010. This law prohibits all drivers from using a mobile communication device while operating any type of motor vehicle. A mobile communication device is defined as ***"a text messaging device or a wireless, two-way communication device designed to receive and transmit voice or text communication"***.

Under the new law, if you are **over the age of 18, you may** use a wireless device if you are using a hands free accessory that allows you to keep both hands on the wheel while you are driving. This could be a Bluetooth Head Set or a Hands Free Car Kit that can be purchased at any major department store. Drivers that are **under the age of 18 may not** use a wireless device in any case except for an emergency situation or farming/agricultural operation. For more information on this law, go to the State of Oregon Website and read Oregon House Bill 2377.

## TRIBAL IDENTIFICATION CARDS

Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Janet Cooper at the Cow Creek Government Offices at 800-929-8229. You will be sent an application to fill out and sign. Enclose a photo and mail the completed application back to the Tribal Government Offices for processing.

Properly filled out applications will be processed with the Tribal Chairman's signature and will be mailed back to you.

## ADDRESS UPDATES

Tribal members are encouraged to maintain a current address at the Cow Creek Tribal Government Offices.

Those who have minor children who are not living in their households should also make sure their children's updated addresses are on file at the Tribal Government Office. If you know of any Tribal members who have not been receiving correspondence from the Tribal Government Office, please recommend that they call the toll free number: 1- 800-929-8229.

Cow Creek Band of Umpqua Tribe of Indians  
2371 NE Stephens St. Suite 100 Roseburg, OR 97470  
Phone: 541-672-9405 Fax: 541-673-0432  
Toll Free: 800-929-8229



ONLINE JOBS...GO TO: [uidchr.com](http://uidchr.com)

Visit us online @ [cowcreek.com](http://cowcreek.com)