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Election 2010 Results By Michael Rondeau

Results of the Cow Creek Tribal Board of Directors election were announced to the General Council at their Annual Election Meeting, held on Sunday, August 8, 2010. This year, registered tribal voters cast their ballots for three expiring board member positions, as well as one additional position vacated due to the resignation of former Tribal Chairman, Sue Shaffer, earlier in May 2010.

Two incumbents, long time board members, Gary Jackson and Tom Rondeau, Sr. will retain their positions on the Tribal Board of Directors and will be joined by two new members, Yvonne McCafferty and Robert Estabrook. Outgoing long time board member and tribal elder, Leland Van Norman was recognized for his many years of dedicated service to the tribe.

Immediately following the announcement of election results, the Tribal Board convened their meeting to elect officers for the Tribal Government. Dan Courtney, first elected in 1993, was elected by his fellow board members to be Tribal Chairman. Gary Jackson, first elected in 1988, was elected as Vice Chairman. Robert Van Norman, first elected in 1993, will fill the position of Treasurer while the newly elected Yvonne McCafferty will serve as Secretary.

The Cow Creek Tribal Board of Directors is comprised of eleven members, elected by the membership of the tribe. Members of the Tribal Board are elected to 4 year staggered terms of office.



33rd Annual Pow Wow By Tammy Woodruff (continued on Pg 2)

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

The 33rd annual Tribal Pow-Wow was held on July 16, 17 & 18 at the South Umpqua Falls. As usual it was another great success! We had a great attendance with a lot of people attending Friday's Tribal dinner and Saturdays activities. The Tribal dinner on Friday, saw more than four hundred people enjoying the delicious Salmon and all the wonderful dishes brought by families! Saturday began with the flag raising ceremony and followed with the kids' games which



Pow Wow 2010

was great fun by both young and old. The Cow Creek Health & Wellness Center had its Health Booth on Saturday which was well visited. Elk Thunder was the lead drum this year with Bob Tom emceeding the activities. The evening activities saw a great turn out for dancing by both participants and spectators alike. Everything wrapped up on Sunday with a very successful raffle. The raffle is always great fun— A chance for everyone to gather one last time and of course harass the winners!

This year we had a very special guest in attendance, the Tribe's eldest Tribal member, Rena May Cox at 93 years young. It is a great pleasure to see Ms. Cox able to make the journey to this special place of celebration.



Pow Wow Grand Entry



Crystal Hansen and Keisha Rondeau

A **GREAT BIG THANK YOU** goes out to those that helped make the Pow Wow a success:

Tribal Board, Umpqua National Forest Service, Douglas County Sheriffs Office, Seven Feathers, UIDC Maintenance, Glendale Ambulance, set-up & clean up crews, fry bread crew, fish crew, raffle crew, wood crew, security crew and everyone in between. **Thank you all for all of your time and effort put forth!**



Thundering Waters Drum Group

Cow Creek Website Launched

July 23 the new Cow Creek website (www.cowcreek.com) was officially launched. The new website has a whole new look and will provide information on the programs and events offered to the Membership. Tribal members can set up a user account by clicking the Members log in here text then in the Have Not Created an Account section fill in the blanks and click the **go to register page**. This will take you to a page to create your user name and password. Once you register you can log into the website using your newly created name and password. If you have feedback about the new website please send an e-mail to lrainville@cowcreek.com.

Monthly Deadline Checklist for College Bound Students



September

Make a list of the schools that you want to attend. Contact the schools you would like to apply to and learn about admission requirements.

If your high school has a guidance counselor, now is the time to make an appointment to take the appropriate steps. You may also contact the Education Director in the Cow Creek Education Program to answer any questions regarding starting this process. Ask your counselor at school if they know of any other resources that can help you pay for school such as scholarships and grants. Make sure you have taken all of necessary classes and have all of your credits to graduate and to get into the school of your choice.

Register for the Fall ACT or SAT test at your high school.

October

Take the ACT or SAT. Remember to indicate on the test which schools you would like your scores to be sent to. You may want to register for the winter (December/January) test at this point as well if you want to retake these tests to raise your score.

November

Fill out the applications of the schools that you would like to attend and mail them back.

December

Go over any other applications from other schools. Start preparing information for your FAFSA. Locate school codes and your parent's income tax information.

January

Take the ACT or SAT the second time if needed. Remember to have your new scores sent to the schools you would like to receive them. File your FAFSA after January 1st. Contact the Cow Creek Education Program to have an application sent to you. Start searching for scholarships and Native American scholarships.

February

Within 5 weeks (approx) after sending in your FAFSA, you will receive a SAR (Student Aid Report). Follow the directions to make any changes you want to make and send the form back to the address marked. Contact the admission offices at each of the schools you applied to and make sure they have all of the necessary application materials from you.

March/April

You should begin receiving acceptance letters from the schools you have applied to. Begin thinking about which school you would like to attend of those that accepted you. Contact the school and ask about housing options for students on campus. The school may have already sent you information by this point.

May/June

You should narrow down your choice of schools to one. Have your high school send your final transcripts to the school you have chosen to attend. You should be receiving final award letters from the schools you have chosen to send your FAFSA information to. You will be hearing back from scholarship programs you have applied to. Make sure to contact the Financial Aid Office at the school you have applied to and let them know of the awards you receive. Make a financial plan to pay tuition, expenses and housing.

July-September

Call and ask the school's Admissions Office about participating in an "orientation" if the school provides one. If your school does not provide an orientation program, call and schedule a time when you can take a tour of the school. If you're planning to live on campus, you should be working out details on those arrangements now.

Get ready for a new life as a freshman!!

Vendors Needed For Gathering of Oregon's First Nations Celebration



The 3rd Annual Gathering of Oregon's First Nations celebration is scheduled for Saturday, January 29, 2011 from 10 a.m. – 7 p.m. in Salem at the State Fairgrounds Pavilion at the State Fairgrounds. Tables are \$50 with a limit of 1 table per vendor. Any tribal artisan with Native American crafts interested in being a vendor at next year's event needs to contact Donna Fields at 1-800-929-8229 by September 1st to reserve a table.

“Standing Strong”

Oregon's Western Tribes Celebrating Sovereignty

Aug. 27, 2010

11 a.m. - 3 p.m.

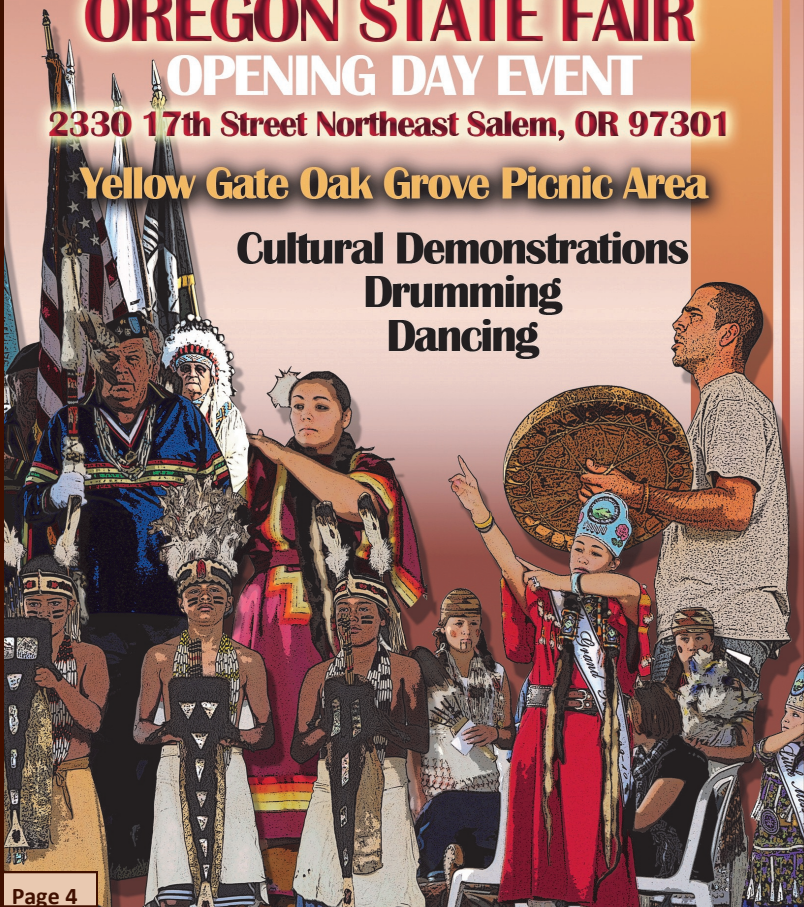
at the

OREGON STATE FAIR OPENING DAY EVENT

2330 17th Street Northeast Salem, OR 97301

Yellow Gate Oak Grove Picnic Area

Cultural Demonstrations
Drumming
Dancing



Elder's Jet Boat Trip

The Hellgate Jet boat Dinner Excursion is scheduled for Saturday, August 28. Those planning to attend will meet at the Rogue River Hellgate Jet boat facility located at 966 SW 6th Street, Grants Pass, OR by 2:30 p.m. for check-in. **There are only 10 seats left.** Interested Tribal Elders need to RSVP to Reggi by August 15th at 541-677-5575 .



Annual Tribal Family Picnic

The Annual Tribal Family Picnic is scheduled for September 4, 2010 at Bare Park near Myrtle Creek, Oregon. Please call Reggi Johnson by August 31 to RSVP at 1-800-929-8229 or 541-677-5575.

Nutrition Program New Class

Cow Creek Health & Wellness Center is proud to offer a fantastic new program...”D.I.E.T. F.R.E.E.” by Zonya Foco

The **DIET FREE Lifestyle Program** has all of the resources you’ll need to learn each of the “Eight Habits That Will Change Your Life.” Your healthy weight, blood pressure, blood sugar and cholesterol all await you!

Class materials are free to Tribal members. Upon completion of the program, participants will receive Zonya’s “Lickety-Split Meals: For Health Conscious People on The Go”.

For more information contact Tricia Hedges at 541-677-5575 or E-mail: thedges@cowcreek.com



Tribal Emergency Food Program



The Tribal Food Program has been assisting families since February 2010. Tribal members who apply must have their Tribal I.D. card upon application. Each head of household must complete an application to certify their income upon arrival to the South Building Tribal Office. If you have any questions please call Rhonda at 541-677-5575 ext. 5513.

Food Program hours of operation are the 2nd Tuesday of each month from 9-12 and the 4th Tuesday from 1-4 pm.

Raising Finance Savvy Children

Kids under age 18 today are learning financial lessons early. With credit card offers flowing in as they go off to college and financial pressures of all types growing for young people, it seems most parents are doing their part to help their children make good financial decisions while they’re still at home. Here are the responses from a Visa Inc. survey of parents who have children under age 18:

- 85% say they talk to their children regularly about money management.
- 34% talk to their kids daily on the subject.
- 31% talk to them once a week.
- 14% speak about once a month.
- 6% report that they talk about money issues with their children only a few times a year.

Sixteen percent of the respondents, however, admit they never talk to their kids about the wise use of their funds. Time will tell whether the children were listening or not.



Tribal Member Passes New Mexico State Bar

Kelly Huddleston—Santa Fe

University of New Mexico School of Law
Juris Doctor 2009

University of New Mexico
M.P.A., Masters Public Administration 1997

University of Utah
B.A., 1989



Ms. Huddleston joined Cuddy & McCarthy, LLP in July 2010. Her main areas of practice will include general civil law with an emphasis on real estate transaction and litigation, land use and administrative law, as well as Indian law.

Ms. Huddleston previously worked for The Graeser Law Firm, where she practiced real estate, land use and administrative law. During law school Ms. Huddleston served on The Journal of Natural Resources and the Dean's Natural Resources Committee. Prior to law school, Ms. Huddleston was a project manager for the Trust for Public Land where she conducted large-scale land transactions throughout the western United States. She also worked as a grant writer and development officer for various nonprofit and government organizations in the areas of health and education.

Ms. Huddleston is a member of Cow Creek Band of Umpqua Tribe. She is now a member of the New Mexico State Bar and is admitted to practice before the United States District Court for New Mexico.

Cow Creek Health & Wellness Offers Specialized Eye Exam



Cow Creek Health & Wellness Center is privileged to offer diabetic retinopathy eye exams utilizing the JVN (Joselyn Vision Network) in the Roseburg office. The exam is done without dilating the eyes and usually takes about twenty minutes to complete. This exam does not include near or distant vision testing. The purpose of this screening is to check for the health of the retina, macula, and optic disc, as they relate to diabetes.

By providing this exam we hope to diagnose diabetic retinopathy before it becomes a major health problem. Diabetic retinopathy is the leading cause of blindness in diabetes patients. If diabetic retinopathy is discovered, we will

send you to see an optometrist or ophthalmologist to look at your eyes and gauge the possible need for treatment. With a diligent screening program, it is our wish to help reduce the number of diabetes patients that lose their vision due to diabetic retinopathy complications.

Please be aware that this screening exam does not take the place of your regular eye exam for corrective lenses or visual changes. We are privileged to provide this service, free of charge at this time, to all of our patients with diabetes and look forward to scheduling you an appointment for the JVN screening exam. Please call the clinic at 541-672-8533 to schedule an appointment.

Announcements

Births/New Enrollments

Rylan Lee Yeust, Quetta Nicole Redbord, Wessen Lee Church

Obituaries

No deaths were reported.

Veterans

The Tribe continues to maintain a list of past and present Veterans 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, 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.

Social Service Program Information

Applications for the various Social Service programs such as Child Care reimbursement, LIHEAP (energy assistance) and Project Warmth are available through Rhonda Malone at 800-929-8229 or 541-677-5575 or by coming to the South Building Reception Desk at 2371 NE Stephens St. in Roseburg.

Thundering Water Drum Classes

Drum classes will begin on Sunday, September 26 from 4:00-6:00pm. This Class will be held in the Boardroom at the Government Office in Roseburg. There will be a discussion to decide times and dates of future classes. For more information contact Rhonda or Terri at 541-677-5575 or 800-929-8229.

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 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

Visit us online @ cowcreek.com