

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 21—ISSUE 4

April 2011

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Billy Mills Youth Conference: A “Gold” en Success

Billy Mills, won the 1964 10,000 meter Olympic gold medal in what has been called the greatest race on the track in Olympic history. However, his trek was anything but golden. “It’s the journey, not the destination,” Mills told the group of youth ages 12-18 attending the three-day Native American Youth Prevention Conference at Seven Feathers Casino Resort. “It’s the daily challenges you face in life.”

Mills, 72, a member of the Lakota Tribe, grew up on the Pine Ridge Indian Reservation in South Dakota. Both of his parents died by the time he was 12 and was raised by his grandmother. He attended the University of Kansas on a track scholarship and earned All-American honors for three years. He won the individual title in the 1960 Big Eight cross-country championships and was a member of the Jayhawks’ outdoor track team that won two national championships. As the sole Native American on the Jayhawk campus, however, he was barred from joining a fraternity, was asked to step aside from his fellow All-Americans so that a group photo could be taken without him in it, and encountered the many stereotypes Native Americans face today such as being labeled alcoholics, drug abusers, and quitters.

After graduating from the University of Kansas with a degree in Physical Education, Mills joined the U.S. Marines where he was able to start his training for the Olympic trials. He finished second at the U.S. Olympic Trials and was virtually unknown coming into Tokyo since he had not won a major race and was overshadowed by favorite and world record holder Ron Clarke of Australia. Clarke set the pace for the 6.2 mile race and at the halfway point, only four runners, including Mills, were still with him. On the final lap, Mills found himself being pushed by Clarke and Mohammed Gammoudi of Tunisia who sprinted into the lead as they rounded the final curve. Mills ran wide into the third lane and passed both Gammoudi and Clarke to win the gold medal in Olympic record time. Mills’ time of 28:24.4 was nearly 50 seconds faster than he had ever run. He remains the only American to win the 10,000 meters at the Olympics.

Today, Mills is a businessman, author and national spokesperson for Running Strong for American Indians, an organization that helps support projects that benefit the American Indian people, especially youth. As the spokesperson, he’s been able to raise over \$120 million for organic gardening opportunities, two dialysis clinics, helping the elderly with emergency heating bills and to build up the infrastructure on reservations as a means of trying to em-



Lacey Mulholland, Billy Mills, Jade Mulholland

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 Fridays

Billy Mills Youth Conference: A “Gold” en Success Continued from Pg 1



Audrie Derrick, Faith Derrick, Cindy Delay and Nicholas Anthony

power American Indians.

Mills was a large presence during the three day conference that sponsored 50 Tribal youth, their adult chaperones and members of the Cow Creek Health & Wellness Center and Cow Creek Band of Umpqua Tribe of Indians' staff. Youth from the Cow Creek Tribe, Burns Paiute Tribe, and Klamath Tribes as well as Tribal members from Washington State and California traveled to the event. The event was hosted by the Cow Creek Health & Wellness Center, Indian Health Services and Nike. On the agenda were a variety of cultural activities, self-care and nutrition activities, youth suicide prevention training, diabetes prevention, A&D

prevention, many physical activities, games and much more. Mills made a surprise appearance to the youth and adults after they viewed the movie, *Running Brave*, a 1984 movie based on his life. He also observed many of the activities, dined with the kids and staff and was the keynote speaker at the 100 person dinner on the final evening of the event. The dinner began with drumming by The Thundering Water Drum Group, followed by a welcome from Cow Creek Tribal Administrator, Michael Rondeau and a prayer by Teri Hansen. Cow Creek Tribal Counsel Wayne Shammel introduced Mills who was presented with a gift and medal of recognition from Tribal Board Member, Robert Van Norman, for Mills' military service with the Marines. "We're trying to provide a positive message in a very troubling time," Tribal Administrator Michael Rondeau said. "For our first event, it was a big success", said Cindy Delay, Outdoor Recreation Coordinator for the Tribe. We had a decathlon of activities to give a good variety for our youth. One that meant a lot to me was to empower and enable our youth to save a life through the QPR training (suicide prevention) taught by Diane Rose, CCH&WC's Behavioral Health Manager. We would like this conference to be an annual event."

Mills' words of wisdom can empower people of all races and walks of life. "The daily decisions you make in life, not the talent you possess, are what choreograph your destiny. Ultimately, it's the pursuit of excellence that takes you to victory. When you find that passion, it allows you to focus. In my Native American world when you are focused, then the body, the mind, and the spirit all work as one to motivate you to discover and achieve your dream."

Resources and People Camp (RAP)

The 19th annual Resources and People (RAP) Camp will be held the week of June 13 at Camp Esther Applegate in Oregon. Applications are now being accepted from students between the ages of 13 to 18 from both rural and urban areas. RAP Camp is designed to educate students about natural resource management by providing them an opportunity to take part in hands-on natural resource sessions, outdoor recreation activities and educational field trips. The camp allows kids to learn more about fire ecology, wildlife, forestry, fisheries, archaeology, wetlands, botany and possible careers in those fields. It also engages students in many outdoor activities like hiking, birding, swimming and canoeing. For additional information about RAP Camp and the application process, contact Shirley Kerns skerns@fs.fed.us or (541) 883-6716. More information is available at www.rapcamp.org



Registration deadline is May 1, 2011. Scholarships are available.

Gaming Distribution Increases Approved by BIA



The Tribal Board of Directors recently approved an increase in the annual Tribal gaming distribution to \$800, and an increase in the monthly elder distribution to \$450. Under the federal Indian Gaming Regulatory Act, all Tribal gaming distribution plans are subject to approval of the Secretary of the Interior, who has delegated his authority on these approvals to the BIA.

The Tribe submitted its distribution plan changes on February 4, 2011, and approval correspondence to Chairman Courtney from the BIA was dated March 10, 2011. Thanks to Principal Deputy Assistant of Indian Affairs, Del Laverdure, for the quick turn around on the approval.

The Elder monthly distribution increase is set to begin in April, 2011, with the annual distribution increase beginning in December, 2011.

The increases were designed to attempt to preserve the principal amounts accumulated in the Tribal gaming distribution trusts, and pay existing distributions only out of new revenues and trust earnings, as much as possible.

Tribal Orchard and Gardens Update

Work towards preparing the garden and orchards site is progressing quickly at the Ravenswood property! Deer fencing was installed during the last weeks of March. The fence is 8 feet in height and includes several access gates. Site preparation continues and included enhancing the ditch on the north and east sides of the property for proper drainage. Tribal staff Archeologist Jessie Plueard and Tribal site monitor Tooter Ansures supervised the work to ensure proper treatment of archeological resources in the advent of discovery.

Incense cedar trees will be planted at the April 9th Arbor Day event along the north edge of the property. These trees will eventually provide a nice visual break from the interstate and be a future source of cultural material for basketry and ceremonial use. Contact Amy Amoroso in Natural Resources for more information at 541-677-5575.



Quality Fence Company staff setting the posts.



Ditch work and new fence posts.

Tribal Election is Coming Up

May 15, 2011 - Nominations Meeting

August 14, 2011, Election Meeting

The Procedures for the nominations for the Tribal Board of Directors Election are as follows: Any registered voter of the Tribe who is present at the May 15, 2011 meeting may nominate one eligible Tribal member. Each nominee must be present at, or pre-excused from, the meeting in order to be nominated. When nominations are closed, no other nominations will be accepted. Nomination acceptance forms will be furnished to all nominated candidates, who must accept the nomination in writing before the close of the nomination meeting, or within eight (8) days of the nomination meeting for any pre-excused nominee.

Candidates will be placed on the ballot with nominated incumbent Tribal Board members listed first, in alphabetical order, followed by any other nominees, listed in alphabetical order.

Ballot packets, including instructions, will be mailed out to registered Tribal voters at least 30 days before the Election Meeting.

Because the BIA will no longer directly support Tribal elections, the Election Committee will hire a qualified audit firm approved by the Tribal Board, to assist the Committee in conducting and monitoring Tribal elections.

Any new voter registration card needs to be obtained from the Tribal Offices and returned completed to the Tribal Offices by the end of the working day on May 13, 2011. Tribal members are encouraged to maintain an updated registration card including an updated signature.

In order to increase participation in the Tribal elections process, the number of Election Committee members was increased from five (5) to six (6), to include at least two (2) members of the Tribal Board who were elected or returned to office in the prior year's election.

A "Campaign Rules" section has been added to the Tribal Elections Code as follows:

"No campaigning or electioneering of any kind shall be permitted on Tribal lands or at Tribal events, including, but not limited to: pow-wows, banquets, camps and trainings. Candidates may provide campaign statements, not to exceed 1,000 words in length, which shall be published or distributed to the Tribal membership by the Election Committee no later than 45 days prior to the annual Election Meeting, provided that such statements are provided to the Elections Committee no later than 15 days after the Nomination Meeting."

A "Re-Vote" section was added to the Tribal Elections Code which reads:

"In the event of: a) a tie vote between the candidates with the lowest vote count that would have elected them but for the tie vote to a contested seat, or b) a valid election challenge or objections, there shall be a run-off election between the tied candidates, or a new election as appropriate to the circumstance and ordered by the Tribal Board, no later than forty-five (45) days after the Election Meeting in which the tie vote or election challenge is certified, with new ballots distributed containing any additional instructions for the new or run-off election."

If you are a registered voter and do not receive a ballot, you must contact the Government Office at 541-672-9405 or 800-929-8229.

Copies of the Tribal Election Code will be available at the May 15, 2011, Nominations Meeting, and Tribal staff will be available for any questions.

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 JOM Mtg 5:00 South Bldg	5	6	7	8	9 Arbor Day Ceremony 9-12 @ Tribal Garden
10	11	12 Food Bank 9-12 pm	13	14	15	16
17	18	19 Outdoor Rec Craft class 4-6 pm Tribal Boardroom	20	21	22	23
24 A&D Committee Mtg 6 pm	25	26 Food Bank 1-4 pm	27	28	29	30

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 A&D Committee Mtg 6 pm- Gov Office	2 JOM Mtg 5:00 South Bldg	3	4	5	6	7 Food Bank <u>By Appointment Only</u> 9am-11am
8 A&D Committee Mtg 6 pm- Gov Office	9	10 Food Bank 9-12 pm	11	12	13 Tribal Information Day @ Capital Salem	14
15 General Council Nominations Mtg 10:00 am	16	17	18	19	20	21
22 A&D Committee Mtg 6 pm- Gov Office	23	24 Food Bank 1-4 pm	25	26	27	28
29 A/D Committee Mtg 6 pm- Gov Office	30	31				

Medicare Part B Change Approved By Tribal Board



The Tribal Board of Directors has approved an amendment to the Cow Creek Tribal Medicare Part B Reimbursement Program.

Tribal Members, who have spouses that are enrolled in **Medicare Part B**, can now be placed on an eligibility list for reimbursement of their spouse's Medicare Part B 2011 premiums. Currently, this program is designed to reimburse premiums to those Tribal members who are currently participating in the Medicare Part B reimbursement program. This reimbursement is available to begin **for spouses** the 2nd quarter of 2011 (**starting from April 2011**) and will be reimbursed 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 in 2013.

As with Tribal Members, qualifying for this program, the Benefits Coordinator must receive a copy of their **Social Security 1099 tax statement for 2011 and proof of marriage**. Please be advised that a check request will be submitted as quickly as possible. Please allow three weeks upon our receiving your statements for your reimbursement. If you would like more information regarding this program or have questions, please contact Andrea Davis at (541) 672-8533.

Contract Health News

On January 1, 2011 the generic pharmacy plan went into effect. If your doctor is requesting a name brand because it is the only medication that will work for the diagnosis, then all medical data to support the request will need to be taken to the medical resource meeting for approval. Meetings occur weekly, if there is no need for a 2nd opinion, requests can be approved within 10 working days.

If a Tribal member chooses or requests a name brand medicine from their provider, without any request through the alternate resource committee, the Tribal member will be responsible for the difference in the co-pay.

EXAMPLE:

Name Brand \$ 250.00

Co-pay \$ 125.00 (co-pays are higher if you choose name brand over generic)

Generic Copay \$ 10.00 (CHS will pay this amount)

Patient balance \$115.00

Generic Brand \$150.00

Co-pay generic \$10.00

Patient balance \$ 0

CHS would like to thank all members for your ongoing understanding and assistance in helping with cost-saving measures. If you have questions please call 541-672-8533 option #1 to reach a Contract Health Representative.

Announcements

Births/New Enrollments

Piper Kristine Bochart

Obituaries

Deagan Weston Season

Firewood Needs Survey

Spring just arrived, but the Natural Resources Department is already preparing to meet Tribal members' firewood needs for next winter. Our plan is to be opportunistic and salvage trees for firewood as they become available this spring and summer. We anticipate the firewood program looking like this:

- Up to 3 cords of firewood will be available to each Tribal household annually.
- Firewood will be pre-split and ready for pick-up at a designated location near Canyonville in the fall.
- Cost of the firewood is \$25/cord. Tribal elders get the first cord free.
- Firewood is for personal use only, and is not to be re-sold.

We are conducting a survey of Tribal members to get a better handle on how much firewood you will need this next winter. Please call Reggi Johnson at 541-677-5575 with the following information:

- Your name, phone number, and number of cords of firewood wanted.
- What month this fall would you like to pick up the firewood?



Please call by April 31, 2011, so we will have time to meet your firewood needs! Thank you.

Tribal Identification Cards

<p>Your Picture Here</p> 	<p>Official Tribal Government I.D. Card</p>
	<p>Tribal Member Name</p>
	<p>is enrolled as a member of the Cow Creek Band Of Umpqua Indians</p>
	<p>Member Signature</p> <p>Card Issued on Thursday, June 16, 2005</p>

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