

# KIUYUM-ID



We will be known forever  
by the tracks we leave.

VOLUME 21—ISSUE 2

February 2011

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## 2011 Outlook

As part of the annual planning process for the Tribe, the Tribal Board of Directors met in January to review important tribal programs and determine how best to implement suggestions and concerns recorded throughout the year. Many issues were discussed and several of the results are listed as follows.

### Economic Development Projects

For the 2011 year, the Board placed priority on the following development projects. **Creekside Rest Area** – As part of a budget reduction effort by the Oregon Department of Transportation, state officials elected to close two Interstate 5 Rest Areas between Grants Pass and Roseburg. The Rest Area north of Glendale and north of Myrtle Creek were identified to be closed. The Tribe was approached to enter into a public/private partnership with the state to develop a rest area near Canyonville. It was determined that the best location for this Rest Area was on tribal property at exit 99 near the Truck and Travel Center. With grants from both the Department of Transportation and the Bureau of Indian Affairs, the tribe is proceeding with a public/private partnership and development of the Creekside Rest Area. To date, the site work, infrastructure and paving have been completed. Anticipated completion of this project will be this Fall.

### Tribal Clinic in Canyonville

Plans for an additional Tribal health clinic have been finalized and construction of the approximate 12,000 square foot health facility should be underway by fall 2011 with a completion date of late summer of 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 classes 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.

### Rural Business Incubator Center

As previously reported, the Tribe received a \$2.75 million grant from the USED A to remodel the Tribes Farmers Co-op Property for use as an Incubator for entrepreneurs with new ideas for business in Douglas County. The incubator center is still under tribal ownership but will collect rent from tenants located within this facility. Several non-profits, Umpqua Training and Employment and UCC Small Business Center have expressed their intent to rent space



#### Special points of interest:

##### Government Office Hrs:

Mon-Thurs 8am–5pm  
Fri 8am-4pm

##### Roseburg Clinic Hrs:

Mon-Thurs 8am-5pm  
Fri 8am-4pm  
Open @ 1:00 on 1st  
Wed/Month

##### Canyonville Clinic Hrs:

Mon-Thurs 8:30-5:00  
Education only on Fri-  
days

**2011 Outlook (continued from front page)**

within the facility. All of the anchor tenants will be available in one location which will be an added bonus for those seeking business development assistance.

**Truck Stop Parking and Shore-power**

Just across Jordan Creek from the Seven Feathers Truck & Travel Center, you will notice a large graveled flat area. Excavation of this area originally began to develop the clay soils into select fill materials for the Creekside dam. As the area developed, it became apparent that additional parking and facilities space created opportunities.

The site is now being developed through a combination of grants and tribal economic development funding into additional truck and RV parking spaces, with several planned enhancements for the future including, a "Shorepower" truck kiosk system to reduce truck idling emissions, an electric vehicle charging station, and a multipurpose truck and RV service center. Paving of the lot is slated for this year, with the additional improvements to be added as funding becomes available.

**Riverwalk/Amphitheatre**

Approval was given by the Tribal Board to move forward with planning a Riverwalk from the Casino north to Stanton Park along with an outdoor venue for entertainment. The idea will be to provide a scenic walkway along the river that would allow guests to make their way toward a proposed Amphitheater or Outdoor stage of some type that will be developed behind the old Valley View Motel. Since completion of the new wing of the Seven Feathers Hotel, occupancy rates have declined in the Valley View Motel which is scheduled to be demolished.

**Medicare Part B Reimbursement Program Amended**

The Tribal Board of Directors have approved an amendment to the Cow Creek Tribal Medicare Part B Reimbursement Program (MPBRP). Currently, this program is designed to reimburse premiums to those Tribal members who are participating in the MPBRP. This reimbursement is available to begin 2<sup>nd</sup> quarter of 2011 (starting in April 2011) and will be reimbursed annually for this first year; reimbursed January 2012 for the April-Dec 2011 premium year. After this first year, new spouse enrollees will have the option to be reimbursed either monthly or continue with the annual reimbursement options.

Tribal Members, who have spouses that are enrolled in Medicare Part B, can now complete an application for reimbursement for their spouse by contacting Andrea Davis, Clinic Benefits Coordinator at 541.672.8533 ext. 5533.

**Annual Tribal Distribution and Elders Monthly Distribution Programs**

After more than five years and extensive review, the Tribal Board of Directors have approved an increase to both the Annual Tribal Distribution Program as well as the Elders Distribution Program.

The amount for the Annual Tribal Distribution will increase \$100 bringing the total annual payment to Tribal members to \$800. As with previous requirements, all distributions to minors will be placed in their individual Cow Creek Minor Trust Account.

The Tribal Elders Monthly Distribution Program increase \$50.00 bringing the total monthly distribution to \$450.00.

Approval of these changes have been made to the Tribal Distribution Code by the Tribal Board of Directors, however additional approval must be obtained by the US Secretary of the Interior which is expected to be achieved by the fall of 2011.

## Change In Location For Washington Meeting This Year

The Tribal Board of Directors will travel to Washington state in March for their annual informational meetings. This year, the times and locations have changed. We truly hope this does not cause any inconvenience for our membership. The meetings will be held at the following locations:

- Thursday, March 10, in Kelso, Washington. The meeting will be held at the Red Lion Hotel & Conference Center, Exit 39. It will begin at 6:30pm in the Cedar Room.
- Friday, March 11, in Port Angeles, Washington. The meeting will be held at the Red Lion Hotel in the Juan de Fuca Room at 7pm.

For more information, contact Carol McKinney at 541-677-5528 or 800 929-8229.

## Cow Creek Tribal Gardens Project

The Tribal Board of Directors has authorized development of a Tribal Gardens Project on the Tribe's Ravenswood Ranch Riverside property (see below). The Project will be surrounded by a low tree screen and deer fence, and is anticipated to include a small greenhouse, fruit and nut orchard, berry rows, and raised vegetable plots, all under central irrigation. Fencing and planting on the project will begin in 2011, to be completed with programs beginning in 2012.

Fruit, nut and berry species anticipated to be grown at the facility include: Raspberry, Huckleberry, Strawberry, Marionberry, Boysenberry and Loganberry; Braeburn, Gala and Jonagold apples; Bing and Royal Ann cherry; Red Haven, Elberta and Suncrest peach; Bartlett pear; Blue Black Italian, Blue Damson, Blue Black and Shiro plum; Filbert, English Walnut and Chestnut trees.

The Tribal Board intends for the gardens to be a Tribal family gathering place as well as an agricultural and educational asset for Tribal benefit. However, the final scope of programs at the facility will not be determined until tree planting and infrastructure construction is substantially complete later this year.





**NESIKA PARTNERS WITH FIRST CHOICE HEALTH AS NEW PROVIDER NETWORK**

As many of you may be aware, Nesika has made numerous changes for the 2011 plan year. One of those changes was to partner with First Choice Health who we will be utilizing for our provider network as of January 1, 2011.

The First Choice Health network extends to the following states: Alaska, Washington, Oregon, Idaho and Montana. If you live in one of those states you can either contact a Nesika Health Group representative to help you find a contracted provider or you can go online to FCHN.com and search for a provider there as well. If you live in any other state your claims will be processed utilizing the Usual & Customary fees for your particular area meaning that you no longer have to find a contracted provider. Please remember that as always you must first meet your yearly deductible and the claim must be for a covered service and diagnosis in order for the services to be covered under the plan.

Should you have any questions at all regarding the new network or any other Nesika plan benefits please contact either Shelli or Lindi at (541) 677-5508 or (800) 284-9917. As always, we are happy to help in any way that we can.

**Diabetes Prevention Class Recruitment**

The Cow Creek Tribes Diabetes Prevention Team is looking for volunteers to participate in our Diabetes Prevention Program (DPP).

**What is the DPP?**

The Diabetes Prevention Program is based on the findings of a national study that diabetes is preventable in those at high risk. The focus of the program is on making lifestyle changes to try to prevent diabetes.

**What is Pre-Diabetes?**

Pre-diabetes is a condition where blood sugar levels are higher than normal but are not high enough to be called diabetes.

**Who can Join?**

American Indian men and women age 18 or older who are eligible for services at CCHWC and who have pre-diabetes.

**What will I be Asked to do?**

- Become more physically active and learn healthier eating habits.
- Attend 16 classes, one class per week, to explore ways to live a healthier life.
- Work with a Lifestyle Specialist over the next three years to lose weight, get more active and be healthier!

**How Can I Join the Program?**

Let us know that you are interested in volunteering for the DPP by calling the following number and we will explain the project to you and answer any questions about the program.



For more information please contact: Bob Dunas at 541-672-8533/1-800-935-2649. Classes begin in March 2011.

## Make a Difference by Joining the 2011 Cascades Climate Challenge!

Open to all high school students in WA & OR, the Cascades Climate Challenge is now recruiting for 2011.

Selected students will spend 3 weeks in the North Cascades traveling through the park and gathering firsthand information about climate change.

In September and October they work with their teachers, other team members and/or partners from local agencies to teach climate change awareness to other students and lead them in a service project.

In November they will be encouraged to attend a leadership conference in the North Cascades to share their experience with other youth.

The program is tuition-free, camping gear is provided, and we work with any students living outside of the Seattle area to ensure that travel is not an issue. More details are in the attached application.

Information, photos and video are all online at: [http://www.ncascades.org/programs/youth/climate\\_challenge/](http://www.ncascades.org/programs/youth/climate_challenge/)

**Teachers-** stay tuned for news of a climate change teacher training opportunity this August with North Cascades Institute!

## Beaver Conference -2nd Year Success

The Cow Creek Band of Umpqua Tribe of Indians was one of many sponsors for the State of the Beaver 2011 Conference on February 2- 4 at the Seven Feathers Convention Center and Resort in Canyonville, Oregon. Other sponsors included the Beaver Advocacy Committee, South Umpqua Rural Community Partnership (SURCP) and the Partnership for the Umpqua Rivers (PUR) in collaboration with State and Federal agencies along with academic and private institutions.

This event focused on the latest developments in beaver ecology related to habitat restoration, climate change mitigation, the beaver wetlands influence on wildlife and had several breakout sessions the last day to discuss next steps.

Nearly 100 people attended each day. High school and college students were a highlight of the attendees on Thursday.



Donald Hey Ph.D., Executive Director of Wetlands Research Inc. from Chicago was the keynote speaker. You can listen to a radio interview with Dr. Hey from our local KQEN station on this link: [http://www.541radio.com/play\\_window.php?audioType=Episode&audioId=5150677](http://www.541radio.com/play_window.php?audioType=Episode&audioId=5150677)

Beavers are a keystone species, whose dam building activities create connectivity between land and water, greatly enhancing both aquatic and terrestrial ecosystems. They are the original ecological engineers. Oregon's salmon runs are intimately connected to beaver populations. The connection between beavers, water quantity and quality is well established. Beavers have a direct positive effect on aquifers, water temperature and water availability. Due to historic over-

hunting and current conflicts with human development, the Oregon's beaver populations are not even close to what they once were. The Tribe is currently working with SURCP, PUR and the Umpqua National Forest on Beaver relocation efforts in the Elk Creek Watershed.

For more information visit the State of the Beaver Conference website at: [www.surcp.org/beavers/conference.html](http://www.surcp.org/beavers/conference.html) or contact the Tribe's Natural Resource Director at [aamoroso@cowcreek.com](mailto:aamoroso@cowcreek.com).

## Tribal Youth Outdoor Program

### MARCH 22-24, 2011

## SEVEN FEATHERS HOTEL & CASINO RESORT

Indian Health Services is funding a good percentage of the expenses for this event. The only expense to families of our youth will be transportation.

To be included in this event is:

- ◇ 3 days, 2 night stay @ Seven Feathers Hotel Casino Resort, Dinner
- ◇ "Billy Mills", 10,000m Olympic Gold Medalist, Motivational Speaker
- ◇ A decathlon of educational, nutritional, physical, & cultural activities to empower Oregon's Native Youth to be all that they can be.

*Diabetes Prevention*

*Movie Night*

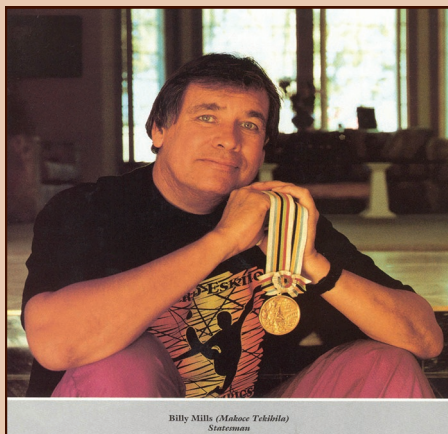
*Medicine Bag making*

*Suicide prevention*

*Competitions*

*A/D Prevention*

All Tribal Members are encouraged to attend the Dinner & Motivational Speaker "Billy Mills" on Wednesday, March 23rd from 5:pm to 7:pm in the Seven Feathers Convention Center. You contact Cindy Delay for reservations.



Billy Mills (Makase Tchibila)  
Statesman

### Contact Info:

Cindy Delay, Program Assistant

cdelay@cowcreek.com Phone: 541-677-5575 Fax: 541-677-5574

SPONSERED BY... IHS, NIKE, & THE COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

## 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.

## 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.





## Announcements

### Births/New Enrollments

Blake Riley David Cullum, Asa Daniel Wells, Douglas Aaron Haynes, Lynda Michelle Haynes, Lucas Ole John Braglin, Kiana Moon Morris, Tabitha Irene Bishop, Naomi True Kandel, Kealalehua Evalina Lewis

### Obituaries

Barbara Ann Davis, Delbert Rainville

**We apologize for listing Barbara Jean Hill in the January 2011 Newsletter. This was an unfortunate mistake.**

## Oregon Student Assistance Commission (OSAC)

[GetCollegeFunds.org](http://GetCollegeFunds.org) is the state of Oregon's official website for student financial aid, grants, and scholarship opportunities administered by the Oregon Student Assistance Commission. To learn about public and private scholarships, financial aid information, and ASPIRE, Oregon's official mentoring program to help student's access education and training beyond high school go [www.osac.state.or.us](http://www.osac.state.or.us).

**These are the specific programs offered.**

- [Oregon Opportunity Grant](#) - Need-based grant for qualifying students
- [Scholarships](#)—One common application (eApp) for more than 400 scholarship opportunities
- [Oregon Adult Learner College Resources](#)—For Non-Traditional students, older, or “students returning to college”
- [Aspire](#)—Oregon's official mentoring program to help student's access education beyond high school.

Please contact Kelly LaChance, Education Director for more information at 541-577-5575 or 1-800-929-8229.

## Adult Moccasin Class

An adult Moccasin Class is being offered to all tribal members on March 19, 2011 from 10:00 am to 1:00 pm. The class will be held in the south building downstairs conference room at the Tribal Government Offices in Roseburg. Please contact Louis La Chance at 541-677-5575 if you would like to sign up to attend. It would be helpful to know how many to plan for in supplies.



## 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



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