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## 4th of July Veterans Dinner

Over 700 local veterans and their guests attended the 12<sup>th</sup> Annual Veterans Dinner at the Seven Feathers Resort on the 4<sup>th</sup> of July. The event provides a special opportunity for veterans to come together and share their experiences with one another and to be recognized and honored for the sacrifices they, and those who are no longer with us, made for our Country. The Cow Creek Independence Day Dinner Honoring Veterans is the largest event of its kind in Oregon.



(L) Tribal WWII Veteran Walt Lerwill, and his children Linda Kentner and Marvin Lerwill  
(R) Tribal WWII Veteran Leland Van Norman, his grandson Steven Van Norman

This year's celebration opened with the Thundering Water Drum group performing as Cow Creek WWII Veterans were escorted down the aisle to the stage followed by the Cow Creek Tribal Veteran's Color Guard. The three Tribal Elder WWII Veterans were Walt Lerwill, Harold Bochart and Leland Van Norman and were presented and draped with Pendleton Blankets. Thundering Water also performed a special honoring for them by performing their rendition of Soldier Boy.



Tribal WWI Veteran Harold Bochart and his daughter Sheryl Emerson and son-in-law Walt Emerson, who is also a veteran.

### 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

Speakers for this year's event were Mary Newman, Douglas County Veterans Service Officer, Stan Speaks, BIA Northwest Regional Director, Jim Willis, State Director of Veterans Affairs and Bill Markham, Former Oregon State Representative. The keynote speaker was Oregon's Secretary of State, Kate Brown.

Dinner entertainment was provided by the Glendale Valley Choir and local talent Gretchen Owens.

## Culture Camp 2011

Cow Creek Culture Camp was held June 17-19, 2011 at Bare Ranch Park. The camp started on Friday and had record attendance with over 85% of the 240 pre-registered attendees checking in on that day. New classes offered this year were: Cat Tail Weaving, Juncus Weaving, Flute Bags, Drum Sticks, Intro to Sweat Lodge and Traditional Technology Tools. On Friday night, a Hand Drumming & Songs Class was held that taught about the drum and different types of hand drumming songs. On Saturday morning, the sunrise prayer was held and officiated by Spiritual Elder, Clara Seele, who also ran the Salmon Ceremony later in the day. Three new young men have been inducted into the Salmon Society. There are now over 19 young men (since 2006) that have participated in this spiritual ceremony. They have been inducted into this special society and will receive a special dentallium necklace and spiritual direction under the guidance of the Spiritual Elder. On Saturday night, the salmon bake was held and during the course of culture camp this year a memorial was posted for Kitti Hostler, who passed away earlier this year. Kitti came every year from 2002 to 2007 to bake salmon and teach others the traditional way to prepare and bake it. On Sunday, the Traditional Tools and Technology Class split up the last of the log using traditional tools. There were some young men really interested in this class who became quite good at splitting planks the traditional way. It was a really beautiful camp this year. Creator's blessing to you all.



Gourd Basket Making



Basket Weaving



Young men Salmon Ceremony



Archery

## Umpqua National Forest Passes Reminder

**Reminder:** The Tribe has an arrangement for Tribal member use with Umpqua National Forest for camping in Umpqua National Forest camp sites. You can pick up your 2011 Umpqua National Forest camping and day use passes at the front desk of the Tribal Government office. For more information call 541-672-9405.



## Jordan Creek Rest Stop

### Jordan Creek Rest Stop, First in Oregon Developed as Private/Public Partnership, Prepares for Opening at I-5's Exit 99

**Canyonville, Oregon**.....For the purpose of providing rest opportunities to the traveling public, the Cow Creek Band of Umpqua Tribe of Indians and the Oregon Department of Transportation (ODOT) created a partnership that has just completed construction on the Jordan Creek Rest Stop located at Exit 99 off I-5. Construction on the Jordan Creek Rest Stop began in 2007 and represents the first public/private partnership of its kind in Oregon.

When ODOT and the Tribe and their associated agencies began work on the project, each partner brought specific pieces to the effort. However, there were also mutual contractual components, such as plan and construction review as well as guarantee of funds availability.

The Tribe agreed to responsibility for construction of the rest stop, making specific provisions such as accessibility for the handicapped. ODOT agreed to improve the interchange located on I-5 at Exit 99. The Tribe also agreed to provide travel information at the rest stop and to have the facility open 24 hours a day, 365 days a year. ODOT agreed to move and install the Cow Creek historical marker that had been located at a rest stop further north.



Once opened, the Tribe will provide all maintenance and security for the rest stop. ODOT will have responsibility for the rest stop notification signs northbound and southbound, their placement and maintenance.



According to Chairman of the Cow Creek Tribal Board, Dan Courtney, "All of us who have been involved in the planning and construction of the Jordan Creek Rest Stop are pleased. This is a stop for the public that truly provides relief from the rigors of travel. Additionally, visitors can get fuel, have a meal, visit the casino resort, or shop in downtown Canyonville."

Jordan Creek Rest Stop officially opens to the traveling public on Friday, July 1, 2011.

## Truck & Travel Center Electrifies Guests

The big news this year for the Seven Feathers Truck and Travel Center will be the grand opening of the new truck parking lot on the North side of the Travel Center just behind the Holiday Inn Express. The new truck parking will feature approximately 60-80 new parking spaces. Approximately 60 of the spaces will include the option for truck drivers to take advantage of truck stop electrification.



Truck Stop Electrification, or TSE as it is known, is essentially the equivalent of providing an electrical hook up to truck cab much the same way as an RV would hook up to electrical cord in an RV Park. To accomplish this, the Travel Center is partnering with a company called Shorepower. Shorepower is a national firm with TSE installations in approximately 50 other truck stops through the United States. Best of all, Shorepower hired the Tribe's contracting team to complete the installation!

In addition to providing truckers with the electrical connection, TSE is also estimated to save Truck Drivers about \$4000 a year in idling costs compared to the cost of diesel fuel as well as wear and tear on their truck engine. Another major advantage of TSE is the reduction of toxic emissions and noise pollution that are associated with idling. The extra parking spaces will be a boon for business at both the Travel Center and Casino.

The Travel Center is also making progress on electric auto charge stations, or EV as it is known. Recently we installed a charge station for the Tesla Roadster. The Tesla is a high end electric sports car that has a highly specific charging device. This charge station is located in the landscape island on the southwest corner of the restaurant parking lot.

We are also working with the State of Oregon and their subcontractors to take advantage of federal grant money that will hopefully result in a mainstream car charging unit that will work with the Nissan Leaf and several other electric vehicles.

Completion is scheduled for early fall and will be just one more example of why we are considered a "World Class" Truck and Travel Center.

## Television & Mattress Sale at Seven Feathers Hotel

Great News!!!

Seven Feathers Hotel is in the process of upgrading TV's and beds. Tribal members can purchase a 27" Magnavox television (purchased in 2001) or a king size, King Koil mattress (purchased in 2002) for only \$25 each. To RSVP for a used TV or mattress contact Cindy Miller, Hotel Administrative Assistant at 541-839-1152. Please leave your first & last name, contact number, item (s) you're requesting and quantity of each item (s). Items will be limited to 2 of each item (s) per household, subject to availability and will be issued on a first come first serve basis. Payment will be taken at Seven Feathers Hotel Front Desk.

# July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 AA Mtg 6 pm Gov Office	4 Veteran's Dinner	5 Summertime Movie Club	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 July 15th - 17th	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 Summertime Movie Club	27	28 Willow Basket Class-Stanton Park 1-4pm	29	30
31 AA Mtg 6 pm Gov Office						

# August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Summertime Movie Club	3	4 Elders Picnic 11:00 am — 3:00 pm	5	6 Elders Steam- boat Luncheon 9:00 am—2:00 pm
7 AA Mtg 6 pm Gov Office	8	9 Food Bank 9-12 pm	10	11	12 Election Ballots Due	13 Elders Huckle- berry Day — Pot-
14 AA Mtg 6 pm Gov Office	15 RSVP due by today for Elders Jet Boat Trip	16 Summertime Movie Club	17	18	19	20 S.U. Umpqua Falls Family Gathering 10—2 pm & Elders Jet Boat Trip
21 AA Mtg 6 pm Gov Office	22	23 Food Bank 1-4 pm	24	25	26	27
28 AA Mtg 6 pm Gov Office	29	30	31			



## Tribal Member Elk Hunt Approved for this Fall/Winter Season



A Tribal member meeting is scheduled for Monday, August 1 from 5:30-7 pm at the Tribal Government Offices.

The following are topics that are on the agenda for discussion:

1. Species allowed in the Hunt
2. Length of season
3. Location
4. Lottery system
5. Other requirements

It is very important for Tribal members to be present at this meeting to give feedback on this new program. Please RSVP by calling 541-677-5575 and asking for the Natural Resources Director, Amy Amoroso. Pizza will be provided.

## Beaver Project



The Tribe's Natural Resource Department is looking for 1 or 2 Tribal members to volunteer with a very important project. Volunteers should have some interest in wildlife and aquatic biology. Duties will vary but include helping with stream analysis, riparian assessment and beaver habitat assessments all located in the Tiller/Drew area. Volunteers need to be physically fit and able to work outdoors. Volunteers must provide their own transportation and be over 18 years of age. Work is slated to begin at the end of July so contact the Natural Resources Department at 541-677-5575 ext 5516 or [aamoroso@cowcreek.com](mailto:aamoroso@cowcreek.com) as soon as possible for more information.

## 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](mailto:aamoroso@cowcreek.com) with your requests.

## Green Seal Certification

### Green Seal Awards Seven Feathers Casino Hotel Silver Certification

**Canyonville, Oregon.....**Chair of the Cow Creek Tribe, Dan Courtney, has just announced that Seven Feathers Casino Resort's Hotel has been awarded the coveted Silver Certificate by Green Seal, the national environmental accreditation organization headquartered in Washington, D.C. According to Chairman Courtney, "Seven Feathers' hotel began to work on achieving this goal over a year ago. All those efforts have led to the goal having been achieved. We're pleased."

Tribal CEO Mike Rondeau adds, "The wise use of materials, of our resources, is the Tribal way. Achieving this goal required, however, that our Tribal Board be supportive. They were and we are appreciative of that support. It led to Seven Feathers' Hotel being the only hotel in Oregon outside Portland to have achieved this."

The wise use of materials and applying it to standards and procedures at Seven Feathers Hotel

was orchestrated by Travis Hill, Tribal member and Umpqua Indian Development Corporation's Director of Hospitality. Hill says, "I knew that several ideas our Tribal Board had for Seven Feathers

Hotel would be functions that came directly under my responsibility. And I knew about the strong, national reputation Green Seal had. We began to work through certification. I became committed to having Seven Feathers Hotel become the first hotel in Oregon, outside Portland, to be Green Seal Certified. Additionally, we're the only casino hotel in the country to have done this. A lot of people have helped make this happen. And, as Chairman Courtney says, we're very pleased to have achieved this."

Rod Debban, Seven Feathers Room Divisions Manager, provided the day-to-day management of the efforts to achieve Green Seal Certification at Seven Feathers Hotel. After the familiarization of Green Seals' standards for certification was achieved, Green Teams were formed at Seven Feathers Casino Resort. Additionally, representatives from Umpqua Indian Foods and Seven Feathers Truck & Travel were part of the process.



Pictured left to right are Frank Braudt - Canyonville City Council President, Yvonne McCafferty, Dan Courtney, Travis Hill, Rod Debban, Douglas County Commissioners Susan Morgan and Joe Laurance.



# PROGRAMS

KIUYUM-ID

## 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 28<sup>th</sup> 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. Kelli Campagna at 541-672-8533.

**Please make sure to RSVP no later than July 21<sup>st</sup>.**



## Pink Shawl Project



### **MAKING SHAWLS FOR NATIVE WOMEN\* SURVIVORS OF CANCER.**

Two Tuesdays are left for the sewing and fringing lessons to take place. The dates are Sept. 20 and Oct. 11, 2011 at the Block House located behind the Casino from 4 pm-6 pm. Dinner for both lessons will be provided by Seven Feathers. Please call Cindy Delay to RSVP by June 13 at 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.

## 4th Annual Gathering of Oregon's First Nations



**4th Annual**  
**"GATHERING OF OREGON'S FIRST NATIONS"**  
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





## CCH&WC -Patient Satisfaction Survey, Roseburg/Canyonville

Cow Creek Health and Wellness Center is pleased to report the results of our 2011 Patient Satisfaction Survey. We would like to thank all participants for their responses and thoughtful comments. CCH&WC continually seeks to improve our health services, and your participation is vital to achieving that goal. In addition to annual satisfaction surveys, we have strategically located suggestion boxes for your comments and ideas in our facilities.

We are proud to report that our 2011 Satisfaction Survey showed satisfaction ratings of good or great at over 95% for both our clinic locations. It is especially gratifying to know that over 97% of you would refer your friends and relatives to us. We look forward to meeting your health care needs at CCH&WC where your input is always valued.



## Contract Health News

Cow Creek Contract Health Services would like to welcome their new Contract Health Specialist-Gina Gray. Gina has been working for the Tribe for the last seven years for the Nesika Health Group and is now a great addition to CHS. The knowledge that Gina brings into the department will be a great asset for the members and the department.

Please remember to call 2-3 days in advance for PO#'s. **CHS's number is 541-672-8533 option#1** out of area 800-935-2649 option #1. Know the Dr.'s name and the facility name and the date you are going when you call in. If this is your first visit to this Dr. please have their phone number available. CHS will need to call them for information to set them up in our system so CHS can pay the provider's office.

**Reminders- if you live within the seven counties:**

**ER is for emergency's only – life – limb – trouble breathing - high fever**

**Purchase orders are always date sensitive and only good for the day that they are issued**

**Re-scheduled appointments require a new purchase order**

**All surgeries require prior authorization through Resource Management Committee**

**Physical Therapy after first six visits must provide progress notes and go through RMC for addition 6 visits**

**If you are referred out of the Cow Creek Clinic you will need a purchase order**

**If you require durable medical supplies call for a purchase order don't assume that because a clinic Dr. has written the order it is not needed. Call CHS**

**Acupuncture/chiropractic/naturopathic/homeopathic is limited to 6 visits any combination per year (No additional visits covered and no massage is covered)**

**Eye benefit is \$500 for exam and glasses every two years or you can choose contact lenses, but not both.**

**If you are not sure call CHS 541-672-8533 option #1**

**All enrolled Cow Creek tribal members have a \$1500.00 benefit for Dental per calendar year.**

## BEING IN CHARGE OF YOU

**It's easy to let the negativity of others affect our moods.** Suddenly, your good mood can go sour because you are interacting with someone who is complaining about everything – or mad at the world – or just generally critical and judgmental. It's uncomfortable and you can find yourself with that annoying knot in your stomach, even hours after being around that person. *Subsequently, you're now not too fun to be around either!* So, how can you get back in the driver's seat in regards to your emotional well-being? Here are some coping skills you might consider trying.

**Keep people around you that are your CHEERLEADERS!** Now, WHAT exactly IS a **Cheerleader**, you ask. A **Cheerleader** is someone who **WANTS** you to succeed, be happy, prosperous, healthy, and have the most joyous of lives. A **Cheerleader** never judges you, is not critical or condescending, and doesn't tell you what to do or how to do it. A **Cheerleader** is not envious of you, does not "set you up" to be embarrassed or "look stupid". They do not compete with you. They care for you unconditionally. It doesn't matter what ineffective choices you make, they continue to care for you and wish the best for you. You only need one **Cheerleader**, but of course, more is better. If you don't have a **Cheerleader** at the moment, **be your own Cheerleader**. When the opportunity arises, be a **Cheerleader** for someone else. Choose to be around people that make you feel good. Before long, you will have **Cheerleaders**.

### **People who do not qualify for Cheerleader status:**

People who put you down, imply that you don't know what you are doing, think that they are better than you, constantly expect you to do things for them without offering to help you in return, lie to you, abuse you in any way, shape or form, treat you with disrespect, treat you with disrespect in front of others, tell you that you will never succeed, call you names, tell you that you are ugly and/or fat, are constantly negative, are selfish, are all about themselves, make fun of you, make fun of your friends and/or family, can't be depended on, talk about you behind your back – whew!

### **In other words:**

Anytime you are around someone and feel your energy being drained, or a pit in your stomach, a sense of dread, a feeling of heaviness in your chest, and/or like a massive, heavy black cloud has just encased you – chances are, this person is not and may never be a **Cheerleader**. This person needs to be regulated to your outer circles (i.e.; kept at a friendly distance), or in extreme cases, eliminated from your sphere of reference completely. (Yes, that means minimal contact or none at all).

Family members do not automatically have **Cheerleader** status because they are related to you. Family members cannot be allowed to inflict pain or be awful to you...they are not "special" that way. As hard as it may feel, sometimes family members need to be in an outer circle until they can understand that you do not tolerate insensitivity/abuse, and they are willing to behave accordingly. Sometimes that never happens. They still are not allowed into the **Cheerleader** circle.

### **How do you recognize a Cheerleader?**

They are always happy to see you, you are always happy to see them, they encourage you, they are proud of you, they validate you in positive ways, they are comforting to be around, they make you laugh, they wipe your tears, you can trust them, they like you just the way you are, they think you are wonderful, they give you compliments without expecting compliments back, they are never hateful towards you.

So, now that you have some clarity on this, can you see how having a **Cheerleader** and being your own **Cheerleader** can only enhance your own happiness, self-esteem and emotional health? The healthier you get, the more you will learn to like yourself. And the more you like yourself, the more others like being around you. **Don't confuse liking yourself with arrogance** – arrogance is when you think you are better than everyone else. Liking yourself is having a healthy sense of confidence and self-esteem, and not taking ownership of other's negativity.

Take charge of yourself! Choose to be a **Cheerleader** and keep **Cheerleaders** close – and watch the quality of your life vastly improve!

Submitted by your Behavioral Health Team!



## Announcements

### Births/New Enrollments

Emalee Sue Rachelle Quaintance, Brooklynn Leanne Rondeau, Dylan Michael Wilkinson

### Obituaries

James Patrick Sturgeon, Thomas Michael Sturgeon, Melissa Marie Wheelock

## BUSINESS

## KIUYUM-ID

### Tribal Christmas Crafts Fair is coming don't forget!

This is your chance to show off your skill in Native American Crafted items.  
Call to reserve your space

#### Location:

Cow Creek Tribal Offices  
2371 NE Stephens Suite 200  
Roseburg, Oregon 97470  
541-677-5575

#### Dates and Times:

November 4, Friday 10:00 am – 6:00 pm  
November 5, Saturday 9:00 am – 4:00 pm



## Tribal Identification Cards

<p>Your Picture Here</p> 	<p><b>Official Tribal Government I.D. Card</b></p>
	<p><b>Tribal Member Name</b></p>
	<p>is enrolled as a member of the <b>Cow Creek Band Of Umpqua Indians</b></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 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)