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South Clinic Groundbreaking Ceremony (Continued page 3)



Chris Conroy, Field Representative for Congressman Defazio, Alicia McAuley, Lonnie Rainville, Michael Rondeau, Dan Courtney, Sharon Stanphill, Robert VanNorman, Dean Seyler, IHS Director and Tom Rondeau, Sr.

A Groundbreaking Ceremony for the Cow Creek Health and Wellness Center’s new South County Clinic took place on October 7, 2011. Michael Rondeau, CEO, welcomed everyone to the ceremony and gave special recognition to Cow Creek Elders of long ago who never knew a day of federal recognition for the tribe between the treaty signing of 1852 and restoration in 1982. Those elders such as Bessie Dumont Van Norman, Roy Lee Jackson, Ellen Furlong Crispen, Joe, Walter & Eula Rainville, Walter Rondeau, Pauline Dumont Acusta and Zella Rainville Pariseau didn’t see the benefits of belonging to a federally recognized or the critical role Indian Health Services plays in the health of their descendants.

Chairman Dan Courtney thanked Indian Health Service (IHS) for their continued support of tribal health care initiatives and also recognized the Tribal Board and the leadership they

Special points of interest:

Government Office Hrs:

Mon-Thurs 8:00am–5pm
Fri 8:00am-4:00pm

Roseburg Clinic Hrs:

Mon-Thurs 8:00am-5pm
Fri 8:00am-4:00pm
Walk in 8:00-9:00 am
Same Day Appt. 1:00-2:00

Canyonville Clinic Hrs:

Mon-Thur 8:00-5:00
Walk in 8:00-9:00 am
Same Day Appt. 1:00-2:00
Education only on Fridays



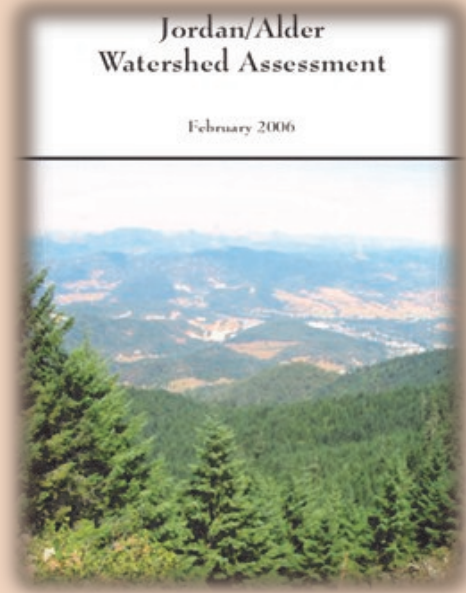
Jordan Creek: History of Restoration and 2011 Update

In 1998 the Cow Creek Band of Umpqua Tribe of Indians (Tribe) purchased land on Jordan Creek and began taking out old tires, barrels and other garbage that had accumulated over the years from the previous owner. In 2006 the Tribe completed a watershed assessment of the entire Jordan and Alder creek drainage. The goal of the assessment was to find habitat restoration opportunities that will help fish return to Jordan and Alder Creeks. Also in 2006, the Tribe began monitoring the Creek for water quality. We monitored waters for pH, dissolved oxygen, temperature, and turbidity.

Jordan Creek had fish populations of Coho salmon and winter steelhead until the construction of Interstate 5 (I-5) in 1958. During construction of I-5, a set of twin box culverts, each approximately 360 feet long was placed on Jordan Creek cutting off most of the drainage to migrating fish. In the fall of 2006, the Tribe worked with Oregon Department of Transportation to install fish weirs inside the box culverts which allowed fish to pass underneath I-5 during higher flows. Fish returned to Jordan creek in January of 2007 and over the years, many adult spawning pairs of Coho salmon have been spotted in Jordan creek. In 2008, with funding from the State and multiple partners, the tribe took out most of the remaining fish barriers in the Jordan and Alder creek drainage.

In the summer of 2006, the Tribe implemented a stream restoration project which included placing boulders and logs in Jordan creek. This type of restoration project increases oxygen in the water, slows down flows, allows gravel to accumulate for spawning habitat and creates pools and shade – all of which create good habitat for fish or what you would call habitat complexity. To further that complexity, in 2007 the tribe planted the riparian area with native plant species, including incense cedar, ponderosa pine, Oregon white oak, and more. A

second round of riparian planting, located upstream of the RV resort on Jordan Creek, took place in 2010. This project included sizable work to remove blackberries and other non-native vegetation prior to planting.



In 2011, we have continued to pull noxious and invasive weeds. For one portion of the removal kids from Douglas Highschool participated. We worked with Oregon Department of Transportation this year on created bioswales to collect and filter water from our new Truck Parking area along Jordan Creek. We also installed new instream structures of boulders and logs in Jordan Creek for fish habitat in 11 sites along the Truck Parking area and in the RV Park. We plan to do extensive riparian planting along the Truck Parking area this winter.

Stay tuned for an announcement for Tribal volunteers to help with a fish spawning survey we plan to do this winter with the help of Tribal member, Kelly Crispen.

South Clinic Groundbreaking Ceremony (Continued from page 1)

have demonstrated in placing health care as a top priority within the tribe.

The Regional Director of the Indian Health Service, Dean Seyler, along with IHS engineers, Gene Kompkoff and Rich Truitt were present for the ceremony. Director Seyler was very happy that the tribe would be able to serve more people with expanded serves.

Construction of the approximate 12,000 square foot health facility is now underway with a completion date of late summer 2012. The facility will be funded with nearly \$2.5 million in IHS Grant funding and clinic revenues from the existing Roseburg Health and Wellness Center and Canyonville Annex Facilities.

The new clinic will house a radiology department, expanded laboratory, nine new exam rooms and an additional behavioral health department. Two larger classroom areas will be able to be converted into cooking classrooms and a small exercise room outside the clinic area. This new facility will provide convenient access to healthcare for south county users, and will help with an overall increased savings for the Nesika Health Group and Contract Health Care.

JOM Youth Mini Pow Wow

The JOM Parent Committee is sponsoring a Youth Mini Pow-wow for JOM students and families on November 5, 2011.

This event will be held at the Seven Feathers Convention Center in Canyonville, OR. There will be a dinner from 4:00 pm to 5:00 pm for JOM students and families. At 6:00 pm Grand Entry will start. Parents are invited to dance with their students.

This pow wow is for JOM Youth to learn and practice pow-wow dances and about protocols and the traditional ways of pow wow society. There will be gifts and a sweatshirt for JOM students attending.

Please RSVP to Kelly LaChance, Education Director, at 800-929-8229 or 541-677-5575 by October 27, 2011.



Tyrell Hoodie, Cow Creek Pow wow 2009

New Cultural Resource Monitor



Please join us in welcoming Gerald Rainville as a new part-time member of the Natural Resources Department team! Gerald will be assisting the Tribal Archaeologist and the Natural Resource Department in supporting the Cow Creek's ongoing efforts to identify, protect and preserve natural and cultural resources of importance to the Tribe. Gerald's first assignment was to monitor the Umpqua National Forest's *Passport In Time* (PIT) volunteer archaeological excavation in the Tiller Ranger District.

Gerald Rainville (right) aids a volunteer with the Forest Service's PIT program with sifting dirt at a recent archaeological excavation.

Tribal Firewood Program

The McNeil Ranch Firewood Center has been a beehive of activity this summer and fall. Tribal members ordered 61 cords of firewood this past spring. That's a lot of bucking, splitting and stacking! Many Tribal employees have worked hard to process all that wood, especially John Walters' maintenance crew and Security Officer Ron Langley. Special thanks go out to Tribal member Chris Van Norman and his friend Sebastian Tucker for volunteering to help Tribal Elders load their firewood on a particularly busy pick-up day. Their strong backs were much appreciated.

This year's firewood came from many sources. Several big leaf maple trees were cut on the Weaver Road property to make way for the new bridge across the South Umpqua River. Dead and dying incense cedar trees were removed from near the mouth of Jordan Creek. Small, scattered piles of logs from previous construction activities were salvaged. Rather than hauling them off to the bonfire pile, logs from all these sources were gathered up and processed into firewood – re-purposing at its best!

While this year's firewood is already spoken for, we anticipate having firewood available again this next year. We'll provide details on securing firewood in a future edition of this newsletter. For more information, contact Tribal Forester Jay Walters at 541-677-5581.



Big leaf maple logs at Weaver Road decked for delivery to McNeil Ranch Firewood Center



Dozens of cords of firewood await their new home in Tribal members' fireplaces.

Project Warmth

This program reimburses the cost (up to \$25) for one pair of shoes and one coat (up to \$25) per year for enrolled Tribal children ages 0-16 .

Please use the website (www.cowcreek.com) to access an application or call our office at 541-677-5575 to have one sent to you, then mail the completed application and receipt (if you choose to highlight , please use a yellow or light color pen) to Cindy Delay, at 2371 NE Stephens St, Roseburg, OR 97470.



October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 AA Mtg 6 pm Gov Office	3 JOM Mtg 5 pm South Bldg upstairs	4	5	6 YPP Canoe Journey 5:30-7:30 blkhouse	7 Kelso, WA Health Fair/Flu Clinic 10 am- 2 pm	8
9 AA Mtg 6 pm Gov Office	10 All Staff Inservice – Clinics/ Gov Offices Closed	11 Food Bank 9-12 pm	12	13 YPP Canoe Journey 5:30-7:30 blkhouse	14 Drumming @ Block House 5-7pm	15
16 AA Mtg 6 pm Gov Office	17	18	19	20 YPP Canoe Journey 5:30-7:30 blkhouse	21	22 Health Fair/Flu Clinic in Redmond, OR 10 am-2 pm
23 AA Mtg 6 pm Gov Office	24	Food Bank 25 1-4 pm Youth Program 430-6 pm Gov Boardroom	26	27 YPP Canoe Journey 5:30-7:30 blkhouse	28 Drumming @ Block House 5-7pm	29
30 AA Mtg 6 pm Gov Office	31					

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Youth Program 430-6 pm Gov Boardroom	2	3	4	5 JOM Mini Pow wow 4 pm dinner, 6 pm Grand Entry
6 Daylight Savings AA Mtg 6 pm Gov Office	7	8 Food Bank 9-12 pm Youth Program 430-6 pm Gov Boardroom	9	10	11 Drumming @ Block House 5-7pm	12 Elder's Dinner @ 7Feathers 330-730 pm
13 AA Mtg 6 pm Gov Office General Council Mtg 10 am Gov Office	14	15 Youth Program 430-6 pm Gov Boardroom	16	17	18	19
20 AA Mtg 6 pm Gov Office	21	Food Bank 22 1-4 pm Youth Program 430-6 pm Gov Boardroom	23	24 THANKSGIVING	25 HOLIDAY	26
27 AA Mtg 6 pm Gov Office	28	29 Youth Program 430-6 pm Gov Boardroom	30			

Cow Creek Behavioral Risk Factor Surveillance System (BRFSS) Project



In the next month we want to remind everyone the tribe will be asking each tribal member over the age of 18 to help us begin gathering valuable information that will improve our healthcare system and delivery of services. It has been over 7 years since we last asked everyone to complete such a survey and this survey will be done via an interviewer so you don't have to fill out pages and pages of answers!

The plan is to contact everyone by phone beginning in the next 2 weeks and hopefully by the end of December we will have contacted everyone. Each tribal member who participates will receive a \$15 gift card and a summary of the results presented at a Tribal dinner this next spring 2012.

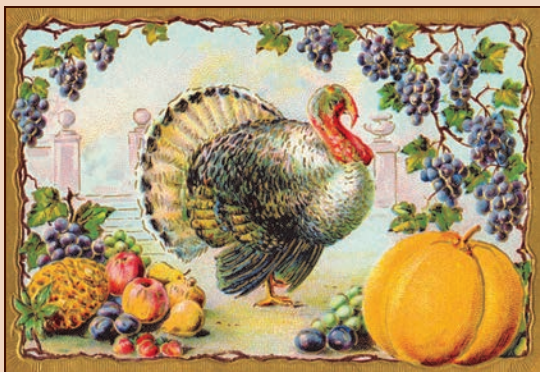
This survey will be administered by the Northwest Portland Area Indian Health Board (NPAIHB) via several trained Portland State University and Oregon Health Science University research students who work for the NPAIHB. These students have done several other surveys with Pacific Northwest tribes and are exceptional interviewers!

Note the caller ID will indicate NPAIHB so if you screen for sales calls, etc. you will know this is call regarding our health survey. You can either conduct the phone interview at the time of the call or set up a better time for later. Surveys completed with the assistance of the NPAIHB by phone will take approximately 20 minutes and you will be reminded by the interviewer to skip any questions or sections you are not comfortable answering.

Please be watching for a letter from the Chairman and Board of Director's in the next few weeks explaining more about the process and a more detailed vision behind this survey and the difference it can make for all of us!

Thank you for taking your time to be interviewed this information is really going to make a difference in the services we provide!

Tribal Elders Dinner at Seven Feathers



Who:	Tribal Elder & One Guest (additional guests \$25.00 each)
Where:	Seven Feathers Casino Resort in the Huckleberry/ Grape Room
When:	Dinner Saturday, Nov 12 from 3:30pm – 7:30 pm Breakfast Buffet Sunday, Nov 13 from 8:00am-10:00am

A Block of rooms are reserved and paid for, elder's should call 1-888-677-7771 to reserve a room by Nov 9, 2011. When calling please state you are attending the Cow Creek Tribal Elder's Dinner.

Checks for additional dinner guests must be received in our office by Wednesday, November 9, 2011. Please make checks payable to Cow Creek Tribal Elder's Program attention Cindy Delay. After payment is received, guest name will be added to our attendees list. Contact Cindy Delay for more information 541-677-5575.

Maintain a Positive Attitude



To Create a Balanced Fulfilled Life

How do you handle the stress that you encounter in your daily life? Maintain a positive attitude. Stress can be all-consuming, produce negative emotions, and be detrimental to our health. Many people try to gain control over their anxiety and get rid of their stress, so that they can be free to enjoy life and experience a sense of calm. Attitude is important in combatting stress. Here are strategies to produce a positive attitude while you feel better about yourself and celebrate life.

- ◆ Enjoy the "now" moment. It is the only time you actually experience. The past is history and the future has yet to occur. What you feel, you feel "now." In the present; so be conscious of the present time and what is happening to you now.
- ◆ Slow down and enjoy the nature around you. Notice the weather of the day. Notice the small details in life. Return to those days when you were awed by the wonderment of even the smallest of the world's creatures.
- ◆ Be grateful. Every day, when you awaken, you have things in your life that you can be thankful for. Your health, family, friends, accomplishments, the beautiful nature around you, the roof over your head, food, even challenges that lie before you that will make you stretch and grow. Be grateful for your blessings every day.
- ◆ Learn something new every day. Life is a journey in which we can continue to construct new meaning as we encounter new experiences. What did you learn today that you did not know yesterday?
- ◆ Know your passion. What brings out your intense feeling, strong excitement, desire and enthusiasm? What produces the fire in your eyes and in your life that drives you forward and motivates you through the worst of times and the best of times?



Dave Ramsey's Financial Peace University classes are being offered at the Cow Creek Tribal offices in Roseburg, Oregon. The classes will be held from 6-8 p.m. every Tuesday evening beginning October 25, 2011 and continuing through December 15, 2011. *Dinner will be provided.* All enrolled participants will receive Dave Ramsey's Financial Peace program including the DVD's and work books to take home and keep upon graduating the program. Normally this program costs \$100.00 to complete, but is **FREE** to our tribal families. **The class topics will be:**

Super Saving

Cash Flow Planning

Credit Sharks in Suits

Clause and Effect

Of Mice and Mutual Funds

Working in Your Strength

The Great Misunderstanding

Relating with Money

Dumping Debt

Buyer Beware

That's Not Good Enough!

From Fruition to Tuition

Real Estate and Mortgages

Class is limited to 25 participants (one program per family). Please contact Rhonda Malone with any questions. To enroll in this free class you may call Janet at 541-677-5575 by October 24th.

Food Bank



Food Bank will be open during the general council meeting on November 13, so those traveling can pick up their food either an hour before or an hour after the General Council Meeting .

The regular food bank days/hours are the 2nd Tuesday of each month from 9am to 12pm, and the 4th Tuesday of each month from 1pm to 4pm.

Contact Cindy Delay for more information. 541-677-5575.

Student Rental Assistance Program

It is that time of year again for open enrollment for the Student Rental Assistance Program. The Student Rental Assistance Program is a program approved by the Cow Creek Band of Umpqua Tribe of Indians Board of Directors. This program is run through the Housing Program and funded by our HUD grant. Space is limited for this program and will be awarded to qualifying low-income tribal students. This program will assist tribal members who are attending school full time at an accredited college, university, or technical school with a monthly rental stipend of up to \$250.00. To receive an application packet for the 2011-2012 school year, contact the Tribal Housing Program at 1-800-929-8229.

Cow Creek Meets with OSP and ODFW on 2011 Elk Hunt



From left to right Dan Courtney, Robert Van Norman, Lieutenant David Gifford, Tod Lum (ODFW wildlife staff) and Sergeant Lynn Withers.

Members of the Tribal Board and Tribal staff met with representatives from the Oregon State Police (OSP) Fish and Wildlife Division and Oregon Department of Fish and Wildlife (ODFW) to go over cooperation for our 2011 Tribal Elk hunt on the Tribal Dole Road ranch property. This year's season will be from October 1, 2011 to December 31, 2011. Please remember that, at this time, the Tribal elk hunt on the Dole Road ranch is the only authorized Tribal hunt and that Tribal members may not exercise Tribal hunting rights other than as part of this hunt. Let's join together in wishing our four Tribal tag-holders success in their hunt! For more information on our hunting program please contact Amy Amoroso, Natural Resources Director at 541-677-5575.

LIHEAP—Low Income Home Energy Assistance Program

With the cold weather quickly approaching keep in mind our LIHEAP program will begin Nov 1 for tribal Elders', and Nov 15 for the general tribal membership. Applications are available at cowcreek.com under the Human Services tab or by requesting one from the tribal office. Please include all of the documents listed on the cover sheet to help speed up the approval process. Contact Cindy Delay for more information 541-677-5575.

Over-the-Counter Deadlines

All requests for the Over-the-Counter Program (OTC) must be received by November 15, 2011. The only exceptions to this date will be for members enrolled after November 15 and members requesting reimbursement for self-pay. OTC receipts for 2011 reimbursement must be received by January 15, 2012.



For self-pay reimbursement, please include the following to prevent payment delay:

- ▶ 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.

When faxing or emailing receipts, please call the program coordinator immediately to confirm the information was received.

Please send OTC receipts to:

Cow Creek Health and Wellness Center Annex-OTC
270 Gazley Bridge Rd
Canyonville OR 97417

It has been our privilege to assist each of you this year in obtaining your OTC preventative products.

Enrolled Tribal Members will be able to access the Over-the-Counter Program again on January 3, 2012

If you have any questions, please contact Tamara Robinson at CCHWC 541.839.1347, 800.935.2649 option 2 or trobinson@cowcreek.com.

Medicare Part B Reimbursements

If at any time during the 2011 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 2010**, will be mailed to recipients by the last week of January 2012. In order to expedite premium reimbursement, please mail a **copy** of the **SSA-1099**. Reimbursement checks will be distributed upon receipt at the beginning of the New Year. To request an SSA-1099, please contact your local Social Security Administration office by dialing 1-800-772-1213.



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 in which payment was made.

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 Andrea at (541) 672-8533.

4th Annual

"GATHERING OF OREGON'S FIRST NATIONS"

Save the Date!

January 28, 2012

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.

Tribal vendors can contact us at
1-800-422-0232

This event is sponsored
by the sovereign governments of



Daylight Savings Time Reminder

Remember to set your clocks back one hour on November 6, 2011.



Announcements

Births/New Enrollments

Kaysun Riley Ward, Marshall Matthew Springob, Taven Rainn Bingham, Lilian Serenity Ambriel Shepardson, Ariana Golden Hardy

Obituaries

No deaths were reported for this period

Announcements



Hickman Charter School has named Starry Potts as Student of the Month for May. Starry is an outstanding student. She especially enjoys reading, writing and playing musical instruments. She is writing a fictional novel with a suspenseful storyline. It is really important to note that her academic work is always completed with the highest quality possible. Her excellent attitude and determination made it easy to choose Starry as student of the month, because she sets a positive example for others. Seventh-grader Starry is the daughter of Roger and Robin Potts of Sonora, CA

Tribal Christmas Craft Fair Cancelled

The Tribal Christmas Craft Fair that was scheduled for November 4th and 5th has been cancelled.

For more information call Andrea Davis at 541-672-8533.



Tribal Identification Cards



Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Janet 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 and Phone Number Updates

Tribal members are encouraged to maintain a current address and phone number 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