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## Sen. Mark O. Hatfield; The Passing of a Legend



Cow Creek Tribal Leaders were saddened to learn of the passing of Senator Mark Odom Hatfield on August 7, 2011. Senator Hatfield had a long and noble history for the nation, the state of Oregon and particularly for the Oregon Tribes. He was Oregon's Governor for eight years (1959-1967) and a US Senator for 30 years (1967-1997).

Senator Hatfield championed the rights of Native Americans and was the leading advocate in the United States Senate for federal recognition of the Cow Creek Band of Umpqua Tribe of Indians in 1982. During his lifetime, he used his position and leadership in the Senate to restore tribal rights and attempted to correct the centuries of injustice and mistreatment of Native Americans.

On May 30, 1987, Senator Hatfield along with Cow Creek Tribal leaders and Douglas County Parks Board members dedicated Chief Miwaleta Park at the Galesville Dam. In his dedication speech Senator Hatfield stated,

*".....there has been justice denied for many generations; stains on the history books of our nation which relate to the Cow Creek Band of Umpqua Tribe.....but the wonderful thing is, even though we cannot remove those stains on our history, we can rewrite history. And we have the freedom, and the privilege, and the responsibility to rewrite history to correct the wrongs of the past, to compensate through restitution and other methods that are open to us for things that have happened in our history for which we are not very proud."*

Hatfield represented a spirit of cooperation in Washington, DC, a value that seems to have been abandoned in this era of American politics. He was well-known for his bipartisan leadership and set a strong example for the following generation of Oregon Senators. Senator Ron Wyden and former Senator Gordon Smith continued that spirit of cooperation and worked closely together across party lines.

Senator Hatfield died at a care facility in Portland. He was 89.



Sen. Mark Hatfield delivers the speech for the Dedication of Chief Miwaleta Park on May 30, 1987.

### Special points of interest:

#### Government Office Hrs:

Mon-Thurs 8:00am-5pm  
Fri 8:00am-4:00pm

#### Roseburg Clinic Hrs:

Mon-Thurs 8:00am-5pm  
Fri 8:00am-4:00pm  
Walk in 8:00-9:00 am  
Same Day Appt. 1:00-2:00

#### Canyonville Clinic Hrs:

Mon-Thur 8:00-5:00  
Walk in 8:00-9:00 am  
Same Day Appt. 1:00-2:00  
Education only on Fridays

**Government Office and  
Clinics closed on Oct. 10**

## Drum Practice Resumes

When: First Practice is Friday, Sept 9, 2011  
 Where: Block House behind the Casino  
 Who: Tribal Member/families are encouraged to get involved!  
 Hours: 5:00pm to 7:00pm



Come join us in welcoming Red Hawk, our instructor, while participating in some traditional drumming. We are gearing up for another season of great practices! There are new songs to learn and a great year full of opportunities to look forward to.

All tribal families are welcome! Family members who come but do not drum are encouraged to bring games or regalia to keep busy with while others are drumming. Also bring your own water and snacks for your family and drum sticks if you have them.

**Note:** Please make a note on your calendars, the next class will be held on Sept. 30th due to a conflicting date.

Classes will resume every other Friday following Sept 30, 2011. Please call Cindy Delay at 541-677-5579 if you have any questions.

## 2012 Elder's Trip Planning

What is that one special place you would like to see this coming year? Elder Trips are being planned for 2012. Now is the time to be heard by sharing your suggestions. Please write them down and mail them to Cindy Delay at 2371 NE Stephens St., Roseburg, OR 97470 by Monday Sept. 19th. All ideas will not be used, but they will give an idea of what Tribal Elder's want to do. Thank you for your participation.

## Gathering Place Buffet Dinner Invitation

The ladies of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians have invited our Tribal Elder ladies to join them for dinner at The Gathering Place Buffet, at Seven Feathers at 6:00 Pm on Thursday Sept. 22. Please call Cindy Delay to RSVP by Friday, Sept. 16th if you would like to attend.

## Education Department News

College has started for some and will be starting soon for others. The Education Director has been busy putting together awards for students and processing JOM requests for reimbursement.

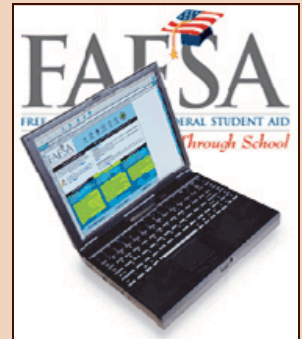
As a reminder to all perspective students, the deadline for Winter Quarter/Spring Semester is December 1st. For Spring Quarter/Summer Semester the deadline is March 1st. (continued on page 3)

## Education Department News (continued from page 2)

All full-time programs, require students to file a FAFSA (Free Application for Federal Student Aid). If you need assistance in completing the forms online please call the Education Department. Over the phone assistance is always available.

Remember to go online to the Tribal Website ([www.cowcreek.com](http://www.cowcreek.com)) for educational information and forms. Also there is a full listing in the new Tribal Services Directory .

If there are any questions please call Kelly LaChance at 541-677-5575 or 1-800-929-8229 or email at [KLachance@cowcreek.com](mailto:KLachance@cowcreek.com)



## Umpqua Indian Foods Grant



On August 26, 2011, the Cow Creek Tribe was awarded a \$96,500 grant from the US Department of Agriculture Rural Development Program to conduct a feasibility study to help the tribe determine the viability of expanding Umpqua Indian Foods into a full service multi-species meat processing facility that could supply local and tribal food service outlets. Some of the things that will be studied are the protein procurement supply chain, mechanical engineering for the facility and how efficiently the current protein procurement chain is working. The results of the feasibility study will be used to make a business plan and have an Agriculture CPA firm validate the study.

Two other Native entities received USDA Rural Development Grants, Chemeketa Community College will receive \$50,120 for the MERIT Microenterprise Program and The Klamath Tribes will receive \$99,441 to move forward the development of a Tribal forest restoration business.

## Tribal Member Elk Hunt Tags Selected



Those present at the drawing were from left to right : Andrea Davis, Carol McKinney, Tammy Rondeau, Gregg Hervey, Mike Rondeau, Wayne Shammel, Amy Amoroso, Lonnie Rainville and Carol Ferguson.

A lottery drawing was held at the Tribal Government offices on September 8, 2011 to select 4 individuals for tags in the 2011 Tribal Elk Hunt. The following Tribal members were drawn in each category:

1. **Ceremonial:** Sara M. Robertson
2. **Elder:** Marvin Lerwill
3. **General:** Roy S. Jackson
4. **Youth:** Trevor Philamalee

Tag holders will be receiving a packet of information in the mail explaining the rules and regulations of this year's hunt.

Questions can be answered by calling 541-677-5575 and asking for the Natural Resources Director, Amy Amoroso.

## Creative Images Designs U of O Athletic Book

Creative Images completed its first major project for the University of Oregon Athletic Department. CI was asked to design and produce an innovative, contemporary, book for the publication of the first U of O Athletics Annual Report.

Rob Mullins Oregon's new Athletic Director wanted a showcase piece to distribute to the top five hundred donors of the Duck Athletic Department. It was important to him that these first reports represent his new administration and his commitment to excellence and innovation.

He asked for our help in accomplishing his objective. We were not only aware of the importance of this project to him but also its importance to us

CI was very well cognizant of the fact that donor number one is Phil Knight, and because of that we were going to be held to a very high standard. The Nike standard!

We sold the University on a metal covered, flat page, collector's style book. We then gave them the choice of three design options, all very innovative. They chose the most creative of the three. Gary Gukeisen our Creative Director, while visiting the U of O, took pictures of their trophy room and their visitors center, he created a style based on that. They were delighted with it.

CI pushed the envelope further by providing QR codes that when activated played video clips of defining moments, such as La Michael James signature run.

The book was delivered on time and has received rave reviews.

Katie Calwalader, U of O Creative Services Director. "What a beautiful publication. We are so appreciative of you guys."

Joe Giansante, former Assoc. Athletic Director and TV anchor, "your work is superb!"

Rob Mullins Athletic Director, 'I love it'

If interested, stop by Creative images to take a look.



## Project Warmth

This program reimburses the cost (up to \$25.00) for one pair of shoes and one coat per year for enrolled Tribal children ages 0-16 .

Please call our office at 541-677-5575 to have an application sent to you, then mail the completed application and receipt (if you choose to highlight, please use a yellow or light color pen) to Cindy Delay, at 2371 NE Stephens St, Roseburg, OR 97470.



# September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Elk Hunt Applications 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 Elder Ladies Dinner @ 7F 6 Pm	23 Elders Pizza Palooza—Medford, OR @ noon	24
25 AA Mtg 6 pm Gov Office	26	27 Food Bank 1-4 pm	28	29 YPP Canoe Journey 5:30-7:30 blckhouse	30 Drum Practice 5-7 pm @ Block house	

# October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 AA Mtg 6 pm Gov Office	3 JOM Mtg 5 pm South Bldg upstairs	4	5	6 YPP Canoe Journey 5:30-7:30 blckhouse	7 Kelso, WA Health Fair/Flu Clinic 10 am-2 pm	8
9 AA Mtg 6 pm Gov Office	10 All Staff In-service— Clinics/ Gov Offices Closed	11 Food Bank 9-12 pm	12	13 YPP Canoe Journey 5:30-7:30 blckhouse	14 Drumming @ Block House 5-7pm	15
16 AA Mtg 6 pm Gov Office	17	18	19	20 YPP Canoe Journey 5:30-7:30 blckhouse	21	22 Health Fair/Flu Clinic in Redmond, OR 10 am-2 pm
23 AA Mtg 6 pm Gov Office	24	25 Food Bank 1-4 pm	26	27 YPP Canoe Journey 5:30-7:30 blckhouse	28 Drumming @ Block House 5-7pm	29
30 AA Mtg 6 pm Gov Office	31					

## Flu Season 2011-2012

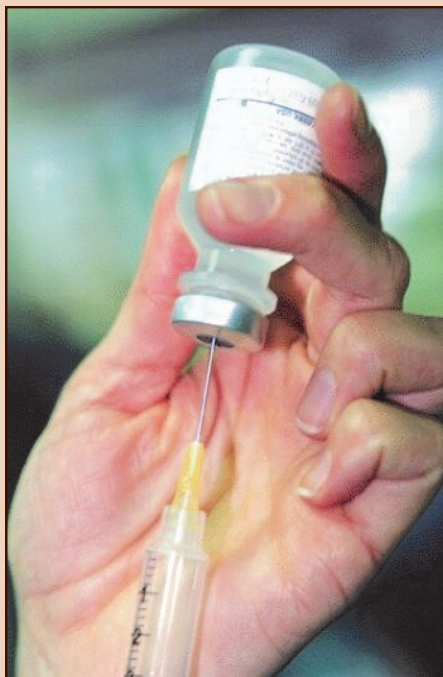
It is time to prepare for another flu season! Here is some information for you to have to prevent getting the flu this year.

### WHAT IS FLU (INFLUENZA)?

It is a contagious disease caused by the influenza virus that is spread by coughing, sneezing or nasal secretions. In the past, Flu caused 250,000-500,000 deaths per year. In the United States, with the Flu vaccinations conducted yearly, in 2010, the estimated deaths from Flu is 3,300-49,000 per year.

### WHY GET FLU VACCINE?

Flu season is unpredictable and flu virus is constantly changing. It is not unusual for a new strain of flu virus to occur yearly. Flu vaccines are reformulated each year with 3 strains that may be most common during the season. Even if the vaccine is not a "good match", there is some protection. In the last 21 Flu seasons, 17 have been a good match. The inactivated flu vaccine given is a 'killed' vaccine, so you cannot get the flu from the flu shot.



### WHO SHOULD GET FLU VACCINE?

Children between six months to 19 years  
Pregnant women  
People 50 years and older  
People with chronic conditions (such as Diabetes, Emphysema)  
People in nursing homes or who are at risk for complications  
People who live with or care for those who are at risk for complications (such as Healthcare workers, children less than 6 months)

### WHEN TO GET FLU VACCINE?

The flu season is between October and May. Outbreaks can start as early as October and peaks in January or February. Immunity from Flu vaccine efficacy declines in about a year. You can get the Flu vaccine as soon as it becomes available, usually August or September. It takes two (2) weeks for antibodies to develop and protect against getting the flu.

Added protection from the flu includes: washing your hands, staying away from sick people to prevent the spread of germs. If you are sick, stay home from work or school to prevent the spread of the flu.

**WHERE TO GET FLU VACCINE:** It is available at this time at our clinics:

Cow Creek Health & Wellness Center  
2371 NE Stephens St., Suite 200  
Roseburg, OR 97470  
Phone: 541-672-8533

Cow Creek H & W Annex  
270 Gazley Bridge Rd  
Canyonville, OR 97417  
Phone: 541-839-1345

**Also, flu vaccines will be available in these additional areas.**

October 7/8, 2011	Washington- Kelso and Port Angeles
October 22, 2011	Redmond, Oregon
November 5, 2011	Canyonville, Oregon

**Don't miss your opportunity  
to get your flu vaccine this  
year**

# SAVE THE DATE

Cow Creek Health & Wellness Center

## Fall Health Fairs

The clinic is happy to announce the Annual Fall Health Fair coming to your area. Please save the date for this wonderful opportunity to get your flu and pneumonia vaccines, blood sugars and blood pressure checked.

We will also be bringing to you information regarding other health topics.

Lunch will be provided at each location.

The time is 10 am-2 pm

You will be receiving a formal invitation next month for your passport to better health.

We look forward to seeing everyone

October 7, 2011  
Kelso, WA

October 8, 2011  
Port Angeles, WA

October 22, 2011  
Redmond, OR

November 5, 2011  
Canyonville, OR

## Breast Cancer Awareness Month: Too Much Pink, Not Enough Progress

October is **National Breast Cancer Awareness Month (NBCAM)**

After 20 years of pink ribbons, there's more awareness of breast cancer but not nearly enough commitment to real change. Breast cancer is still too common, treatment is still too invasive, and the disease still can't be cured once it's spread.

Not only does NBCAM lack a narrative about the ways breast cancer affects groups of women differently, it also avoids the message that there is more than one type of breast cancer. There are a number of subtypes that "behave differently, are associated with different risk factors, and may have different causes." Yet, the media and popular awareness campaigns rarely acknowledge these kinds of nuances in their discussion of breast cancer during **NBCAM**.

Our "awareness" has been raised. We need a discourse that calls attention to the ways the larger context of **environmental exposure, reproductive patterns, and economic realities** might influence the pathology of breast cancer.

Mary Hagood, FNP will be available for discussion at Seven Feathers on 10/13/11, from 11am until 2pm, in the employee cafeteria.

## Pink Shawl Project



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

On Tuesday September 20 from 4:00—6:00 pm Tribal volunteers will be gathering to make Pink Shawls for cancer survivors at the Block House located behind the Casino. A lite meal, provided by Seven Feathers Catering, will be served at 5:00 pm. Please call Cindy Delay by Sept. 15 at 541-677-5575 if you would like to join in this last opportunity to be involved in the Pink Shawl Project.

## 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



## Five Simple Diet Tips That Actually Work



A third of Americans are obese – and another third are overweight. The global picture isn't much rosier.

Many of us, even if we're not exactly "fat", know that we could do with losing a few pounds. Whether it's for our health, to improve our confidence, or just because we want to get back into those jeans, we'd like to diet *successfully*. But so often, our diets end up starting on a Monday and ending before Tuesday.

There are all sorts of diet tips – some useful and some crazy – but these are five big ones which actually work *and* make a big difference to your chances of success. They're all very simple (which doesn't necessarily mean "easy"!)

### 1. Keep a Food Diary

Studies have shown that simply writing down what we eat helps us to cut back. Keeping a food diary – which involves listing everything you eat each day – works because:

- ◆ You're more likely to resist that cookie if you know you'll have to record it in black and white
- ◆ You can easily identify patterns using your diary (e.g. maybe you always end up snacking mid-morning when you don't eat enough breakfast)
- ◆ You'll become more conscious about your eating: if you snack without even thinking (perhaps when friends are passing round chocolate or chips), then you'll start to become more aware of your habits.

**Many people are put off keeping a food diary because it seems like a hassle, but the truth is, it only takes five or ten minutes each day.** Isn't it worth that to radically boost your chances of success?

### 2. Don't Crash Diet

Crash dieting – drastically cutting what you eat in the hopes of losing lots of weight fast – is a big no-no. Your body *needs* enough food in order to function well: it's the fuel which keeps you going. Plus, if you're eating very little, you won't even be getting enough nutrients (vitamins, minerals, etc).

We live in a "have it now" culture where we've come to expect instant results. Unfortunately, dieting just doesn't work like that. **For real success, it's best to lose weight slowly and steadily.** Trying to rush weight loss will just play havoc with your metabolism, and can often lead to a rebound effect where as soon as you start eating "normally" again, you'll put all that weight back on, plus extra.

### 3. Exercise Regularly

Although exercise **alone** isn't an especially effective way to lose weight, it's a great **addition** to any diet plan. **Exercise burns up calories – boosting your dieting efforts – but it also has a host of other benefits.**

Exercising will help you tone up your body and build muscle (which, even at rest, burns more calories than fat). Being active gets you away from the temptations of the fridge – and it also provides a natural mood boost: much healthier than chocolate! Many dieters also find that exercise provides extra motivation to stick to a healthy eating plan – if you've just been jogging for an hour, you'll be reluctant to undo that hard work by eating junk.

### 4. Don't Ban Foods

Some people think that if you're on a diet, you "shouldn't" eat any chocolate, cookies, chips, cheese, or any other "bad" foods you enjoy. The truth is, in moderation, you can eat what you like. Of course your diet is going to be unsuccessful if you're scoffing dozens of cookies each day – but one cookie or one small candy bar isn't going to have much impact.

**If you tell yourself that certain foods are banned, it tends to make you crave them more.** Instead, just cut back on how often you have those foods. You may find that you appreciate them even more when they're an occasional event rather than a daily habit.

One good tip if you do find yourself eating too much chocolate (or whatever) – tell yourself

(Continued on Page 10)

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## Over-the-Counter Request Deadlines

All requests for the Over-the-Counter Program (OTC) must be received by November 15, 2011. The only exceptions to this date will be for members enrolled after November 15 and members requesting reimbursement for self-pay. OTC receipts for 2011 reimbursement must be received by January 15, 2012.

**For self-pay reimbursement, please include the following to prevent payment delay:**

- ▶ Name(s) of tribal member(s), phone number and mailing address
- ▶ Legible receipts showing the date
- ▶ If highlighting, use yellow only; it is better to bullet an item rather than highlight it
- ▶ Separate OTC items from regular grocery items i.e., subtotal or obtain separate receipt
- ▶ Self-pay reimbursement receipts may be submitted at any time for the current year. The cut-off date does not apply. However, receipts must be received by January 15th of the next year for the current year.

When faxing or emailing receipts, please call the program coordinator immediately to confirm the information was received.

**Please send OTC receipts to:**

Cow Creek Health and Wellness Center Annex-OTC  
270 Gazley Bridge Rd  
Canyonville OR 97417



**It has been our privilege to assist each of you this year in obtaining your OTC preventative products.**

Enrolled Tribal Members will be able to access the Over-the-Counter Program again on January 3, 2012

If you have any questions, please contact Tamara Robinson at CCHWC 541.839.1347, 800.935.2649 option 2 or trobinson@cowcreek.com.

## Five Diet Tips (continued from page 9)

"I won't have any chocolate *today*". It's much easier to focus on cutting out a bad habit for one day than trying to resist *forever*!

### 5. Try New Recipes

Finally, dieting is actually a great time to start eating some new foods. There are loads of super-healthy and super-tasty options that you might never have tried. Start experimenting! Vegetable-based dishes, or recipes from a low-fat cookbook, will give you loads of ideas. You may find some delicious and light alternatives to your usual repertoire.

**If you're not very confident about cooking, how about simply trying some different fruits and veggies?** It might be as simple as a different type of salad leaf, or a new variety of apple. Rather than seeing your diet as a time where you need to give things up, look at it as a great opportunity to try out some new things and potentially find some new favorites.

**If you find all this information to much to sort out and need help getting started, call Bob Dunas, Health Educator for the Cow Creek Health and Wellness Center at 541-672-8533.**

## Announcements

### Births/New Enrollments

No New Births or Enrollments

### Obituaries

Helen May White

## Congratulations to College Graduates

Announcing the completion of College this Spring by two Tribal members, Karen A. Cox and Blanche M. France. Karen received her Master's in Social Work from Portland State University. She is the daughter of Tribal Board member Tom Cox and his wife, Peggy. Blanche received her Bachelor's degree in Management Information Systems from George Fox University. Blanche is the daughter of Tribal member Wanda Ballard and her husband, Tork.

## 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 in the Tribal Boardroom.

#### 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



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)