

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 20—ISSUE 12

December 2010

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Cow Creek at the Heart of National Project

Thirty six Native American tribes from around the country including Cow Creek have participated in a five-year demonstration project indicating that risk factors for diabetes and cardiovascular disease can be reduced among American Indians and Alaska Natives, who have the nation's highest rates of diabetes. This means Native Americans and Alaskan Natives can prevent getting diabetes.

The Special Diabetes Program for Indians (SDPI) Diabetes Prevention was established by Congress in 1997 to fund diabetes prevention and treatment services in IHS, tribal, and urban Indian health programs.

The SDPI Diabetes Prevention Program Demonstration Project implemented the 16-session lifestyle curriculum used in the original National Institutes of Health funded Diabetes Prevention Program research study.

Using a method adapted for Native patients, people at risk for diabetes were encouraged to lose weight through increased physical activity, healthy eating habits, and individual and group coaching.

On average, those who completed the follow-up assessment had a significantly reduced eight-year risk of developing diabetes. The diabetes incidence rate of participants (4.3% per year), when compared to the NIH Diabetes Prevention Program study, was similar to the NIH study's lifestyle intervention group and lower than the placebo group (11% per year) in that study. Enrollees also achieved significant weight loss, increased physical activity, improved consumption of healthy foods, lower blood pressures, lower glucose levels, and improved health-related quality of life at the follow-up and annual assessments compared to baseline.

"The SDPI Diabetes Prevention and Healthy Heart Project grantees achieved these outstanding results through a collaborative approach to developing innovative and creative prevention strategies," said Dr. Yvette Roubideaux, IHS Director. "IHS is now planning to disseminate their positive results, best practices, and lessons learned throughout Indian country."

In September 2010, the IHS competitively awarded 69 cooperative agreements to previous and new sites to continue to implement the SDPI Diabetes Prevention and Healthy Heart Initiatives and to help disseminate best practices from the experience of the demonstration projects over the past five years. The selected sites met in Albuquerque, NM, in November, 2010 to begin this new phase of these initiatives. The sites will continue to evaluate their progress and will receive technical assistance as they implement



Special points of interest:

Government Office Hrs.:

Mon-Thurs 8am-5pm
Fri 8am-4pm

Roseburg Clinic Hrs.:

Mon-Thurs 8am-5pm
Open @ 1:00 on 1st Wed
Monthly

Canyonville Clinic Hrs.:

Mon-Thurs 8:30-5:00
Education only on Fridays

Office Closures:

Christmas - December 24, 27
New Year's Eve- December 31
Martin Luther King Day-Jan 17



PROJECT WARMTH



Project Warmth is a reimbursement program for shoes and coats for kids. Youth between the ages of newborn through 16 who are tribally enrolled may qualify for assistance. No income guidelines or service area requirements are necessary. Each child may access this program once per year. Up to \$25.00 per coat and \$25.00 per pair of shoes will be reimbursed to the parent or guardian who purchased the items. Please call Cindy Delay at 541-677-5575 for an application.

FOOD PROGRAM



The Cow Creek Food Program is available to Cow Creek Tribal families in need. The program is open on the **second Tuesday from 9-12 pm** and the **fourth Tuesday from 1-4 pm** each month at the tribal office in Roseburg. Applications will not be mailed, however, upon arriving you will be able to complete your form and receive assistance. This program is qualified by "income self-certification" and tribal enrollment with no service area requirements. No other member of extended family will be able to pick up food nor will it be delivered by a staff member except under extenuating circumstances. Please contact Cindy Delay at the tribal office if you have any questions at (541) 677-5575.

ADDITIONAL HOURS—By Appointment Only

Saturday, January 8th from 9am-12 pm

COW CREEK JACKETS AND CHAIRS FOR SALE

The Pow-Wow Committee is still selling camp chairs. The chairs are available for \$25 at the Government Office. Choose from four colors: black, royal blue, navy blue or forest green. These chairs are of sturdy construction, both arms have cup holders, and each chair will hold up to 300 pounds. To order, please contact Tammy Woodruff at 541-672-3861.



Tribal jackets are also available for \$25.00 through the Cow Creek Tribal office. If you are interested in purchasing one please contact Rhonda Malone at 541-677-5575.



Low Income Home Energy Assistance Program



The LIHEAP Program is now accepting applications for the 2011 year home energy needs. General tribal membership may apply for assistance until funds are depleted. Income, tribal enrollment and service area requirements must be met prior to receiving energy assistance. For further information please contact Cindy Delay at the tribal office (541) 677-5575.

Project Child Safe



Project Child Safe is a nationwide program that helps ensure safe and responsible firearm ownership and storage. **Free gun locks** have been made available through the *U. S. Department of Veterans Affairs-Native American Program* in Roseburg, Oregon. The Native American Veteran's Program Representative, Will Rachor, is available to assist all Tribal and non-Tribal Veteran's with any questions, comments or concerns regarding benefits and services. If you need more information on how to contact the Native American Veteran's Program or would like to receive free gun locks, please contact Rhonda Malone at the Tribal Office at 541-677-5575.

Heart of National Project (Continued from front page)

program activities.

Dr. Sharon Stanphill, Health Director for the Cow Creek Band of Umpqua Tribe of Indians, is on the Steering Committee for the initiatives. "This program has made such a difference in the lives of the tribal members and their families who have participated these past 5 years. Over 120 tribal members from the Cow Creek, Coquille and Klamath Tribes, who had been diagnosed with pre-diabetes, have lost at least 7% of their body weight and have begun walking 30 minutes each day. As a result they have prevented (or to this date) delayed being diagnosed with diabetes. This is a monumental program which has proven to aid in preventing diabetes and we are so thankful to be able to offer it to tribal members who are at risk for developing diabetes".

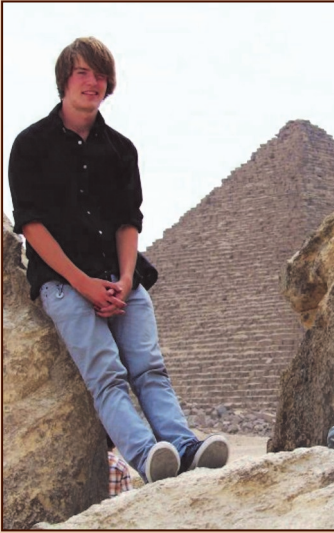
TRIBE LOOKING FOR HAM RADIO OPERATORS



The Tribe is currently looking for Tribal members who have experience operating a HAM radio and have a current license to do so. This information is being gathered as part of the Tribe's ongoing disaster preparedness efforts.

If you have such experience and a current radio license and wish to assist the Tribe in its preparedness efforts, please provide your contact information to Jhana McCullum at the Government Offices at 541-677-5524.

Education Notable



Cassidy Rose Rice graduated from Reed College in Portland last December with a bachelor's degree in English Literature. Cassidy is the daughter of William "Doug" Rice and Megan Monson and the granddaughter of Clem and Bill Rice, all of Myrtle Creek. She spent several months traveling in Sri Lanka and Argentina before coming home to work at the mill for the summer. She is currently teaching English at a girls high school in Gwangju, South Korea.

Riley Rice, Cassidy's brother, recently returned from five months in Cairo, Egypt, where he studied Arabic through a language scholarship from the U.S. State Department. Riley is a senior at Roseburg High School.



The Cobell Lawsuit Resolved

The Cobell lawsuit was filed nearly 15 years ago to address violations in the administration of individual Indian money accounts, usually for agricultural or mineral interests, administered by the Bureau of Indian Affairs ("BIA").

The litigation was spearheaded by Elouise Cobell, a member of the Blackfeet Nation in Northern Montana, with the chief legal work being headed by Keith Harper of the Native American Rights Fund.

Twists and turns throughout the federal case included the voluntary and involuntary removal of judges, and multiple sanctions against the federal government for violations of procedure and trickery. One example of such trickery was the BIA retaliatorily shutting down internet communications at the BIA, internally and externally, supposedly to protect tribal trust information. The real result was a massive slowdown in BIA work for several years.

The lawsuit settlement of \$4.6 billion was signed into law by President Obama on December 18, 2010 and represents a significant milestone in Indian trust claims. It is important to note that the Cobell settlement does not directly address the claims of tribal governments in cases of trust mismanagement or fraud, as it pertains only to the claims of individual Indians. Trust abuse claims of tribal governments vastly exceed the Cobell "individual Indian" claims, and more litigation should be expected.

Many in Indian Country believed that the chances of the tribes succeeding in litigation against the United States on trust claims such as the Cobell case was unlikely at best. The appropriation of funding for the settlement and the President's signature on the deal is refreshing.

The settlement "closes a long and unfortunate chapter in our history," Obama said. "It's finally time to make things right."

At a signing ceremony at the White House, the President declared that approval of the long-delayed legislation "isn't simply a matter of making amends, it's about reaffirming our values on which this nation was founded: the principles of fairness and equality and opportunity."

We do not believe the settlement will have any direct impact on members of the Cow Creek Tribe because there are no individual Cow Creek tribal member trust lands under BIA administration. However, if you are contacted or have questions, please feel free to contact the Tribal Legal Department.

Tribal Youth Serve Their Elders at the Elder's Dinner



The Elder's Annual Fall Dinner held on November 13th at Seven Feathers Hotel and Casino Resort had approximately 100 people in attendance. The Vintage Singer Barber-shop Quartet provided the entertainment.

There were six awesome Tribal youth helping to serve at the dinner held on Sat., Nov. 13th, they were: Britney Malone, Cougar Buschmann, Lance Gipson, Thomas Sertain, Talon Gipson, and Austin Leopoldo. They all dressed in black pants and a white shirt, as they served their elders at this banquet. "We have had many thankful elders and the Seven Feather's Staff thanked us for a great job." Rena Cox, Cow Creek's oldest Tribal Member also sent money

for the kids to have a pizza party as her personal thank you.

The Tribal youth were challenged to learn some things from their elders by interviewing them on the following subjects:

- 1) The comparison of drug/alcohol issues of today, compared to when the elders were teenagers.
- 2) Comments by the Tribal elder's regarding their grandparent's cultural ways of life. Each child was given a different subject.

Here are the results:

Elder

Response

Tom Rondeau

"Drugs were not a problem when I was a kid. Dope is what I think is bad now-a-days. I don't think Pot should be legalized because it gets people started in the bad stuff."

George T. Rondeau

"Drugs were not really a problem, everybody had jobs and responsibilities to do. We lived way out in the country so it was hard to get a hold of anyway. My parents did not even let me smoke cigarettes. We were raised to have total respect for our parents and grandparents."

"My grandparents always hunted and fished. They taught us how to sneak up on animals and how the clean the game properly."

Esther Gatewood

"Drugs and alcohol were not around when I grew up. I don't think people knew what drugs were way back then. But alcohol was known as bootlegging and was made in stills and beer was made in crocks. You couldn't buy alcohol in the stores or saloons way back then."

Ralph Young

"We brewed our own beer and root beer. Sometimes the root beer had a little too much "beer" in it", he chuckled.

Clara Rice

"We used to go to the Huckleberry Patch and gather berries."

Anonymous

"I think when alcohol is abused in the family all the kids are hurt in some ways and it is passed on down to the other generations."

What can we all learn from our Elders here? Let's ponder these through the holiday season. Planning for next year's dinner has already begun. If you have any questions, comments or suggestions please contact Rhonda Malone at 541-677-5575 or 800-929-8229.

Settlement Reached in USDA Class Action Lawsuit



Are you a Tribal farmer or rancher who applied for a USDA Farm Loan between 1981 and 1999 that was denied? If so, you may be eligible for a payment of \$50,000 or more, as well as forgiveness of all or a portion of your outstanding USDA debt, because of a settlement reached in a class action suit filed against the USDA which claimed the USDA discriminated against Native American farmers and ranchers seeking assistance under their farm loan program.

This class action suit entitled "Keepseagle v. Visack", settled in late October of this year. Under the proposed settlement agreement (still awaiting final approval of the U.S. District Court for the District of Columbia), Native American farmers and ranchers who are

Class Members may be entitled to a share of the \$760 million dollar settlement.

Class Members include all Native American farmers and ranchers who:

- Farmed or ranched, or attempted to farm or ranch, between January 1, 1981 and November 24, 1999; **AND**
- Sought, or attempted to seek, a farm loan from the USDA during that period; **AND**
- Complained about discrimination to the USDA, orally or in writing, either on their own or through an attorney or other representative (such as a tribal government) during the same time period.

If you think you may be entitled to recover a portion of the settlement proceeds, you will need to request a Claim Package which will provide all the information you need to determine if you are an actual Class Member, to register your claim, or to request more information.

To receive a Claim Package or for full details regarding this class action, your rights, whether you qualify, how and where to file a claim, etc., please visit www.IndianFarmClass.com. (This website will continually be updated as more information becomes available, so you should visit it periodically.) You need to be aware that if you choose to file a claim, your Claim Package must be postmarked no later than **February 28, 2011**.

Education News-Financial Aid Workshop

The Education Department is hosting a financial aid workshop for college bound students on January 12th starting at 5:30 pm in the South Building at the Cow Creek Government Office. Topics that will be covered include filling out the FAFSA (Free Application for Federal Student Aid) and scholarships and grants that are available. Please RSVP to Kelly LaChance at 541-677-5575.

New Gaming-Regulatory Commissioners Appointed



The Tribal Board of Directors recently appointed Bobbi Dumont and Carla Keene as commissioners on the Cow Creek Gaming & Regulatory Commission. With these recent appointments this completes the five (5) member commission. The other three commissioners who have been serving for numerous years are Gerald Rainville, Sherri Shaffer and Michael Rondeau. Michael Rondeau currently serves as the commission chairman.

Over the Counter Program Resumes in January 2011



Beginning January 3, 2011, enrolled Tribal members will again be able to access the Over-the-Counter (OTC) program. Covered items include preventative products. This program does not cover prescriptions or personal care products. For more information regarding covered and non-covered items, please go to our website at www.cowcreek.com click on Health then Over-the-Counter Program.

The Tribal Member must be enrolled to receive this benefit. Each enrolled Tribal Member 18 and older is eligible for \$100 per calendar year; under 18, \$50.

Only the items authorized on the Purchase Order may be picked up. Obtaining non-covered or non-

authorized items will result in a loss of benefit for this program.

The cut-off date for 2011 OTC requests is November 15, 2011. Please allow 24 hours for your request of five items or minimum of \$25.00 to be processed. Requests are to be made in advance and will not be accepted if made from the store or pharmacy. Faxed and e-mailed requests are gladly accepted. When faxing or emailing, please call the program coordinator to confirm the information was received.

For self-pay reimbursement, please include the following:

Name(s) of tribal member(s), phone number and mailing address

Legible receipts showing the date

If highlighting, use yellow only; it is better to bullet an item rather than highlight it

Separate OTC items from regular grocery items i.e., subtotal or obtain separate receipt

Self-pay reimbursement receipts may be submitted at any time for the current year. The cut-off date does not apply.

However, receipts must be received by January 15th of the next year for the current year.

If you have any questions, please contact Tamara Robinson, Over-the-Counter Tribal Prevention Program Coordinator at 541.839.1347 or trobenson@cowcreek.com.

CHILD CARE ASSISTANCE PROGRAM

Applications are continuing to be accepted for the Tribal Child Day Care Program. This program is funded by the Aid to Children and Families Health and Human Services and is restricted to the seven county service area which includes Klamath, Deschutes, Lane, Jackson, Josephine, Douglas and Coos counties. The qualifications required to meet the program guidelines include income verification, residing in the tribal service area, attending school, work or a training program and the child or children must be enrolled with the Cow Creek Tribe. If qualified, the family may be placed on a waiting list. If you have any questions please contact Rhonda Malone at the tribal office (541) 677-5575.

3rd Annual

Save the Date!

"GATHERING OF OREGON'S FIRST NATIONS"

January 29, 2011

Oregon State Fair & Expo Center
Salem Pavilion

2330 17th Street NE, Salem, OR

Doors open at Noon

Grand Entry - 1 p.m.

Break - 5 - 6 p.m.

Powwow ends at 9 p.m.

We will have a men's, women's, youth Western Oregon style Tribes hat dance, traditional family dance and a special dance at this year's event. The family dances will be mother/daughter or father/son and will be sponsored by the Leadership group. There will also be a veteran's recognition honor dance.

Tribal vendors can
contact us at

1-800-922-1399 ext. 1230

or 541-444-8230

monaf@ctsi.nsn.us

This event is sponsored
by the sovereign governments of



Two busses have been reserved to take Tribal Members to the 3rd Annual "Gathering of Oregon's First Nations" celebration. The "Thundering Water" drum group is one of the 5 Host Drums attending the event. The event will be from 12 p.m.— 9 p.m. this year. Both busses will be picking up passengers at 8:45 a.m. at 7F Casino in Canyonville, at 9:15 a.m. at the Government Office in Roseburg and at 10:15 a.m. in Eugene. One bus will be leaving Salem to return to Roseburg at around 5 p.m. The other bus will be leaving Salem to return to Roseburg at 9 p.m. There is limited seating available on the busses and you will need to be on the list to get on the bus. If you are interested in attending and would like to reserve a seat on the bus, please contact Donna at 541-672-9405 at the Cow Creek Government Office by January 14, 2011 to R.S.V.P.

GOVERNMENT OFFICE

DECEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Drum Practice Blockhouse 6:30	4 Food Bank 9-12 pm By Appointment
5 AA Mtg	6	7	8	9	10	11
12 AA Mtg	13	14 Food Bank 9-12 pm	15	16	17	18
19 Drum Practice 3:30 pm AA Mtg	20	21	22	23 OFFICE CLOSED @ 2 PM	24 CLOSED CHRISTMAS	25
26 AA Mtg	27 CLOSED	28 Food Bank 1-4	29	30	31 CLOSED NEW YEAR'S EVE	

GOVERNMENT OFFICE

JANUARY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Drum Practice 3:30pm Tribal Office	3 OTC Program re-opens	4	5	6	7	8
9	10	11 Food Bank 9-12 pm	12 Financial Aid Workshop 5:30 Gov. S. Bldg	13	14	15
16	17 CLOSED Martin L. King	18	19	20	21 Drum Practice 6:30 pm Block house	22
23	24	25 Food Bank 1-4 pm	26	27	28	29 Gathering of Oregon's 1st Na- tions
30	31					

Nesika Claim Payment Change for Contract Health Eligible Members

Nesika Health Group will begin paying claims at Medicare-like rates on January 1, 2011 for any Tribal member or Tribal dependent child who is covered by Nesika, and meets the Contract Health requirements. This means that for all charges incurred from a hospital for in-patient hospitalization, out-patient services such as Lab and x-ray, out-patient surgeries and emergency room visits, we will reduce the charges to Medicare-like rates and then pay 80% of the reduced fee.

This change is being made not only to help reduce the cost of these services for Nesika but to help reduce the out-of-pocket cost to you, the Tribal Member.

Please remember that you will still need to have authorizations in place for both Nesika and Contract Health. That means that for Nesika, if you are going to have a MRI, CT Scan, PET Scan, out-patient surgery, or in-patient hospitalization, please be sure that you or your physician contact ICM at 800-862-3338 prior to services being rendered. Also, please remember to contact Elizabeth or Amy in Contract Health for your purchase order just as you have in the past.

As always, if you have any questions, please call to Nesika Health Group at 800-284-9917 or 541-677-5508 and a representative will be happy to assist you.

Changes to Contract Health in 2011

Contract Health Services (CHS) will be sending out information cards that will help members, physicians and dentists better understand that CHS is not an insurance company, but a payer of last resort. The card will explain how to bill CHS and what is needed from their offices. Please review the card and present it at your first physician's visit.

All 2011 CHS applications must be turned in as soon as possible to receive a Purchase order for services scheduled in 2011

No purchase orders will be issued without a current application on file. If you live within the service area and have not received your application for 2011, call CHS at 541-672-8533 option 1.

Prescriptions – **Generic** brands must be tried first. If there are adverse reactions to the generic brand documented by a physician, CHS will see if the Resource Management Committee (RMC) will approve payment of a name brand. If a generic brand is not available, CHS will pay for a name brand as long as it is within CHS's criteria. Patients may choose to buy the name brand, but **CHS will not reimburse more than the generic co-pay.**

Eye Exam/Glasses – benefit will be up to \$500.00 for exam and 1 pair of glasses or 1 year's supply of contact lenses. **This will be every 2 calendar years.**

Chiropractic/Acupuncture/Naturopathic - **a combination** of these services; up to a maximum of **6 visits per year** total.

Home Infusions/Nurse/Supplies will be limited to \$1200.00 per CHS guidelines.

Announcements

Births/New Enrollments

Kaleb Joseph Philamalee, Chase Michael Gardner, Betsy Rae Emerson, Gunnar Elzy Jackson, Kelbi Miakoda Jackson, Brody Dean Swanson, Morgan Lee Witt

Obituaries

Justin Reed Carillo

Contract Health Changes (continued from pg 10)

REMINDERS: all surgeries, MRI's, sleep studies, and durable medical supplies, etc. require prior approval through our RMC. Call at least 1 week in advance to your procedure so the paper work can be submitted.

All visits outside of the clinic require a purchase order. If the clinic sends you out for an x-ray or to see a specialist, call CHS for a purchase order. This includes durable medical supplies (walkers, crutches, braces, etc). **Purchase orders are date sensitive and require a new purchase order for each visit even if it is for the same issue.** Rescheduled visits will also require a new purchase order number. It is important to have the clinic and doctor's name available when calling in for a purchase order. This helps speed up the process.

Call 2 to 3 days in advance for purchase orders. It is the goal of CHS to answer all calls when they come in, but this is not always possible. You are responsible to get a purchase order before each physician's visit.

Tribal Identification Cards



Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Reggi at the Cow Creek Government Office at 541-677-5575 or 800-929-8229. You will be sent an application to fill out and sign. You will be required to enclose a photo and mail the completed application back to the Government Office for processing. Properly filled out applications will be processed with the Tribal Chairman's signature and will be mailed back to you. Tribal I.D. cards are legal documents and are accepted as legal proof of identity.

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

Visit us online @ cowcreek.com