

# KIUYUM-ID



We will be known forever  
by the tracks we leave.

VOLUME 21—ISSUE 12

December 2011

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## Special points of interest:

### Government Office Hrs:

Mon-Thurs 8 AM–5 PM  
Fri 8 AM-4 PM

### Roseburg Clinic Hrs:

Mon-Thurs 8 AM-5 PM  
Fri 8 AM-4 PM  
Walk in 8-9 AM  
Same Day Appt. 1-2 PM

### Canyonville Clinic Hrs:

Mon-Thur 8 AM-5 PM  
Walk in 8-9 AM  
Same Day Appt. 1-2 PM  
Education only on Fridays

### Holiday Office Closures:

Dec. 22nd @ 2 PM  
Dec. 23-26 Christmas Holiday  
Jan. 2 New Years Holiday  
Jan. 16 Martin Luther King Day

## Gaming Continues to Expand

Seven Feathers Casino Resort isn't the only gaming operation with recent expansions. Despite the national economic downturn, tribal and non-tribal gaming continues to grow throughout the country, sparking questions about the size and duration of the gaming market. Will it overheat? Will there be a backlash? How long will it last, under intense competitive and regulatory pressure?

The Umatilla Tribe recently introduced major additions to their Wildhorse Resort and Casino, including a new 10 story hotel and a theatre Cineplex, along with expanded casino gaming options.

The Warm Springs Tribe has opened their new 500 slot machine "temporary" Indian Head Casino on Highway 26, as they continue to work their way toward their preferred casino location at Cascade Locks in the Columbia Gorge near Portland.

Tribal gaming operations in Washington and California continue to grow rapidly in number and size, with dozens of expansions and site applications pending. Nationally, the feds are closer than ever to approving several "off reservation" tribal casino sites, and tribes have scored several casino expansion victories in federal courts, particularly in the Midwest.

The Oregon lottery, by far the largest gaming operator in Oregon, continues to add vendors and new and higher paying games.

And Lake Oswego businessmen Matt Rossman and Bruce Studer are back at it again, filing a new ballot initiative this month for a state licensed casino in Portland. Playing directly to pocketbook issues in a down economy, and cribbing concepts and language from the tribal/state gaming compacts, they call their new initiative the "Oregon Job Growth, Education and Communities Fund Act."

Despite the fact that their last effort to amend the Oregon constitution and open a private casino was defeated by 68 percent in November 2010, Rossman and Studer - apparently funded by out of state casino interests - are undeterred and gathering signatures for a 2012 vote.

Gaming is a lucrative business and tribes have long understood that private and state interests will not sit back forever and watch the tribes maintain a lions share of the gaming market.

It might be too early to call the current state of gaming proliferation the beginning of the end of the gaming market. But it isn't much of a stretch to see the current rate of gaming expansion as evidence of the end of the beginning of modern gaming. Out of its infancy and in a growing middle age, we're watching gaming carefully for any sign of its retirement plans.



## Oak Woodland Restoration at Lilja

The Tribe recently completed an oak woodland restoration project at its Lilja property west of Canyonville. The project was designed to promote forest health and improve wildlife habitat.

Much oak woodland habitat in the Pacific Northwest has succumbed to urban development, intensive agricultural practices, and encroachment by faster-growing trees that historically had been removed by fire. Our restoration project improved the vigor of the oak woodland on this property by harvesting about half of the trees – mostly small trees and a few large trees. Several “habitat piles” for wildlife were built with branches from the harvested trees. These piles will become homes for small mammals, reptiles, or any other wildlife that needs a new home!

The harvested trees – mostly Pacific madrone, Oregon white oak (small ones), and incense cedar – will be put to good use. Approximately 35 cords of firewood logs were hauled to McNeil Ranch to help meet tribal members’ firewood needs next winter. We also sold one load of Douglas-fir sawlogs. This log sale was the first from Tribal lands cut specifically for forest management purposes.



**Oregon white oak stand before restoration project.**



**Oregon white oak stand after harvest and slash mulching.**

The project fulfilled other objectives, too. Forest fuels were reduced, making it easier to control any future wildfire. To that same end, limbs and tops remaining after logging were mulched on-site, further reducing fuels and adding compost back to the soil. Several hazard trees endangering a barn and a shop were also removed, thus protecting these buildings from possible future damage from fallen trees.



Tribal member, Curtis Jackson “brands” the ends of Douglas Fir logs, marking them as belonging to the Tribe and preparing them for sale. Madrone logs for delivery to the McNeil Ranch Firewood Center can be seen in the background. Curtis conducted the harvest operation, and did a fine job improving the Tribe’s forestlands. Similar projects on Tribal lands are anticipated in the future.



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  
1-800-422-0232This event is sponsored  
by the sovereign governments of

A bus has been Scheduled to take Tribal members to the 4th Annual "Gathering of Oregon's First Nations" celebration. The event will be from 12:00 PM until 9:00 PM. The bus will pick up passengers at 8:30 AM at Seven Feathers Casino in Canyonville, at 9:00 AM at the Government Office in Roseburg and at 10:00 AM in Springfield (Exit 194A) at Shari's Restaurant. The bus will be returning to the Roseburg area at 5:00 PM. There is limited seating available and you will need to be on the list to get on the bus. If you are interested in attending this event and would like to reserve a seat on the bus, please contact Donna at 541-672-9405 by January 13, 2011.

**Brew Pub Jerky Featured on Two and Half Men Episode**

Umpqua Indian Foods has been working with a product placement company for several years at no cost. Its product has been on Two And A Half Men two times; the last being just recently.

On November 22, Episode 10 featured Umpqua Indian Foods Brew Pub Premium Steak Jerky by having Ashton Kutcher select the signature red package from the shelf of a grocery store and place it in his shopping cart!

Two And A Half Men still remains the most popular comedy on television despite the fact that Charlie Sheen is no longer on the show.



By the way, between now and December 25<sup>th</sup> Tribal Members and UIDC Employees can purchase Umpqua Indian Foods products at its retail store at wholesale prices!

Happy Holidays from Umpqua Indian Foods!



## Coping with Holiday Stress



A time of festivity, parties, shopping, entertaining, religious observances, family gatherings, and decorating, the holiday season can be full of excitement and promise. However, with this time of year inevitably comes stress.

For many, the first signs of holiday stress emerge around Halloween, when stores start stocking shelves with Christmas decorations and candies. People begin to feel the clock ticking and that there is not enough time to fit everything in. We often have higher expectations for this time of year than for any other, which places even more pressure on us and increases the likelihood we may end up disappointed.

Signs of stress may include feeling impatient, worried, cranky, and, in some cases, depressed. People might experience sleep or appetite disturbances,

or other physical complaints such as muscle tension, headache, fatigue, or stomach aches. Children are not immune to this stress. Parents set the pace for their kids, and they, too, can feel the sense of urgency.

Following are some tips to help you minimize holiday stress. Major themes in these recommendations include:

- Simplify.
- Let go of unrealistic expectations, particularly the desire for perfection.
- Invest your energies wisely.

After all, we are not all Martha Stewart! To learn more about various topics come to the Monthly Wellness Fair on Jan. I look forward to seeing you there.

## Jordan Creek Spawning Survey

Kelly Crispen, Cow Creek Tribal member and Umpqua Legacy River Coordinator for the Pacific Rivers Council, is working with the Tribal Natural Resources Department to conduct a coho spawning survey of Jordan Creek on **Saturday, January 14<sup>th</sup> 2012**. This family friendly event is intended to bring together Tribal members of all ages to learn about a culturally significant species to the Cow Creek Tribe, the coho salmon. The spawning survey will begin at 9:30 AM with a breakfast hosted by the Tribe in the conference room at the Seven Feathers RV Park (in the pool building).

During breakfast, Kelly will give a presentation about coho salmon life history and the spawning survey methods. After breakfast, the spawning survey will begin.

If you are interested in attending this event, please R.S.V.P. by calling Kelly at (541) 530-5817 or e-mail her at [kelly@pacificrivers.org](mailto:kelly@pacificrivers.org) by January 10, 2012. The survey will consist of walking along the stream bank, so please wear appropriate shoes for hiking, and bring a rain jacket just in case!





# December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Elders Luncheon @ 12 PM	2	3
4 AA Mtg 6 PM Gov Office	5	6 4:30-6 PM Youth Prgm Gov Boardroom	7	8	9	10
11 AA Mtg 6 PM Gov Office	12	13 Food Bank 9-12 PM 4:30-6 PM Youth Prgm Gov Boardroom	14	15	16	17
18 AA Mtg 6 PM Gov Office	19	20 4:30-6 PM Youth Prgm Gov Boardroom	21	22 Office Closed @ 2 PM	23 Holiday Office Closed	24
25 CHRISTMAS DAY	26 Holiday Office Closed	27 Food Bank 1-4 PM	28	29	30	31 Sobriety Pow Wow @ Veteran's Admin. Bldg #16 5:30 PM

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Holiday Office Closed	3 4:30-6 PM Youth Prgm Gov Boardroom	4	5	6	7
8	9	10 Food Bank 9-12 PM 4:30-6 PM Youth Prgm Gov Boardroom	11	12	13	14 Coho Spawning 9:30 AM @ 7F RV Park
15	16 Holiday Office Closed	17 4:30-6 PM Youth Prgm Gov Boardroom	18	19	20	21
22	23	24 Food Bank 1-4 PM 4:30-6 PM Youth Prgm Gov Boardroom	25	26	27	28
29	30	31 4:30-6 PM Youth Prgm Gov Boardroom				



## Over-the-Counter Begins Again



Beginning January 3, 2012, 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 visit our website at [www.cowcreek.com](http://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; those under 18, are eligible for \$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 2012 OTC requests is November 15, 2012. 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 [trobinson@cowcreek.com](mailto:trobinson@cowcreek.com)

## EMERGENCY KIT - PUT ONE TOGETHER FOR YOUR FAMILY

You may need to survive on your own after an emergency or disaster which means you will be on your own. You will need your own food, water, and other supplies in sufficient quantities to last for at least three days. Remember that local officials and relief workers cannot reach everyone and 911 will be totally bogged down – you may get help within hours, or it may take days or weeks! In addition, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week or longer. So, put a survival kit together now so you are ready if and when you find yourself “totally on your own.”

Below is a list of basic items to include in your kit:

- Water, a three day supply - one gallon per person per day for drinking and sanitation; **(Continued on pg 7)**
- Food, at least a three day supply of non-perishable food - things you can eat right out of the package;



## Emergency Kit (continued)

- Radio, battery powered or hand cranked and a NOAA Weather Radio with tone alert. Don't forget extra batteries to fit.
- Flashlight and extra batteries.
- First Aid Kit;
- Whistle to signal for help.
- Dust Mask (one for each family member), to help filter contaminated air and plastic sheeting and duct tape to shelter in place;
- Moist towelettes, toilet paper, garbage bags and plastic ties for personal sanitation;
- Wrench or Pliers to turn off utilities;
- Can Opener for food (if kit contains canned food) or scissors;
- Local Maps; and
- Cell Phone with chargers (in case electricity is still on), inverter or solar charger.



### Consider adding the following items to your emergency supply kit:

- Prescription medications and glasses;
  - Infant formula and diapers;
  - Pet food and extra water for your pet;
  - Personal hygiene supplies (male and/or female) and hand sanitizer;
  - First aid book;
  - Sleeping bag or warm blanket for each person. If you live in a cold weather climate, consider adding additional bedding
  - Complete change of clothes, including long sleeve shirt, long pants, hat, gloves and sturdy shoes.
- (Continued on page 8)

## Tribal Member Donates Drum



Tribal elder, Butch Bochart of Newberg, Oregon donated a hand-made drum he constructed at his home specifically for the tribe. The double sided drum is covered with elk raw-hide, the side of the drum has emblems burned into the wood base.

Thank you Butch for your commitment to the culture of the tribe and thoughtfulness you put into this beautiful musical piece.



# PROGRAMS

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## Food Bank

The regular food bank days/hours are the 2<sup>nd</sup> Tuesday of each month from 9 AM to 12 PM, and the 4<sup>th</sup> Tuesday of each month from 1 PM to 4 PM. Contact Cindy Delay for more information. 541-677-5575.

Happy Holidays!!

## Student Rental Assistance Program Update

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 a HUD grant. Funding 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.

At this time, funding is still available due to ineligible applications and/or incomplete paperwork as requested by the Housing Program.

To receive an application packet for the 2011-2012 school year, contact the Tribal Housing Program at 1-800-929-8229.

## 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](http://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.



## Emergency Kit (continued from pg 7)

- Household chlorine bleach and medicine dropper – when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. In an emergency, use it to treat water by adding 16 drops per gallon of water. Do not use scented, color safe or bleaches with added cleaners for these purposes.
- Fire extinguisher;
- Matches in a water and fire proof container;
- Mess kits, paper cups, plates, plastic utensils and paper towels;
- Cash or traveler's checks and change;
- Important family documents such as copies of insurance policies,
- Identification and bank account records in a waterproof, portable container;
- Pen and paper; and Books, games, puzzles or other activities for children.



## Nesika News-Twelve Month Filing Limitation

All requests for reimbursements of eligible expenses must be submitted to NHG no later than twelve (12) months from the date on which the covered charges incurred.

No reimbursement will be authorized for any expenses that were incurred over the 12 month filing date.

This applies to medical, dental, vision and pharmacy claims.

All prescriptions must be filled at a participating pharmacy. When your prescription is filled at a participating pharmacy, then you will only have your co-pay amount of \$10, \$20, or \$40 to pay as long as the prescription is a covered medication.

However, when NHG is your secondary insurance, you will need to pay the balance remaining after your primary insurance has paid. You would then submit all of the information to NHG to see if you have further reimbursement due. That information that is required is the name of the pharmacy, the name of the medication, the directions for usage, the amount dispensed, the total cost and the amount that the primary insurance paid. You would be eligible for reimbursement for the amount that is greater than your normal co-pay.

If you obtain your medication from Northwest Compounding Pharmacy, then you must pay the full amount for the prescription. Then you need to submit the paperwork and receipt to NHG for reimbursement. Your co-pay at NW Compounding Pharmacy is \$50. If the prescription is \$50 or less, then you would not have a reimbursement due. If the prescription is more than \$50, then you would be reimbursed the amount over the \$50 co-pay.

It is your responsibility to make sure that the doctor's, facilities, and pharmacies have your correct insurance information on file.

If the incorrect insurance plan is billed and the date of service is over the 12 month filing fee, then you would not receive any reimbursement and also owe the other insurance company what was paid out incorrectly.

As always, if you have any questions in regards to this information or anything else in regards to Nesika Health Group, please call a representative at 800-284-9917 or 541-677-5508.

## LIHEAP—Low Income Home Energy Assistance Program



With the cold weather quickly approaching keep in mind our LIHEAP program has begun for tribal Elders', and is underway for the general tribal membership. Applications are available at [cowcreek.com](http://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.

## Pink Shawl Project to Continue in 2012



This year there were four meeting dates where 16 shawls were created. Hopefully 2012 will be even more productive with additional dates to work with. **The meeting dates are: Feb 7, March 6, April 3, May 1, June 5, Oct. 2, Nov. 6, Dec. 4** (July, Aug, and Sept. are excluded for a Summer Break) The time is from 5-7 PM and the location will be announced at a later date.

If you would like to help make shawls to give to survivors of cancer please call to get your name on the list. Contact Cindy Delay 541-677-5575.

Come and be a part of this great and rewarding project.



## Native American Congressional Internships



The Udall Foundation provides a ten-week summer internship in Washington, D.C., for Native American and Alaska Native students who wish to learn more about the federal government and issues affecting Indian Country. The internship is fully funded: the Foundation provides round-trip airfare, housing, per diem for food and incidentals, and a stipend at the close of the program. Interns work in congressional and agency offices where they have opportunities to research legislative issues important to tribal communities, network with key public officials and tribal advocacy groups, experience an insider's view of the federal government, and enhance their understanding of nation-building and tribal self-governance. In 2012, the Foundation expects to award 12 Internships on the

basis of merit to Native Americans and Alaska Natives who:

- Are college juniors or seniors, recent graduates from tribal or four-year colleges, or graduate or law students;
- Have demonstrated an interest in fields related to tribal public policy, such as tribal governance, tribal law, Native American education, Native American health, Native American justice, natural resource protection, cultural preservation and revitalization, and Native American economic development.

## Tribal Garden Update:



The orchard area has been plotted and holes were augured to prepare for the tree-planting to take place in January. All fruit trees have been ordered and will be delivered January 9, 2012. On January 10<sup>th</sup> and 11<sup>th</sup> we will be planting the trees with help from kids from the Wolf Creek Job Corps. Thank you to Gary Jackson, Tribal Board member, for helping us arrange this! If you are interested in volunteering to help plant trees on those days or volunteering in the gardens please call Ken Grizzle, Gardens Specialist at 541-530-6979.

Progress has been made on composting. Leaves, grass clippings and other debris have been collected from Tribal lands. An area has been set aside for compost piles and soon we will contact 7 Feathers on taking food scraps as well.

**Here is the full list of Tree Species we are planting:**

**Cherries:** Bing, Rainer, Royal Anne, Stella. **Plums & Prunes:** Howard Mericle, Japanese Shiro, Green Gage, Moyer, Stanley, Brooks, Italian. **Peaches:** Frost, Early red Haven, Improved Elberta, Hale Haven, 49ers. **Nectarines:** Mericrest, Harko, June Glo, Fantasia, Gold Mine. **Pears:** Bartlett, Red Bartlett, Comice, Bosc, Danjous, Moonglow, Hosui, Shinseiki, Nishiki, Shinko. **Apples:** Gala, Fuji, Golden Delicious, Braeburn, Early Transparent, Red Gravenstein, Gravenstein, Liberty, Honey Crisp, Melrose, Red Delicious, Chehalis, Gold Rush, Enterprise. **Nuts:** Filberts, Walnuts.



## Announcements

### Births/New Enrollments

Caden Weston Matthew Giddens, Garrett Max Jackson, Krew Burgess Nichols, Paige Mikae Nichols, Aaliyah Jordyn Hill, Jacob Marcus Gaylor, Kaden John Looney, Alexandria Nicole Leilani Sauer and Milan Arri Picard.

### Obituaries

No deaths were reported for this period

## Tribal Member Internship Available

DOE's Tribal Energy Program is seeking current college upper-classmen and graduate students for summer 2012 internships. Students must be U.S. citizens and Native Americans (defined as a member of a federally recognized tribe, Alaska Village, or Alaska Corporation) with specific interest in renewable energy.

To apply, download the attached application form at <http://apps1.eere.energy.gov/tribalenergy/internships.cfm> and send it to the attention of Sandra Begay-Campbell, Sandia National Laboratories, P.O. Box 5800, Albuquerque, NM 87185. **Applications must be postmarked by February 17, 2012.**

## Scholarship Opportunity



The Truman D. Picard Scholarship Program, dedicated to the support of Native American students pursuing a higher education in Natural Resources, is accepting applications. For more information and application instructions visit [www.itcnet.org](http://www.itcnet.org) or call (503) 282-4296. Applications are due January 27, 2012.

## 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](http://uidchr.com)

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