

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 22—ISSUE 3

April 2012

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Major Retailers Take Notice of Umpqua Indian Foods



Costco Wholesale and Cost Plus World Market have recognized Umpqua Indian Foods for the excellent quality of its premium beef steak jerky!

In a sea of competitors, judged by Costco corporate buyers, Umpqua Indian Foods was selected to represent Oregon companies at Costco Wholesale's upcoming "Taste of Oregon" event. The event was held in Hillsboro on April 19, 2012. At the event, Umpqua Indian Foods showcased products to Costco operators and buyers!

Cost Plus World Market (www.worldmarket.com) manages 258 stores in 30 states. Its stores feature unique and unusual home accents, housewares, gifts, jewelry, and a large variety of international wines, gourmet foods and beverages imported from more than 50 countries. Cost Plus World Market has sought out Umpqua Indian Foods' Brew Pub Premium Beef Steak Jerky, Brew Pub Salami Sticks and Brew Pub Salami Bites to be featured in its upcoming Father's Day campaign. A large order was placed and product will ship at the end of April.

Congratulations Umpqua Indian Foods!!!

Stop by the retail store to say congratulations to your colleagues on a job well done. And don't forget, employees and tribal members can purchase retail items at wholesale prices at the UIF retail store.

Schedules:

Government Office Hrs:

Mon-Thurs 8 AM–5 PM
Fri 8 AM–4 PM

Roseburg Clinic Hrs:

Mon-Thurs 8 AM–5 PM
Fri 8 AM–4 PM
Walk in 8–9 AM
Same Day Appt. 1–2 PM

Canyonville Clinic Hrs:

Mon-Wed 8 AM–5 PM
Thurs 8 AM–4 PM
Walk in 8–9 AM
Same Day Appt. 1–2 PM
Education only on Fri.

Offices Closed

May 28—Memorial Day

2012 Firewood Program

It is hard to believe by March's wintry weather, but the calendar says it's spring already, and time to place your firewood order for next winter. We have a nice mix of oak and madrone for high heat output, with a bit of fir and cedar thrown in to get that hot fire started. The wood is currently in log form, but will soon be bucked and split for dry wood this fall.



Firewood logs at McNeil Ranch Firewood Center.

The program will operate similar to last year, the details of which are:
Place your firewood order now. Call Janet Cooper at 541-677-5575 to place order. Maximum order is 3 cords of firewood per tribal household.

Firewood cost is \$25/cord. Tribal elders get their first cord free.

Firewood will be ready for pick-up at the McNeil Ranch Firewood Center near Canyonville in September.

We will call you this summer to arrange for payment and firewood pick-up.

As a reminder, you are responsible for loading and hauling your own firewood. Also, firewood from the Tribal firewood program is for personal use only, and is not to be re-sold.

This year's firewood supply may be less than last year's. Permits will be issued this summer in the order in which firewood orders are placed this spring. Thank you

Tribal Minor Addresses Sought

Tribal members are encouraged to maintain a current address and phone number at the Cow Creek Tribal Government Offices. Below is a list of tribal minors who there are no current addresses for. If you have contact information for any of the children listed or any other tribal minor who does not live in a tribal household please contact Janet Cooper at (541) 677-5575 or 2371 NE Stephens St., Suite 100 Roseburg, OR 97470.

Ariana Marie Anthony
Nicholas James Anthony
Derick Calvin Bell
Jordon Ivy Bruyn
Nea Marie Shannon Buschmann
Cheyanne Rain Garmany
Michella Marie Gonzalez
Tahlia Laine Haas
Zaine Daniel Knudson

Abigail Elizabeth Konrad
Jeremy James Petersen
James Everett Potts, Jr.
Mason Dean Rollins
Scott Kai Sauer
Monte Robert Sertain
Madison Christieann Sewell
Brian Jordan Smith

Lamprey Grant Awarded to Cow Creek



Secretary of the Interior Ken Salazar announced in March more than \$4.2 million in Tribal Wildlife Grants to 23 Native American Tribes in 17 states to fund a wide range of conservation projects ranging from salmon restoration to invasive species control.

The Cow Creek Band of Umpqua Tribe of Indians is one of the 23 Tribes receiving a grant. Cow Creek has received \$200,000 to conduct work over the next two years on Lamprey conservation in the Umpqua Basin. Lamprey are a first food and cultural important species to the Tribe. Products of the grant include distribution mapping of lamprey, interagency collaboration, restoration of tribal cultural activities related to lamprey harvest, and public education meetings. The Tribe's Natural Resources Department has hired Kelly Crispin,

Tribal member and a fish biologist, to assist in implementing this important work.

The U.S. Fish and Wildlife Service has distributed more than \$54 million to Native American Tribes through the Tribal Wildlife Grants Program since 2003, providing support for more than 350 conservation projects administered by participating Federally-recognized Tribes.

WE WANT YOU



AT THE NEXT ELDER'S EVENT!

—UPCOMING EVENTS—

Monthly Elders Honor Luncheons are held the first Friday of each month at Seven Feathers Casino in the Grape Room. Come gather together and share a meal!

[Make your reservations today.](#)

MAY 10, 11, 12 ELDERS TRIP TO KAH-NEE-TAH. The bus is scheduled to leave Seven Feathers at 8:30 AM.

JUNE 29, 30 & July 1 SPIRIT MNT& CHINOOK WINDS ELDERS TRIP

CONTACT CINDY DELAY TO RSVP 541-677-5575

Update on Formosa Mine from EPA



Mine Seepage. (Photo Courtesy of Roseburg BLM)

The EPA has been managing the cleanup of the Formosa Mine on Silver Butte near Riddle, Oregon since 2007 when it was declared a superfund site. The agency defines a superfund site as follows “an uncontrolled or abandoned place where hazardous waste is located, possibly affecting local ecosystems or people.” A Remedial Investigation Study was conducted between 2008 and 2011 by EPA and partners to determine the extent of surface mine materials deposited outside of the underground mine. Sampling was done on potentially affected soils, surface water and groundwater to determine the levels of contaminants present.

The study identified 317,000 cubic yards of mine materials that contained arsenic, cadmium, copper and zinc on the surface of the site. These metals have strongly influenced the surface water in Upper Middle Creek and South Fork Middle, but have not impacted the drinking water supply at private and municipal intakes downstream of the mine on Cow Creek. The information gathered from the remedial investigation will help EPA determine the best and most efficient ways to address the surface mine materials. EPA will be evaluating different cleanup options for the superfund site that will include capping over contaminants, hauling contaminants away and others. This information will be available to the public in a document called a “Feasibility Study” in 2013.

Additional information on the Formosa Mine can be found at <http://go.usa.gov/UaB>

Introducing New Education Director & South Building Receptionist



Welcome our new Education Director, Victoria Walker. Victoria has worked in education in several capacities for 30 years. Her experience in Education includes working as a pre-school teacher, elementary school teacher, a counselor at a boarding school for domestic and international students and teaching Umpqua Community College courses. Victoria also served as an Upward Bound counselor working with low income, disabled and multicultural high school students. Her education includes a Master’s Degree in Interdisciplinary Studies, Educational Leadership, Sociology and Women’s Studies; a Bachelor’s Degree in College of Education, Human Services Management; and an Associate of Arts and Science in Education.

Welcome our new South Building Receptionist, Tabbitha Johnson. Tabbitha worked for the Tribe previously at Umpqua Indian Foods, she left there to attend Umpqua Community College to begin her quest for a degree in Business Management. Her goal for completion is the year 2015.



Casino Smoking Debate Continues with Governor Kitzhaber

Oregon tribal leaders recently met personally with Oregon Governor John Kitzhaber in Salem to continue discussions regarding smoking in Oregon tribal casinos.

Oregon state law generally prohibits smoking in public places other than cigar bars and tobacco shops. Most Oregon tribes, including Cow Creek, have adopted tribal clean air laws that also ban smoking in public areas, but continue to allow smoking in tribal casino facilities.

Oregon tribes have invested heavily in clean air equipment in their casinos and the majority of space within most tribal casinos is, in fact, non-smoking. At Cow Creek, nearly 75 percent of the square footage of the Seven Feathers resort is non-smoking status.

Governor Kitzhaber believes the state has a viable legal argument against tribal casino smoking under Tribal/State gaming compact provisions pertaining to environmental regulation. The Tribes believe they have a strong legal argument under the compacts (smoking wasn't contemplated as an issue at the time the compacts were executed), as well as under general legal theories of tribal sovereignty and jurisdiction.

Oregon tribes are resisting any attempt to enforce an immediate ban on tribal casino smoking because the projected negative revenue impacts could potentially be financially crippling for Oregon tribes. For example, the Oregon Lottery lost nearly 20% of its revenue immediately after passage of the Oregon Clean Air Act. That kind of a drop in Cow Creek gaming revenues, for example, could mean the loss of over 300 jobs and severely jeopardize tribal out-of-area and employee health benefits; particularly during a long recession.

Governor Kitzhaber has agreed to continue discussing the matter with the Tribes, with a focus on three issues: 1) healthcare impacts; 2) gaming compact impacts; and, 3) tribal sovereignty.

The tribes, and the state, appear eager to continue discussion with an eye to the possibility of some negotiated compromise in the future. It is possible, however, that this issue could end up as a formal legal dispute if the tribes and the state cannot continue productive discussions.

At the meeting, Cow Creek Tribal Chairman, Dan Courtney, presented introductory and detailed formal comments to Governor Kitzhaber and the assembled Tribal leaders regarding our Tribes' positions on the casino smoking issue. Chairman Courtney's comments were well received and largely mirrored by the other Oregon tribal leaders in attendance.

UIDC businesses and Tribe Participate in "Trading at the Rivers" Conference

Since inception, the Cow Creek Tribe has helped sponsor the Oregon Native American Enterprise Business Network's (ONABEN) annual Trading At the Rivers Conference. This year the conference was held on April 19-20 at the Embassy Suites Hotel in Portland, Oregon.

The conference was attended by Tribal officials and Tribal business leaders and is an excellent forum for developing business-to-business relationships with other Tribes. Adjunct to the conference itself is a trade show floor where tribal businesses set up booths to sell products and services.

This year the Cow Creek Tribe and UIDC was exceptionally well represented in the conference and on the trade show floor. Rio Networks, Umpqua Indian Foods, Creative Images and the Umpqua Business Center staffed booths at the show. The UIDC booth was branded with each specific company logo and a Cow Creek 30th Anniversary of Recognition badge was on display.

Lonnie Rainville, Rene Toman and Kernin Steinhauer will be participating in the conference as "idea champions" each representing a specific topic of relevance to Tribal economic development. Mr. Rainville will be leading a think tank session on Workforce Development, Ms. Toman on Business Incubators and Mr. Steinhauer will be addressing Farm to Table: Indian Country Agriculture.

Tribal members Kaitlin Estabrook, Teri Hansen, and Jacob Ansures, will be representing tribal businesses at the Trade Show.

For more information visit www.onaben.org.

Smoking Cessation Quit Line



The Quit Line is open seven days a week, 4:00 AM to 12:00 AM (Pacific time)

The Oregon Tobacco Quit Line provides free counseling to help you quit tobacco.

Call 1.800.QUIT.NOW (1.800.784.8669) or visit www.quitnow.net/oregon/ to get started.

Are you ready to quit? Call and we'll help you make your quit plan.

Are you *not quite* ready to quit? Call and we'll help you get started.

Have you tried to quit and it didn't work? It can take more than one try to quit for good. Don't be discouraged. Call us. We'll help you make a new quit plan. Have you already quit? We know it's hard for a while. If you need some help to stay tobacco-free, please call us.

Still not sure?

We know what you're going through. We don't nag or lecture. We help you feel more confident about quitting for good. There are many different ways to quit. We'll help you make a plan that will work for you.

When you call the Quit Line -- you will receive:

- ◆ Tips on what to do when you have the urge to smoke or chew.
 - ◆ Times and situations when you usually smoke or chew, and ways to change these routines when you quit.
 - ◆ If you've tried to quit, we'll talk about what hasn't worked and new things you could try.
 - ◆ We'll tell you about medications that can help you quit. We may be able to send you free nicotine patches or gum.
- Contact the Quit Line today at 1.800.QUIT.NOW (1.800.784.8669) or online at www.quitnow.net/oregon/.

What happens when you call the Quit Line?

When you call or visit the Quit Line online, you will be asked to register for the program. Once you are registered, staff will explain what Quit Line counseling benefits are available to you and ask if you would like to start counseling now, or schedule a counseling call at a time that is convenient for you.

Once you sign up with the Quit Line, you can:

- ◆ Talk or chat online with an expert Quit Coach who knows what you are going through and will help you make a Quit Plan that will work for you.
- ◆ Get more help from your Quit Guide -- we'll send you materials chosen just for you or you can access our library online.
- ◆ Ask for support -- tell your family and friends about your Quit Plan or join our message boards online and connect with others quitting tobacco.
- ◆ Receive 2 weeks of nicotine patches or gum to help you get started with your quit (if eligible).

If you ever need more help, call us again for free. For more information, contact Bob Dunas, Tobacco Cessation Counselor for the Cow Creek Tribe at 541 672 8533.

May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Pink Shawl 4-6 PM Grape Rm	2	3	4 Elder's Honor Lunch 12 PM @ 7F	5 Thundering Water Drum Group 12-3 PM @ Blockhouse
6 AA Mtg 6 PM Gov Office	7	8 Food Bank 9-12 PM	9	10	11	12
13 AA Mtg 6 PM Gov Office	14	15	16	17	18 Thundering Water Drum Group 7-10 PM @ Blockhouse	19
20 Tribal Nomination Mtg 10 AM AA Mtg 6 PM Gov Office	21	22 Food Bank 1-4 PM	23	24	25	26
27 AA Mtg 6 PM Gov Office	28	29	30	31		

June 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Elder's Honor Lunch 12 PM @ 7F	2 Chief Miwaleta Day 10-4
3 AA Mtg 6 PM Gov Office	4	5 Pink Shawl 4-6 PM Grape Rm	6	7	8	9
10 AA Mtg 6 PM Gov Office	11	12 Food Bank 9-12 PM	13	14	15	16
17 AA Mtg 6 PM Gov Office	18	19 Pink Shawl 4-6 PM Grape Rm	20	21	22	23
24 AA Mtg 6 PM Gov Office	25	26 Food Bank 1-4 PM	27	28	29 3 Day Elder's Trip to Spirit Mountain	30

Head Injury Help

When to Seek Medical Attention for a Head Injury

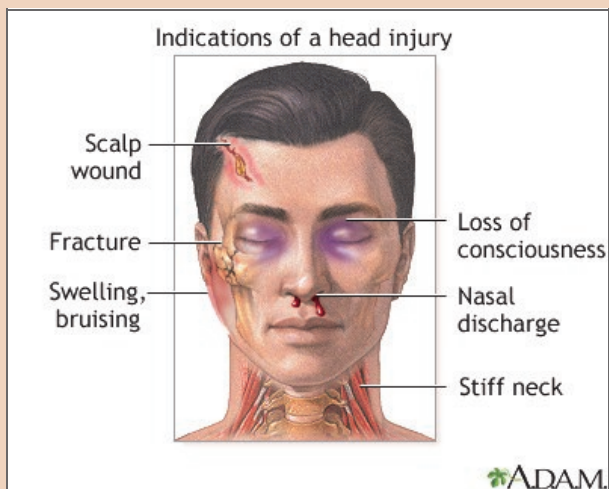
In the wake of the tragic passing of actress Natasha Richardson, I'd like to share a few details on head injuries that everyone should know about.

Based on what I've read in several newspaper reports, Natasha Richardson died from an epidural hematoma, which medical professionals will tell you is one of the most frightening conditions around because it can be caused by a low force blow to the head, and also because initially, there may be no signs to indicate that a serious injury has occurred.

Understanding Epidural Hematomas

Your brain is surrounded by three thin layers of connective tissue that are collectively called your meninges. The outermost meningeal layer is called dura mater, and the thin space between your dura mater and the bones that make up your skull is called your epidural space.

Along the sides of your head in the area around your temples, your epidural space houses an artery called your middle meningeal artery, whose job is to provide steady blood supply to your meninges. The portion of skull that protects this area is quite thin and weak compared to the rest of your skull. This is why even a low force blow to this area could lead to a fracture and tearing of your middle meningeal artery.



If your middle meningeal artery was torn or lacerated, blood could quickly begin to pool in your epidural space. Because your heart would continue to send blood to the area and this blood wouldn't be drained by your veins, the net effect of a torn middle meningeal artery would be increased pressure on your brain tissues, which could lead to death of brain cells from oxygen deprivation.

Symptoms and Common Causes of Epidural Hematomas

About 50% of people who experience epidural hematomas briefly lose consciousness, but appear to be just fine when they come to. If pressure in the head continues to build, over a period of a few hours, a searing headache tends to develop as increased intracranial pressure causes the dura mater to tear away from the skull.

Other signs and symptoms that may develop with an epidural hematoma include:

- Lethargy
- Nausea
- Dizziness
- Drowsiness
- Weakness on one side of the body

The keys to preventing serious brain damage and death from an epidural hematoma is to recognize what has happened, and for the blood to be aspirated by a neurosurgeon.

It has been long recommended that any person who suffers a blow to the side of the head, especially in the temple region, be carefully monitored for any of the signs noted above, and to be ready to visit an ER immediately, accompanied by someone who can explain what has happened.

Contract Health Service News

If you receive a statement for medical expenses and it does not show that Cow Creek Contract Health Services has paid. Call the provider and be sure that the provider has Cow Creek Contract Health Services information so that they can bill us. CHS does not know that you have an outstanding bill unless you provide our information to the vendor so they can bill.

Call CHS at least two to three days in advance for a purchase order. Have the facility name available the date of your visit and the reason for the visit ready when you call, as CHS will need these things in order to issue a purchase order.

If you are having surgery, call at least one week in advance so that CHS can take your request to Resource Management Committee for approval. If you are approved you still need to call for a purchase order for the date of service that you are having surgery if you want CHS to consider payment.

Dental: Due to the raising dental costs when you call for an appointment please ask the amount for procedure you plan on having done. If the billed amount goes over the allowed amount for the year you will be responsible for the difference.

Eyeglasses benefit: States one exam with glasses or contacts not to exceed \$500 and it is every two calendar years.

Questions: Please call Elizabeth or Gina at 541-672-8533 option 1.

Head Injury Information (continued from pg 8)

Common causes of epidural hematomas include:

- Skiing and snowboarding falls that involve head trauma. According to the American Association of Neurological Surgeons, 1.5 million Americans suffered brain injuries in 2007, and more than 10,000 of these injuries occurred while skiing or snowboarding.
- Violent blows to the head during physical altercations.
Motor vehicle accidents.

Clearly, if you ever take part in an activity where there's a strong chance that you could experience a blow to your head, it's wise to wear a helmet. And there's nothing prissy about making the decision to avoid high risk activities like boxing, high speed skiing, and high level contact sports like football and hockey.

Please note that there are many different forms of internal bleeding that can occur in the skull, and epidural hematomas can arise from tears or lacerations of arteries other than the middle meningeal artery.

In all cases of head injuries, the warning to heed remains the same: If you suffer a blow to the head, even if you feel fine immediately afterward, stay alert for signs of discomfort and consider being evaluated by a physician if you feel anything out of the ordinary - even a mild headache that comes on after experiencing blunt force to your head should not be ignored.

Please share this information with all parents and grandparents in your life; being aware of this while caring for youngsters is a good thing.





Instant Interviews

May 2, 2012

9:00am-12:00pm

Huckleberry/Grape Rooms
Inside the main entrance of the Hotel

The Human Resources Department at Seven Feathers Casino
Resort and our Hiring Managers would like to meet you!

Our Managers will be speaking with candidates for a one on one introduction interview,
so bring your resume!

Some things to remember:

- Apply online by May 1st at www.uidchr.com. Bring your resume.
- Dress for success.
- Time is limited so have your questions ready! No hiring decisions will be made that day.
- This is your chance to showcase your skills and be considered for a second interview!

Hiring Managers from these departments will be onsite:

- Hotel • Guest Services • Housekeeping • Custodial
- Banquets • Food & Beverage • Slots • Players Club

For more information please contact: Human Resources at 541-839-1221x2

Announcements

Births/New Enrollments

Jacob James Witt, Joseph Charles Marsh Jr., Gabbriella Paige Mantooth, Hunter Ellis Buschmann

Obituaries

Vernon Buchmann, Leland VanNorman

More Contract Health

Tribal Members who receive new health care coverage through a job, Oregon Health Plan, Healthy Kids or Medicare. Please notify Contract Health Services as soon as possible as we would have no way of knowing without your input. These changes can greatly benefit the membership with CHS dollars. For questions call Elizabeth or Gina at 541-672-8533 opt 1 .

Need a Job?



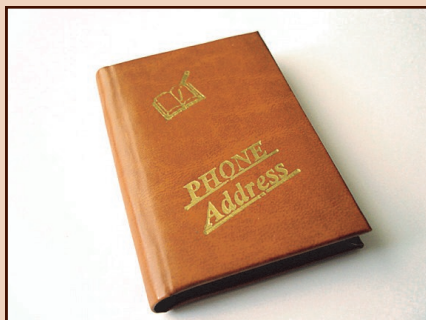
We now have a place to tell you about jobs with our partners at State or Federal Agencies locally and regionally. Please visit the Government Offices Main or South Building Front Desk to view the list of open opportunities and instructions for more information or visit the website www.usajobs.gov .

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

Visit us online @ cowcreek.com