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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

Chief Miwaleta Day 2011

The 2011 Chief Miwaleta Day Celebration was held Saturday, June 4th at Chief Miwaleta Park at Galesville Reservoir. It was a day of sharing and gathering for Tribal families with the Thundering Water Drum bringing the heart beats of the elders and young people together.

The event began with the Mid-Oregon Bass Fisherman's Association offering guided fishing excursions for tribal families in attendance. Many children managed to catch "their" BIG FISH without falling into the lake.



After the welcome by Tribal Administrator, Michael Rondeau, a brief history of Chief Miwaleta and the Cow Creek people was presented by Tribal Archeologist, Jessie Plueard. Jessie shared information that was published in George Riddle's book, "Early Days in Oregon" which documented his journey on the Oregon Trail and the first time he encountered Chief Miwaleta in the early 1850's.



Robert Van Norman provided an invocation prior to lunch being served. Robert expressed the importance of what tribal gatherings are for; the elders, adults and children sharing and teaching our young ones about tradition, foods, and socializing with their families.

Del Ansures and Jim Rich provided a nature walk that included plant identification and taught children how to build a shelter out of poles and cedar boughs.

A special thank you goes out to Steve Van Norman for the canopy setup, Seven Feathers Catering for the food, Mid-Oregon Bass Association for use of their boats, Thundering Water Drum Group, and of course all of the Tribal families who made this year a success..

This year's event was sponsored in part by the Cow Creek Human Resources Program and the Alcohol and Drug Program.

2011 Tribal Election Nominees Selected

Nominations for the Tribal Board of Directors were taken at the May 15, 2010 General Council Meeting held at the Tribal Office in Roseburg. Thirteen Tribal members were nominated for four positions on the Tribal Board of Directors, however, only 11 nominations were accepted. One Tribal member declined their nomination and one was not present to accept their nomination. All nominations that were accepted for the 2011 Tribal Election will have their names on the ballot as follows:

Thomas Cox

Steve Jackson

George T. Rondeau

Kelly Rondeau

Jacob Ansures

Jessica Bochart

Edna DeCarlo

Shiela Rich

Edward Steele

Luann Urban

Patti Wilcox



At the Tribal Board of Director's request, Wicks Emmett, Certified Public Accountants, will conduct the mailing and receipt of election ballots. Wicks Emmett will be mailing ballot packets, including instructions, to all registered voters of the Tribe no later than July 15, 2011.

If you are an eligible voter and do not receive a ballot, please contact the Tribal Government Office at 1-800-929-8229 or 541-672-9405. Ballots are to be returned directly to the Cow Creek Elections Committee, c/o Wicks Emmett, LLP, PMB # 6B, Roseburg, OR 97470 and must be received at this address no later than 4:00 pm, Friday, August 12, 2011.

The Annual Tribal Election Meeting will be held at 10 am on August 14, 2011, at the Cow Creek Tribal Government Offices, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

The Wall –Traveling Tribute To Veterans, Comes to Sutherlin

AVTT (American Veterans Traveling Tribute) is a traveling memorial to "Honor, Respect, Remember" those who served, especially those who gave their lives in defense of the freedoms we value so highly, including Law Enforcement personnel and Firefighters. This Memorial will be set up in Sutherlin on July 27-31.

2011 is Sutherlin's 100th Birthday. Inspired by the flag retirement ceremonies and with deep respect for all of our brave American Heroes who put their lives on the line every day to protect us and our freedom, the idea was born to bring the American Veterans Traveling Tribute, the *Traveling Wall*, to Sutherlin.



We Need Your Help!!!

Cow Creek Behavioral Risk Factor Surveillance System (BRFSS) Project

In the next month, we want to remind everyone that the Tribe will be asking each Tribal member over the age of 18 to help us begin planning for our healthcare future and system. It has been almost seven years since we last asked our Tribal members to complete a survey regarding their health status and other vital information.

The plan is to contact everyone by phone or send a questionnaire to be completed and mailed back. Surveying will begin in late June and hopefully conclude by the end of September. Each Tribal member who participates will receive a \$15 gift card and a summary of the results presented at a Tribal dinner this Fall 2011.

This survey will be administered by the Northwest Portland Area Indian Health Board (NPAIHB) by two Oregon Health Sciences and two Portland State University research students who are interning with the NPAIHB (and us) this summer. All information collected by these students will remain confidential – no names or other identifying data will be given. Tribal members will either be called and/or mailed a survey to be completed. Surveys completed with the assistance of the NPAIHB by phone will take approximately 20 minutes, on your own at home usually will take approximately 30 minutes to complete.

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



Tribal Housing Program Update

For those of you not familiar with this program, it allows Tribal Members inside and outside the service area to apply for Down Payment Assistance, Closing Cost Assistance or Repair Assistance for their home.

The Tribal Board of Directors approved the following revision for the Tribal Housing Program (THP). “If a Tribal Member has used the program before, this will allow them to reapply for Down Payment or Repair Assistance 10 years after they originally used it.”

The maximum amount of THP funds available to the applicant (including co-habitants in the same residence) shall not exceed \$3,500.00. Applicants may apply more than once for THP assistance, but may not exceed the maximum amount. If the Tribal Board increases the maximum amount of THP assistance, applicants who have already received THP assistance may be eligible to receive THP assistance equal to the difference between the amount of THP assistance previously received and the new THP assistance maximum.

How it works

Applicants are eligible to re-apply after a ten year period for the maximum amount of \$3,500.00, providing they have remained in good standing with the Tribal Housing Program. An example of this is if an applicant used \$2,500.00 for Down Payment Assistance ten years ago; then they used \$1,000.00 five years ago and wants to reapply, the applicant would only be able to use the \$2,500 at present time and would be eligible to use the remaining \$1,000.00 after another five years has passed.

You can download and print a copy of this application from the Tribal website, or request to have one mailed to you. For more information on this program or to receive an application, please contact the Tribal Housing Program at 1-800-929-8229.

K Bar Ranches Seizes Export Market Opportunity

"There is a bright future in growing food sources." This comment was made by Tim Bare, General Manager of K Bar Ranches, at a recent Focus Group presentation.

K Bar Ranches is most notably known for the quality of beef it produces. This year K Bar is running approximately 2000 head of calves who will begin shipping to market in June. You might find it interesting that K Bar has other products and services it also produces for the local and world markets other than cattle. For the past several years K Bar has also produced thousands of tons of high-grade alfalfa and orchard grass hay.

Due to economic changes and a down local economy, hay sales have been softer than in previous years. K Bar has addressed this trend by planting winter wheat in place of hay in strategically allocated fields. As weather permits, more acreage will be planted in winter wheat and oats. Both the wheat and oat grain crops produced at K Bar are certified crops and have been contracted for sale to the export market at record prices. Local customers do not have to worry, K Bar will still have a very good inventory of its traditional alfalfa and orchard grass hay products.



To efficiently harvest the wheat and oat crops, K Bar recently purchased a like new used combine at a great price. The new combine will allow K Bar to retire two old (1960's) combines for which parts are no longer available. This new machine will do the work of more than the two old combines in less than half the labor hours.

The purchase of the combine was entirely funded by ranch operational earnings. K Bar Ranches is projected to exceed budgeted earnings for 2011 which includes the purchase of the combine. K Bar management has done an excellent job hedging the livestock herd in the cattle market to ensure strong profitability as well as diversifying operations to take advantage of high global commodities market for wheat and oats in the coming year.

Beyond hay, grain and cattle, K Bar also purchases, services and sells farm equipment and is a distributor for silage balers and bale wrap materials. These secondary services provide a trusted resource for local farmers and livestock owners.

This time of year K Bar is the emerald of the Umpqua Valley. The green pastures and hillsides are stunning examples of Oregon's Magnificent beauty.

Tribal Garden— Request for Tribal Member Input



Please send any last requests for specific types of fruit you would like to see planted in the Tribal gardens this winter. We currently have a variety of nuts and fruits planned, but would like your input on varieties. A final species list will be posted later in the year. We will endeavor when possible to accommodate requests. Please call Amy Amoroso at 541-677-5575 or e-mail her at aamoroso@cowcreek.com with your requests.

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 AA Mtg 6 pm Gov Office	6	7	8	9	10	11
12 AA Mtg 6 pm Gov Office	13	14 Food Bank 9-12 pm	15	16	17 Culture Camp @ Bare Park	18
19 AA Mtg 6 pm Gov Office	20	21	22	23	24	25
26 AA Mtg 6 pm Gov Office	27	28 Food Bank 1-4 pm	29	30		

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 AA Mtg 6 pm Gov Office	4	5	6	7	8	9
10 AA Mtg 6 pm Gov Office	11	12 Food Bank 9-12 pm	13	14	15 POW WOW @ S. Umpqua Falls	16
17 AA Mtg 6 pm Gov Office	18	19	20	21	22	23
24 AA Mtg 6 pm Gov Office	25	26 Food Bank 1-4 pm	27	28 Willow Basket Class-Stanton Park 1-4pm	29	30
31 AA Mtg 6 pm Gov Office						

Student Job Shadows with UIDC

Tribal member Kaitlin Estabrook, spent the second week of May learning about the Tribe's business interests by job shadowing with UIDC managers at Seven Feathers Casino Resort, UIDC Human Resources, UIDC Hospitality Division, UIDC Organizational Development & Marketing, Creative Images, Seven Feathers Truck and Travel Center, K-Bar Ranches and Rio Networks.

Kaitlin is currently finishing up her Masters of Business Administration course work at Eastern Oregon University in La Grande, Oregon. Her masters degree will compliment her undergraduate degree in business management.

"When I finish college I am looking forward to put my education to use in an organization I can feel proud of. I believe I will be a good asset to our Tribe, but also understand that there is a difference between learning management theory in school and applying it in the workforce."

The job shadowing experience was a good experience for Kaitlin. She explained that each manager was very knowledgeable about their business and also carries a unique management style. She also commented on how those different leadership styles were reflected in each unique work environment. "I was particularly appreciative of the genuine interest and time each manager took in me. Overall, it was a great learning experience and I truly enjoyed meeting with everyone and getting to know them."

Kaitlin's path is one we can all take pride in. Knowledge is the foundation of wisdom and through wisdom great accomplishments are made.



Tribal Member Volunteer Opportunity



Are you interested in archaeology? Do you love being outdoors? Have you an uncontrollable desire to get dirty? Here is your opportunity! The Natural Resources Department is looking for one or more individuals interested, on a casual volunteer basis, in accompanying the Tribal Archaeologist in monitoring archaeological sites and excavations within the Tribe's ancestral territory. Upcoming projects that you may have the chance to observe include a university field school in the BLM Glendale-Grants Pass Resource area, a volunteer excavation in the Tiller Ranger District of the Umpqua National Forest and many more. For more information, please contact Jessie Plueard, Tribal Archaeologist, at the Cow Creek Government office at 541-677-5575. **Note, minors must have permission from parent or guardian.**

Rio Networks Internship

Tribal member Alex Hamrick, started an internship at Rio Networks during the fall of 2010. Alex has always had an interest in computers; his prior experience with technology includes his participation as a webmaster for the Roseburg High School Web Team.

During his time at Rio some of his tasks included the following:

Managing and installing computer operating systems, accuracy audits for Rio's All locations database vs H2O database, DNS Configurations, and script writing.

Alex said "I learned the importance of working as a team. I never realized the importance of my position and how much others rely on me to do my part in order to have a successful outcome. I learned how important it is to communicate and to be reliable. My co-workers depend on me."



Alex's internship will be concluding in June 2011. He has applied for summer employment here locally that will allow him to use the skills he has learned at Rio. In the fall, Alex plans to attend Neumont University in Jordan, Utah. He will be studying for a Bachelor of Science degree in Business Management Operation Technology.

Alex would like to pursue a management/supervisor position in the technology industry. He would also like one day to be able to return to Douglas County and be employed by the Tribe.

Historical Markers Placed at Glendale and Clarks Branch Rest Stops



In 2000, the Oregon Travel Information Council in cooperation with the Cow Creek Band Umpqua Tribe of Indians placed historical markers at two rest stops, one at the Clarks Branch Rest Stop for southbound travelers and the other near Glendale at the Cow Creek Rest Stop for northbound travelers.

The Oregon Historical Marker and Heritage Tree Programs are administered by Oregon Travel Information Council which is funded entirely through fees paid by tourism businesses and attractions. Oregon's Historical Markers have a history all their own. Many were built by the Oregon Department of Transportation in the 1940's, 50's and 60's. They are majestic, routed wood signs made from native Port Orford cedar and routed by master craftsmen. The Travel Information Council adopted the program in 1991 and is currently restoring old markers with the assistance of dedicated volunteers. Newer markers tell their tales through panels of col-



orful text and graphics mounted on cedar frames. Old and new markers not only tell the stories of Oregon, they also reflect the changing perspective of Oregon history.

As a cost savings effort by the state, the Oregon Department of Transportation (ODOT) proposed to close two rest stops (the Cow Creek and Clarks Branch Rest Stops) and consolidate them into one location in Canyonville. It was at this point that ODOT and the Tribe entered into an agreement for the first public/private rest stop on the Interstate in Oregon.

With the closing of these two rest stops, the Historical Markers have been relocated. The Clarks Branch Rest Stop Marker entitled "A Tale of Strong Recovery" has been relocated to the Cabin Creek Rest Stop which is 6 miles south of Rice Hill. The marker located at the Cow Creek Rest Stop entitled "Homeland of the Cow Creeks" will be relocated at the Tribe's new Jordon Creek Rest Stop at Exit 99, which will service both north and southbound traffic and will be open later this month. After Labor Day, the north and south bound Cow Creek Rest Stops by Glendale will be permanently closed.

Willow Basket Making

THURSDAY, JULY 28 1:00-4:00 PM STANTON PARK

All Tribal members are welcome to attend our Willow Basket Making Event on Thursday, July 28th at Stanton Park. Bring your creativity and join us in sharing a part of our enriched cultural history! Snacks & Beverages will be provided. Please RSVP to ensure that we have an adequate amount of supplies. Contact Cindy Delay at 541-677 5575 or Kelli Campagna at 541-672-8533.

Please make sure to RSVP no later than July 21st.



Pink Shawl Project



MAKING SHAWLS FOR NATIVE WOMEN* SURVIVORS OF CANCER.

Four Tuesdays have been scheduled for the sewing and fringing lessons to take place. The dates are June 14, June 28, Sept. 20 and Oct. 11, 2011 at the Block House located behind the Casino from 4 pm-6 pm. The first work session will be an Italian potluck dinner. Please call Cindy Delay to RSVP by June 13 at 541-677-5575.

A CONVERSATION WITH "SSG, EDDIE BLACK"

Attention all Patriots/All Tribal Families,

Please join us for a presentation from SSG Eddie Black, who will share a soldier's view of coming home. This is an opportunity you won't want to miss! Call Cindy Delay at 541-677-5575 to RSVP no later than June 24.

What: Dinner & Guest Speaker

When: 5:30 PM- 8:00 PM, Thursday June 30, 2011

Where: Seven Feather's Resort Casino in the Huckleberry Room

Summertime Movie Club



This program is beginning on June 21. The first movie is called "Moody Judy and the Not So Bummer Summer". Please call Cindy or Rhonda at 541-677-5575 by June 20, to RSVP or to answer any questions.

Contract Health News

Summer is here! Are you living within the service area? If so, be sure you are eligible for Contract Health Services. If not, now is the time to update your eligibility. You need to submit your current application. If you are working with no insurance, a copy of your current pay stub is required every three months.

If you are currently on Medicaid (OHP) and you fail to fill out the necessary paperwork to remain covered on Medicaid, you will not be eligible for Contract Health Services. Since you had an alternate resource at no cost to you and allowed it to lapse, you will not be eligible for CHS services. If you are chosen in the Lottery for OHP you must complete the packet and provide the necessary paperwork to OHP within the time stated.

Contract Health Services is changing the policy on:

Acupuncture/Chiropractic/Homeopathic to read **no massage therapy on Chiropractic services** which is limited to 6 visits any combination per calendar year (No additional visits covered). This went into effect on 06/01/2011.

Remember all doctor or dental visits requires a PO# before each date of service. All PO#'s are date sensitive, so if you re-schedule or are re-scheduled you need to call for a new PO#. The most common reason for a denial of services is no prior approval.

Contract Health Services would like to wish Amy the best in her new position at the Coquille Tribal Office in Contract Health Services. Amy is very excited to be moving to the coast.

If you have any questions please call Elizabeth at 541-672-8533 option 1.

June is National Safety Month

Cow Creek Health and Wellness Clinic Reminds you:

Protect Yourself:

- B -** Buckle up always (adults and children).
- E -** Extinguish Fires (never throw out cigarette butts, watch for Fire Season and don't burn during high risk times when it is hot and dry).
- S -** Sunscreen when you're out in the sun (The higher the SPF, the better the protection from UV Rays). Wear a hat to shade your face.
- A -** Assume Nothing...Be a defensive driver.
- F -** Floats: (Use floating devices for rivers and boating and **life jackets and arm floating devices for small children**)
- E -** Eye Wear:
Wear sunglasses while driving to prevent sun glare., wear protective glasses or goggles while weed eating.

When gardening, wear gloves to protect your hands. Wear boots when hiking, as Oregon has *snakes* (rattlesnakes look a lot like bull snakes). Drink plenty of water when it's hot. Beverages with caffeine tend to dehydrate you.

-Safety Coordinator Kris, RN



Are you a Moderator or an Abstainer, When Trying to Give Something Up?

One of the great mysteries of happiness is: why don't we do the things that we know will make us happy? Why do we skip exercising? Why do we eat two doughnuts for breakfast? Why do we buy that thing we don't really need? Etc.

Often, I know I'll be happier if I don't indulge in something. For example, I won't be happy if I eat five cookies -- and I'm the kind of person who can't eat just one cookie.



A piece of advice I often see is: "Be moderate. Don't have ice cream every night, but if you try to deny yourself altogether, you'll fall off the wagon. Allow yourself to have the occasional treat. It will help you stick to your plan."

I've come to believe that this is good advice for some people: the "**moderators.**" They do better when they try to make moderate changes, when they avoid absolutes and bright lines.

As for me, I'm better off abstaining completely from certain things I want to avoid. I find it easier in the long run not to have any cookies than to try and limit myself to just two, or three, or... If I try to be moderate, I exhaust myself debating, "Today, tomorrow?" "Does this time 'count?'" etc. If I never do something, it requires *no* self-control for me; if I do something sometimes, it requires *enormous* self-control.

There's no right way or wrong way -- it's just a matter of knowing which strategy works better for you. If moderators try to abstain, they feel trapped and rebellious. If abstainers try to be moderate, they spend a lot of time justifying why they should go ahead and indulge.

People can be surprisingly judgmental about which approach you take. As an abstainer, I often get disapproving comments like: "It's not healthy to take such a severe approach" or "It would be better to learn how to manage yourself" or "Can't you let yourself have a little fun?" On the other hand, I hear fellow abstainer-types saying to moderators: "You can't keep cheating and expect to make progress" or "Why don't you just go cold turkey?" But different approaches work for different people. (Exception: with an actual addiction, like alcohol or cigarettes, people generally accept that abstaining is the only solution.)

You're a **moderator** if you...

- find that occasional indulgence heightens your pleasure -- and strengthens your resolve
- get panicky at the thought of "never" getting or doing something

You're an **abstainer** if you...

- have trouble stopping something once you've started
- aren't tempted by things that you've decided are off-limits

So...do you identify as an abstainer or a moderator? Do these categories ring true for you? The first step is to figure out what works best for you and practice applying it in whatever way is effective for you!

For more information on making lifestyle related health changes, give Bob Dunas, Health Educator for the Cow Creek Health and Wellness Center a call at 541-672-8533.

Announcements

Births/New Enrollments

Taylor Kaylin Hamrick

Obituaries

James Patrick Sturgeon, Thomas Michael Sturgeon

Jerky Orders For Delivery at Tribal Meetings

We are very pleased that Tribal members took such great interest in our having the Jerky at the Tribal Council Meeting this last February. This brings us great joy to have our tribe behind our growing company. We have decided to take orders for jerky and have them readily available to you at the tribal meetings. So please contact us prior to the meetings and we will have those ready. You can pay at the time of the meeting. You can call and order through Jacob Ansures or Tabbitha Johnson. We look forward to hearing from you. Thanks again.

Phone # 541-839-6670

Toll Free # 866-766-4372

Prices:

4 oz Jerky \$5.99, with Tribal discount \$5.00 per bag

8 oz Jerky \$9.95, with Tribal discount \$8.45 per bag

Brew Pub \$6.50, with Tribal discount \$5.50 per bag

Jerky for Life Both Flavors \$6.50, with Tribal discount \$5.50



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</p> <p>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 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 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