



## Inside this issue:

Tribal	1-2
Business/Calendar	3-5
Programs/Tribal	6-7
Programs	8
Health	9-10
Announcements	11



## 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-Wed 8:30-5:00  
Thurs 8:30-4:00  
Education only on Fridays

## Tribal Election Results

At the August 14th Quarterly General Council Meeting, the Tribal Election Committee presented the 2011 Tribal Board of Directors Election results for four positions in this years election.

Tom Cox, Steve Jackson and George T. Rondeau all won re-election placing first, second and third respectively, and will each serve four year terms of office. Jessica Bochart placed fourth and will fill the remaining two years of the vacated seat of Delbert Rainville, who passed away earlier this year.

The Tribal Board and the Tribal Election Committee would like to thank all members that participated in this years election and would like to remind tribal members who are not registered to vote that they may do so by calling the office and requesting a voter registration form. Once you are registered you do not have to register again.



Dan Courtney,  
Chairman



Gary Jackson,  
Vice Chair



Yvonne McCafferty,  
Secretary



Robert VanNorman,  
Treasurer



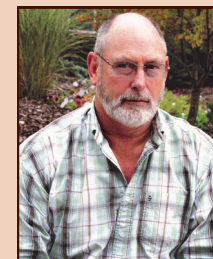
Jessica Bochart  
Board Member



Tom Cox,  
Board Member



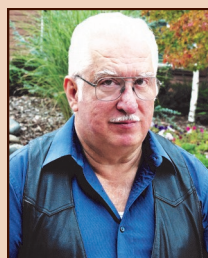
Rob Estabrook,  
Board Member



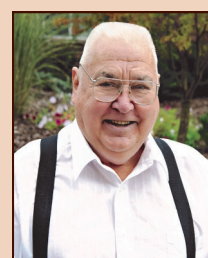
Steve Jackson,  
Board Member



Shirley Roane,  
Board Member



George T. Rondeau,  
Board Member



Tom Rondeau Sr.,  
Board Member



## 34th Annual Cow Creek Tribal Pow-Wow



Robert Van Norman, Tribal Elder and Board Member

The 34<sup>th</sup> Annual Tribal Pow-Wow was held on July 15, 16 & 17 at the South Umpqua Falls. The weather was damp at times but did not stop the activities. We had a great attendance with a lot of people attending Fridays tribal dinner and Saturdays' activities. The tribal dinner on Friday was once again well attended with a lot of food being shared. Saturday kicked off with the flag raising ceremony and then the kids' games which were great fun for both young and old. Elk Thunder was the lead drum, Steiger Butte was an invited drum with Bob Tom emceeing the activities. The evening activities saw a great turn out for dancing by both participants and spectators alike. Everything wrapped up on Sunday with a very successful raffle. The raffle is always great fun and a chance for everyone to gather one last time and, of course, harass the winners.



Bald Eagle photo courtesy of Wildlife Images

This year we had a very special guest in attendance, the Tribe's eldest member, Rena May Cox at 93 years young. It is a great pleasure to see Ms. Cox able to make the journey to this special place of celebration.

A **GREAT BIG THANK YOU** goes out to those that helped make the Pow-Wow a success:

Tribal Board, Umpqua National Forest Service, Douglas County Sheriffs' Office, Seven Feathers, UIDC Maintenance, Glendale Ambulance, set-up & clean-up crews, fry bread crew, fish crew, raffle crew, wood crew, security crew and everyone in between. Thank you all for all of your time and effort put forth!

## New Look For Tribal Government Offices



Some of you may have noticed a bright new look to the grounds at the Tribal Government Office. Due to over grown trees and shrubs causing maintenance and security issues, we have renovated the grounds. Replacing many of the

trees and bushes with more grass areas and colorful plants has opened up the view of our beautiful tribal building to the public. There has been an overwhelming amount of positive feed-back about the changes from tribal members and staff, as well as the public.



## Individual Assistance Program (IAP)

Effective January 1, 2011 the Tribe introduced a new member benefit called the Individual Assistance Program (IAP). Members may receive up to six (6) counseling sessions per concern, at no cost. Counseling services are face-to-face, and when appropriate, referrals to long-term providers are made, with every attempt to make optimal use of a member's health plan coverage. In addition to counseling services, the program includes the following benefits.

- **24-hour Crisis Service Line** – Crisis services are available 24 hours a day, 365 days a year. Members in crisis may speak to licensed professionals who are trained to diffuse and mitigate crisis situations. Intervention may include coordinating emergency counseling, and/or notifying emergency services.
- **Legal Services** – Members may access attorneys to address a variety of legal concerns. They are eligible to receive a free ½-hour consultation with an attorney in the network. These consultations may occur telephonically or face-to-face, and may be requested for an unlimited number of separate legal concerns. If a member decides to retain services, a 25% discount will be offered on services. Members may not use the legal service to request assistance with tribe related issues.
- **Financial Services** – Financial assistance includes free telephonic consultations with financial specialists. As with legal, members may use an unlimited number of consultations for separate financial concerns. If the member retains the services of an In-network CPA, they are eligible to receive a 25% discount on those services.
- **MyRHB.com** – Self-directed wellness resources include a whole-person assessment, followed by instant results that identify each individual's strengths and areas for improvement. Participants also have the convenience of setting and tracking personal goals, privately communicating with others dealing with similar life issues, and challenging others to reach wellness goals. RHB's totally interactive experience provides reminders at opportune items about available services, such as the crisis hotline, as well as direct links to educational information and tools that relate to each person's needs (no more searching through endless web content to find useful material).
- **Personal Advantage** – Through MyRBH.com, employees can easily access the Personal Advantage website. Personal Advantage offers a path to resources that stretches beyond the workplace into people's homes. The site contains extensive health, emotional balance, and work-life balance resources, including thousands of current articles on health conditions, tools for parenting, health topic movies, legal and financial forms and calculators, and other interactive features. Personal Advantage also includes more than 50 on-line, personal and professional improvement trainings.
- **Local and National Provider Network** – The IAP provides an extensive network of professional, licensed and credentialed providers locally and throughout the country to serve tribal members.

Access to the IAP:

All services can be accessed by calling a single, toll-free number: **1.866.750.1327**.

Call the IAP to:

- Schedule a counseling appointment
- Get immediate support during a crisis (24 hours a day)
- Access legal for financial services
- For more information members may also log into MyRBH.com for wellness and work-life resources. To access on-line resources:
  1. Go to [www.MyRBH.com](http://www.MyRBH.com)
  2. The first time you visit the site you will need to activate your account using your Access Code: Cow Creek Tribe.
  3. During activation you will provide an email address and choose your own username and password. The username and password are confidential, just like on-line banking and shopping websites.
  4. Use your private username and password to login each time you visit MyRBH.

We hope you take advantage of the free confidential resources now available to you through the IAP. If you have any questions about the services available to you, simply call the IAP: **1.866.750.1327**.



## Seven Feathers Casino Resort—Sustainable Luxury

The hotel at Seven Feathers Casino Resort can be described in two words: Sustainable Luxury. From the moment you walk through the front doors, the lobby exudes luxury and class. With the expansion, the Cow Creek Band of Umpqua Tribe of Indians has more than doubled the size of its hotel, which now boasts 298 guest rooms and suites, as well as the 7,000 sq. ft. River Rock Spa. The well appointed guest rooms complement the resort's commitment to Vegas style accommodations, but that's not what sets us apart from the competition. This hotel is serious about sustainability. While most of the green practices are transparent to guests, statistics tell the real story. The property recycled 271,000 lbs. of materials last year and reduced its energy consumption by 343,000 kilowatt hours.



Standard items such as recycle bins and towel re-use programs were some of the first to be implemented, but Seven Feathers didn't stop there. All lighting in the hotel and spa have been upgraded to CFL or LED bulbs. Guest room lighting that once had an output of over 400 watts per room now totals less than 90 watts. Showerheads, sinks and toilets have been upgraded to ensure optimum water conservation. Every piece of paper or stationary you touch in the hotel is printed using a minimum of 30% post consumer recycled content. Guest room showers are equipped with dispensers to reduce the waste of individually packaged soaps and shampoos. Most recently the continental breakfast was upgraded to eliminate 95% of waste from packaging and disposable dishware, as well as providing some healthier options for the guest.

This April, the hotel proudly announced it was the first Native American Casino Hotel in the country to receive the coveted Green Seal Silver Certification. The Hotel team has worked very hard for the last year toward achieving this goal, and the management team insists it won't stop there. Currently they are working on manufacturing biodiesel to power the resorts shuttles and many other sustainability projects.

The entire resort is focused on sustainability and being good stewards of the land. The Green Team, made up of about 25 employees from departments throughout the resort, considers the property to be finished with "Phase 1" of the sustainability program. Moving forward we plan to stay on the cutting edge of sustainable technologies to make sure Seven Feathers is always ahead of the curve.

## Umpqua Indian Foods Goes International



Umpqua Indian Foods is proud to announce the company is now shipping products to the Pacific Rim. Ocean Export, a major supplier to China's retail market, has selected several products from Umpqua Indian Foods product line to supply retail outlets in Hong Kong, Singapore and Taiwan.

"UIF was chosen over suppliers such as Jack Links because the preservative levels in our products are far less than others and we offer a healthier product", says Operations Manager Judiann Buhl. UIF representatives met the buyer from Ocean Beauty by attending a trade show as an IAC member (Indian Agricultural Council). After two years of continued relationship building, Ocean Beauty selected *Original Flavor*, *Jerky For Life* (2 flavors), *Brew Pub* and the *All Nighter 12"* salami stick.

Congratulations to Wholesale Sales Representative Jacob Ansures for successfully completing the highly regarded Sandler Sales Training course last month. In the month of June UIF posted the best sales month in the history of the company. Congratulations go out to the entire sales, admin and production team for a job well done.

Tabbitha Champney will be leaving her job as retail manager at Umpqua Indian Foods to return to college.

Congratulations to Tabbitha and thank you for a job well done!

# 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 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- luck lunch
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 Gather- ing 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			
AA Mtg 6 pm Gov Office						

# September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Elk Hunt Appli- cations Due by 4:00 pm	3
4 AA Mtg 6 pm Gov Office	5	6	7	8	9 Elders Pizza Palooza—Bend, OR @ noon	10 Tribal Family Picnic
11 AA Mtg 6 pm Gov Office	12	13 Food Bank 9-12 pm	14	15	16 Elders Pizza Palooza— Roseburg, OR @ noon	17
18 AA Mtg 6 pm Gov Office	19	20 Pink Shawl Project Mtng	21	22	23 Elders Pizza Palooza— Medford, OR @ noon	24
25 AA Mtg 6 pm Gov Office	26	27 Food Bank 1-4 pm	28	29	30	

### Tribal Member Elk Hunt Applications Due September 2, 2011



Thank you to the tribal members that participated in the Tribal Hunt Public Meeting on August 1, 2011. Many more of you called or stopped by to discuss this important new program. See insert for applications, which are due by 4pm on September 2, 2011 to the Tribal Government Office. We are issuing four tags this year that will drawn by a lottery shortly after the application deadline. Late applications will not be accepted. There will be an orientation for tag holders, to discuss regulations and location of this year's hunt. If you have questions about the application or need to pick one up, please call 541-677-5575 and ask to speak with Amy Amoroso, Natural Resources Director.

### Natural Resources Grants to Communities

The Cow Creek Band of Umpqua Tribe of Indians is pleased to announce a new philanthropic endeavor entitled Natural Resources Grants to Communities. This new granting process was approved by the Board of Directors in March of 2011 and will be administered by the Tribe's Natural Resources Department. These grants to the community will benefit wildlife and plant species of cultural importance to the Tribe.

Criteria for the selection process include:

- Projects must be located within the Umpqua River Basin of Douglas County.
- Projects benefiting culturally important species are required (see application for a list).
- Project must be research or restoration in nature ie: research projects are defined as academic or scientific research to gain a better understanding of the habitat, lifecycle or behavior of a species. Restoration projects include improving or restoring habitat, relocations, and fish passage.
- Projects which are cost-shared by the applicant (funds or contributed goods and services) are preferable.
- Projects must be completed by December 31, 2012 (applicants may reapply in succeeding years).

Governments (state and federal), local non-profit organizations and academic institutions are encouraged to apply.

The Tribe has a history of partnering with community organizations on restoration work benefitting culturally important species. Both research and restoration activities are necessary to that end. The Tribe has developed this grant to communities to support mutually beneficial projects. We look forward to developing new partnerships in a common endeavor toward a better community through healthy natural resources.

For more information or to view the application, please visit [or](#) call Amy Amoroso, Natural Resource Director at (541) 677-5575.

## Introducing The New A & D Counselor

Are Drugs and Alcohol becoming an issue in your life?

Then maybe I can help...

Let me introduce myself. I am Kelli Campagna, the new Alcohol and Drug Counselor here at the Cow Creek Behavioral Department. I am not here to judge you or make your life more complicated. I have been where you are at, and can assist you with your journey out of that lifestyle.

Why, you may ask, do you need assistance? I do what I do because I know the difference between living the crazy, using lifestyle and the life that I have now, without the use of drugs and alcohol. Throughout the years I have learned that it does not matter what I tried to do, it ended up "doing me". So, if you are tired of waking up mad and not knowing what you are mad at, or waking up with the aftermath of physical abuse, signs that you have been physical with someone else, or if you are sick and tired of being sick and tired, then give me a call @547-672-8533 ext 5596.



## Canoe Journey Club For Tribal Youth

**Hello there Cow Creek Tribal Youth!!! Ages 12-18 years of age**

This message is for you!! I need your help. We are beginning "**The Canoe Journey Club**" in which we will be meeting every **Thursday from 5:30 pm to 7:30 pm at the Block House in Canyonville**. Our first session is Sept 1st. During the meetings we will be doing activities, learning about ourselves, and gaining life skills that will assist us throughout our lives. We will also be having **4 Big Events: "Spring Time Youth Conference, Holiday Party, Camping and Boating Trip, and Digital Storytelling"**. You will be eligible to participate in these events by attending the monthly groups. In order to attend the Big Youth Events we put on, you need to sign up and participate in this Youth Program. **The first 15 youth to sign up by August 26th will receive a Pendleton back pack.** We will be having our first gathering and kick off meeting at the South Umpqua Falls on August 20th from 1:00 pm to 4:00 pm. We will further explain the program and what we will be doing.

If you need transportation or want to join this Canoe Journey Club please call me: **Kelli @ 541-672-8533 ext. 5596** and we will see what we can do to get you there. **Please RSVP by August 19th** so that I will know if we have enough participants to meet on August 20, 2011, and to know how much Chili Beans, Hot Dogs and Marshmallows to get.



**Contact Information: Kelli Campagna 541-672-8533 ext. 5596**



## 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"**

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  
1-800-422-0232

This event is sponsored  
by the sovereign governments of





## Secondhand Smoke and Children

### How Secondhand Smoke Affects a Child

- Children face a higher risk than adults of the negative effects of secondhand smoke. Not only is a child's body still developing physically, but their breathing rate is faster than that of adults. Adults breathe in and out approximately 14 to 18 times a minute, **where newborns can breathe as many as 60 times a minute**. Up until a child is about 5 years old, the respiratory rate is quite fast; usually between 20 and 60 breaths per minute.
- When the air is tainted with cigarette smoke, young, developing lungs receive a higher concentration of inhaled toxins than do older lungs. And think about it: young children have less control over their surroundings than the rest of us. Babies can't move to another room because the air is smoky. They depend on us to provide them with clean air to breathe.

### Facts About Secondhand Smoke and Children

- Babies whose mothers smoked during pregnancy often weigh less when they are born than those who are born to non-smoking mothers.
- Babies whose mothers smoked during pregnancy are at an increased risk for developmental issues such as learning disabilities and cerebral palsy.
- SIDS (Sudden Infant Death Syndrome): Fetuses exposed to chemicals in cigarettes through the placenta are thought to be at an increased risk of SIDS. There are a variety of opinions about the role secondhand smoke plays after birth in SIDS deaths, but a California EPA study has estimated that between 1900 and 2700 children die annually of SIDS due to secondhand smoke exposure.



### Children who spend one hour in an extremely smoky room inhale enough toxic chemicals to equal smoking 10 cigarettes.

- Asthma - The EPA estimates that between 200,000 and 1,000,000 kids with asthma have their condition worsened by secondhand smoke. Passive smoking may also be responsible for thousands of new cases of asthma every year.
- Among children under 18 months of age in the United States, secondhand smoke is associated with as many as 300,000 cases of bronchitis or pneumonia each year.
- Children in smoking households experience more middle ear infections. Inhaled cigarette smoke irritates the Eustachian tube, and the subsequent swelling leads to infections, which are the most common cause of hearing loss in children.

### If you smoke, **quit now!**

And please...protect your children from the dangers of secondhand smoke by providing them with smoke free air to breathe. They depend on **you**.

**Quitting is easier with help. Call 1-800-QUIT-NOW (1-800-784-8669)**

## Nesika Special Enrollment Period

Are you currently covered by Nesika Health Group? Are you expecting any family status changes soon? If you answered yes to both of these questions then this is important information for you.

Changes to your plan during mid-year are called special enrollment. During this time, the only changes that can be made are to add a spouse due to a recent marriage, add step-children that have been “acquired” due to your recent marriage, delete the spouse due to divorce or death, add a newborn, or add an adopted child.

In order to make any changes to your plan before open enrollment in December, **you must submit all required documents within 30 days of the “triggering event”**. The required documentation is a marriage certificate, a birth certificate or a live birth certification that you receive from the hospital or medical facility or court documents finalizing an adoption or divorce.

**“Triggering events” include marriage, birth, adoption, placement for adoption, divorce, termination of other coverage.**

When marriage is the “triggering event”, the spouse’s coverage and any eligible dependent children’s coverage will be effective on the first day of the calendar month beginning the date the completed request for enrollment is received by the plan.

When birth, adoption or placement for adoption is the “triggering event”, the child’s coverage will be effective on the date of the event, date of placement or date of adoption. For newborns, the child’s coverage begins on the day that they were born, **if enrolled within the first 30 days after they are born.**

Special Annual Open enrollment is the one time of the year that you can make changes without having a qualifying event. (The qualifying events are: marriage, birth, adoption, divorce, and death.) The changes that you can make are to add or delete your spouse or dependents to or from the plan, or change the coverage that has been elected. (i.e. you may have chosen your plan to include prescription benefits and now you do not feel that you need the prescription portion).

There can be no exceptions to this rule. You must meet the 30 day deadline or you must wait until December at open enrollment to make the changes.

As always if you have any questions, please contact a Nesika representative at 800-284-9917 or at 541-677-5508

## Announcements

### Births/New Enrollments

Jonathan Scott Burgess, Aydan Douglass Rondeau  
Theora Rose Steward

### Obituaries

David Glen Potts

## Annual Tribal Family Picnic

The Annual Tribal Family Picnic is scheduled for Saturday September 10, 2011 at 11:00 a.m. at Bare Park near Myrtle Creek, Oregon. Please call Janet Cooper by Friday September 2, 2011 to RSVP at 1-800-929-8229 or 541-677-5575.

## Announcements

### 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:

Friday November 4, 2011 10:00 am – 6:00 pm  
Saturday November 5, 2011 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</p>
	<p><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)