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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

Tribe Celebrates 30th Anniversary

Nearly 600 tribal members, family and staff attended “Coming Together in the Umpqua,” the Tribe’s 30th Anniversary of Federal Recognition Celebration on April 28th in the Umpqua Grand Ballroom at Seven Feathers Resort.

The celebration was a result of Public Law 97-391, which was passed through Congress and signed by President Ronald Reagan in 1982, bringing to fruition the results of more than a century of efforts by Tribal members to win recognition. Five times in the 1910’s, 20’s and 30’s the Tribe had legislation introduced in Congress. On one occasion, in 1932, a bill passed both houses of Congress, but this bill was vetoed by President Hoover because of the Great Depression. It wasn’t until the mid 1970’s that the Tribe gained the momentum that finally resulted in federal recognition in 1982.

The evening began with Tribal member, Susie Puckett and her performance on the native flute while everyone enjoyed hors d’oeuvres of elk, buffalo, pheasant and salmon, and watched a big screen presentation from the Tribal photo collection.

Robert VanNorman led the Color Guard consisting of Tom Cox, Fred VanNorman, Jessica Jackson and Ernie Volkman. He also held an Honoring Ceremony for three Tribal Veterans who were former Board members, Wallace “Buster” Rondeau, Frank “Leland” Van Norman and Delbert Rainville. The invocation followed, and was delivered by Tribal Elder, Clementine Rice.



Tribe Celebrates 30th Anniversary (continued from first page)

Tribal Chairman, Dan Courtney delivered his remarks recognizing many people from the past, such as Congressman Jim Weaver, Senator Mark Hatfield, Tribal attorney Dennis Whittlesey and historian Dr. Stephen Dow Beckham, who played an integral role in the recognition effort. However, Chairman Courtney emphasized that the evening was about the Tribal membership and a celebration of 30 years of change, challenge and growth.

Chuck Jackson, Ellis Buschmann, Sue Shaffer and Dan Courtney were each recognized and honored for their terms as Tribal Chairman of the Tribe. Louella Rondeau-Michaels and Jack "Tooter" Ansures were recognized for their testimony given on multiple occasions in Washington, DC many years ago working toward recognition for the Tribe.

Others recognized for their service to the Tribe were current Tribal Board members, staff members with 10 years or more of service and all Tribal member employees. Tom Rondeau and Tooter Ansures were honored for their work doing cultural site visits and reburials of native remains for the Cultural Resource Department. Berdine Yurgalevicz was also recognized for her volunteerism with the tribal newsletter.

There were exhibits of Tribal artifacts, crafts, memorabilia and a veterans display honoring Tribal veterans who have served our country. A special artist's table was provided to showcase several tribal artists and their work that was gifted throughout the evening.

Another popular area was the "Kids Corner," which had games, prizes and fun activities for the children.....and some adults too! A special thank you was given to the JOM Committee, consisting of Janet Lamb, Linda Van Norman, Theresa Courtney, Polly Rondeau, Mike Hamrick and Justin Mathison for their tireless efforts.

A special thank you was given to the Celebration Planning Committee consisting of Justin Mathison, Robert and Linda VanNorman, Alicia McAuley, Travis Hill, Teri Hansen, Rhonda Malone, Carla Keene, Tammy Rondeau, Vonnie McCafferty, Dan Courtney, Louis LaChance, Mike and Lottie Hamrick, Lonnie Rainville, Amy Amoroso, Bob Dunas, Jay Walters, Donna Fields and Michael Rondeau.

Indian Market Success



Salmon Bake, Mike Hamrick

Anniversary Celebration Indian Market



Indian Market



Storytelling by John Cox



Tribal Craftsman, Butch Bochart



Flutist, Susie Pucket



Tribal Crafter, Roxy Guenther



Tribal Crafter, Alicia McAuley



Tribal Crafter, Theresa Hillis

Anniversary Celebration

Kids Corner



Amy Amoroso and Linda Van Norman help Tabitha Johnson and her girls with Tribal Jackets.



Janet Lamb helps with the Prize wheel.



Members of the JOM Committee, Polly Rondeau, Linda Van Norman, Janet Lamb, Mike Hamrick and Teresa Courtney were recognized for their hard work and dedication in providing activities for Cow Creek Youth throughout the year.



Monte Sertain, Francisco Barocio with Joyce Sertain



Berdine Yurgalevics is honored for volunteering to help with the Newsletter.



Seven Feathers did an incredible job on the Food and Desserts for the Evening.





Shirley Roane and Gary Jackson congratulate Tooter Ansures for his culture work for the Tribe.



Two oldest tribal Elders. Ester Gatewood-92 and Rena Cox-94



Chairman, Dan Courtney gives Introductory Speech



The Celebration was very well attended



Tribal members remaining after the entertainment portion of the evening gathered for a group photo

Cultural Resources staff provided an exhibit of Tribal artifacts and crafts



Various Cow Creek Tribal artists that provided artwork for the evening were recognized and honored for their contribution



Three former board members, Buster Rondeau, Leland Van Norman and Delbert Rainville were honored as WWII Veterans



Cow Creek past Tribal Chairmen, Ellis Buschman, Ben Rondeau, Charles Jackson, Sue Shaffer and Dan Courtney were honored for their dedication and service to the tribe. Rena Cox accepted recognition on behalf of Sue Shaffer, who was not present and Donald Bushman and Louella Rondeau Michaels accepted on behalf of Ellis Buschman and Ben Rondeau who have passed on.



Robert Van Norman presented a display to honor our Veterans



The Tribal Board of Directors were recognized for their leadership and service to the Tribe.

July 4th Veterans Dinner

Veterans interested in being included on the July 4th Dinner invitation mailing list please contact Tracy Brady at (541) 839-1202 no later than May 21. This mailing list can also be used for other upcoming Veteran's events, so give your contact information even if you are unable to attend this year. Seating is limited so a prompt RSVP is recommended.

Fish Release and Education Day by Kelly Crispen Coates

In 1999 the Umpqua Fishermen's Association (UFA), in partnership with the Oregon Department of Fish and Wildlife (ODFW), began acclimating steelhead smolts at their Canyonville site. The acclimation program was expanded in 2003 to include a site built and run by the Cow Creek Band of the Umpqua Tribe of Indians. The process begins at Rock Creek Hatchery where steelhead fry are born, raised, fed and housed until the following steelhead acclimation season between December and April. When the acclimation season starts, steelhead smolts are brought to the two acclimation sites to stay for approximately three weeks. This year three batches of smolts were released for a total of 110,000 fish.



Greg Huchko with the ODFW shows students how to measure a steelhead smolt

The grounds and maintenance crew of Seven Feathers Hotel & Casino Resort monitor the fish in the Seven Feathers tanks every few hours, feed them twice a day, remove and record dead fish, and record water temperature and dissolved oxygen. Once fish are acclimated, ODFW staff, Tribal Natural Resources staff, Umpqua Fishermen's Association volunteers and Seven Feathers Maintenance Crew gather together to release the fish through a series of pipes at the confluence of Canyon creek and the South Umpqua River. At the time of release, an education day is held at the Canyon Creek site. Elementary school students from throughout Douglas County are bussed to the site where they learn hands on about steelhead. There are six different educational stations set up at the acclimation site by UFA, ODFW and the Partnership for Umpqua Rivers. The stations include; a salmonid lifecycle station where students learn about fish growth and biology; a habitat station that teaches students about stream function in relation to fish; a boat safety station where students learn about rules and regulations for boat use; an invasive species station where students learn about invasive species and how to avoid introducing invasive species to the Umpqua Watershed; a smolt station where students help weigh and measure smolts before they are released into the river; and a station that explains how fish ladders work and how fish are transported in a special tank for brood stock collection. The education day is fun for students, teachers and volunteers, and is a great way to educate the community about fisheries of the Umpqua River.

This year ODFW and UFA were very impressed by how well maintained the Seven Feathers site was, and how healthy the fish were. We would like to thank the members of the crew that helped make this year's release a success: Jim Conner, Jacob Lampton, Bobby Dumont, Amos Grizzle, Chris Wilson, Austin Parazoo, Jeff Wacker, and Roy Hendricks. We would also like to thank UFA, particularly Tom Sutton, PUR and ODFW for their hard work.

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
				— Kah-Nee-Tah Elders Trip —		
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 Beading class Rsbg Clinic Clsrm 8:30-10:30 am	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 Beading Class Gov Boardroom 3-5 PM	5 Pink Shawl 4-6 PM Grape Rm	6	7	8	9 Drum Group 12-3 @ Blockhouse potluck
10 AA Mtg 6 PM Gov Office	11	12 Food Bank 9-12 PM	13	14	15	16
					Culture Camp—3 days	
17 AA Mtg 6 PM Gov Office	18 Beading Class Gov Boardroom 3-5 PM	19	20	21	22	23 Drum Group 12-3 @ Blockhouse potluck
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 & Chinook Winds	30

2012 Tribal Hunt Meeting Planned by Amy Amoroso

This year, staff has recommended offering more hunting opportunity on tribal land for our members. Discussion and board approval will take place in the next month. There will be a public meeting for Tribal members on June 18 at 6:00 pm held at the government office in Roseburg to discuss this years hunts and future hunting. We encourage all tribal members interested to come. Applications and more info will be sent out soon but please check the June and July Tribal newsletters and your mail for more information. This year's deadline to return applications is July 27. So don't forget.



2011 successful Tribal elk tag holder,
Steve Jackson



2011 successful Tribal elk tag holders,
Debra Timmerman/Trevor Philamalee

Arbor Day 2012 by Jay Walters



Shawna Zierdt and Jay Walters demonstrate tree planting techniques.

Fifty people gathered along Jordan Creek on Saturday, April 21st, to celebrate Arbor Day and the planting of seven Oregon white oak trees – one for each of the seven Cow Creek founding families. Tribal Elder and Board Member Robert Van Norman smudged the trees and gave a prayer prior to planting. Robert urged the group to remember all who attended that day, honor those who came before us, and visit the planted oaks as they grow.

The group also heard from Tribal Forester Jay Walters about the ecological benefits provided by white oak. Oak savannah and woodlands provide habitat for more than 200 species of wildlife. Jim Rich followed with a talk on traditional methods of processing oak acorns into flour for use in porridges and breads. Fisheries Biologist Kelly Coates talked about the extensive restoration work the Tribe has undertaken on Jordan Creek. The spawning Coho salmon and winter steelhead are evidence of the significant work done so far.

We plan to focus on a different tree species each year at our Arbor Day event. Last year was incense cedar, this year Oregon white oak, next year – well, come to the event and find out!

Transformation Café Opens Classes to the Public



Early in 2012, the Cow Creek Health and Wellness Center launched a new program, Transformation Café, targeted at helping people exercise effectively and eat nutritionally. Transformation Café' classes met weekly for 2 1/2 hours for 6 weeks. At the end of the six weeks, the students dispersed but continued their new, healthier habits and met one month later to assure weight loss was solid. They met one final time a month after that so final weigh-ins could be accomplished. That final weigh-in determined which individual had lost the greatest percentage of beginning body weight as well as designating which team of four had achieved the greatest percentage of loss. The individual winner was to win \$500 and the team would win \$1000.

Ninety people enrolled in the first series of Transformation Café classes. Half were distance learners. Those who completed succeeded remarkably. The winning individual student, Kristy Ping, lost 20.7% of her beginning body weight. The winning team comprised of Alicia McAuley, Nicole Vey, Donna Newton, and Chris Hudgeon collectively lost 14% of their starting weight.

The Transformation Café was successful enough that the next series of classes was to begin on Thursday, May 3. The next series of classes is open to the public

To enroll, call 541-672-8533 and ask for Tricia Hedges. Classes are free.

BRFSS Project Almost Complete!!

The staff from Cow Creek Health & Wellness Center is wrapping up the BRFSS. We have been contacting tribal members over the age of 18 to complete the phone survey. If you or your family member 18 or older has not been called please call us. It is important that we hear from you!

If you believe we do not have your correct phone number, please call our office at 541-672-8533 or toll-free 1-800-935-2649. Give us a call and ask for Jo or Nancy to set up a time for you to have one of the surveyors call you. The survey takes approximately 20-30 minutes to complete.

Remember that you will get to choose a \$15 gift card for completing the survey.

The healthcare needs of our tribal members are vitally important so we can begin designing the services to be offered at our new Canyonville clinic as well as to provide insight into the programs and services we still need to develop and provide both in and out of the services area.

Thank you again for taking your time to complete the survey as the information we gather really is going to make a difference in your healthcare services!

Contract Health News

Summer is fast approaching, therefore the Contract Health Services Department would like to encourage Tribal members who are eligible for CHS to have a current 2012 application on file. If you need to utilize your benefit, please follow the following instructions.

- For purchase order numbers, please call at least 2-3 days in advance.
- If you are going to see a new doctor or clinic, please call 5-7 days in advance so that CHS can process the vendor/provider information.
- Should you require a root canal or crown, ask your provider for the total cost. The benefit for each calendar year is \$1,500. Should you exceed the benefit amount, you will be responsible for the balance.
- Should you require any type of surgery, you must receive prior authorization from the Resource Management Committee (RMC).
- Use of Ambulance and Emergency Room visits are for life threatening services such as shortness of breath, heart problems, strokes, high fever in small children, and major broken limbs.
- Please utilize Urgent Care for colds, rashes, sprains and other non-life threatening problems.

Get out and enjoy you summer and don't forget to use sunscreen. If you have any questions, please do not hesitate to call CHS at 541.672.8533, option 1.

Cow Creek Health & Wellness Center Staff Honored

The Cow Creek Health & Wellness Center was honored on May 2, 2012 for its commitment to increasing student immunizations through innovative approaches to best practices. Noreen Thompson, RN (immunization coordinator) and



Dr. Sharon Stanphill (Health Director) were both honored at a ceremony in Portland, Oregon for their leadership roles within the State. Both were instrumental in the planning, implementing and recruiting of the 2011 OPIC Roundtables, ALERT IIS and Vaccines for Children training held at Umpqua Community College in October 2011. The OPIC recognized Ms. Thompson and Dr. Stanphill on their collaborative work and challenge to all Oregonian immunization coordinators to truly understand the families they serve. Ms. Thompson and Ms. Stanphill assisted the OPIC by mentoring and coaching healthcare professionals to more fully understand the culturally relevant aspects of serving all Oregonians. Dr. Stanphill gave the keynote address at the conference and shared with attendees the Cow Creek Tribal history, mission and collaborative community efforts as an example of how a circle of learning, belonging and core values contribute to successful community partnerships, which in turn, result in community mobilization and change. The CCH&WC was honored to be recognized by the OPIC in meeting the theme for 2012 - "Protecting One Takes Everyone" and the hard work of the entire CCH&WC staff in accomplishing this year's mission.



Instant Interviews

June 12, 2012

9:00am-11:00pm



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 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!

Please visit our website as the event approaches for more details on what departments will be attending.

www.uidchr.com

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

Important Upcoming Events

Chief Miwaleta Day June 2nd 10-4 Join the Silly—but Fun Fishing Contest!

This annual event is a great family gathering to enjoy all day Fishing, Drumming, Tribal History, Nature Hike, and an awesome barbeque meal!

Contact Cindy Delay to RSVP no later than May 28, 2012 541-677-5575.

Culture Camp June 15, 16, 17 at Bare Ranch Park -12:00 noon -8:00 PM Friday and Sat, ends at 12:00 PM Sun

THIS IS A REMINDER to please return your enrollment forms for Culture Camp. Many Art Classes are planned as well as informational talks. Call Louis LaChance for more information at 541-677-5575



Pink Shawl Project

Correction: There will not be a class on June 19 for the Pink Shawl Project. The next class will be on June 5th 4-6pm in the Grape Room at Seven Feathers Resort Casino. See you there!

Call Cindy Delay for meal reservations 541-677-5575.

Tribal Beading Classes

Tribal Elders have been very eager to learn how to do beading. There will be 2 classes a month. All tribal families are encouraged to attend. Please call Cindy Delay at 541-677-5575 if you are interested. If you have something you would like to teach please call Cindy as well. Limited beading supplies will be provided—Please bring your projects to share.

Class Schedule

May 23 8:30-10:30 am in the Clinic Class Room, of the Health & Wellness Center

June 4 3:00-5:00pm in the Board Room

June 18 3:00-5:00pm in the Board Room



Announcements

Births/New Enrollments

Nathanael Hevrin Reel, Reynah Rae Knighten,
Makynlee Rae Roark

Obituaries

No Deaths reported

Upcoming Events continued

Elders Honor Luncheon

Elders are encouraged to attend the first Friday of each Month in the Grape Room at Seven Feathers Casino Resort from 12-2pm for great stories, great food, and to be honored.
Please call Cindy today for your reservations 541-677-5575.

Drum Classes for June

Sat June 9 from 12-3pm at the Block House Potluck
Sat June 23 12-3pm at the Block House Potluck
There will not be classes during July or August. Watch the newsletter for additional dates.

Elders Trips

We are hoping to visit most of the Casinos in Oregon this year on our Elder's Trips. Watch this newsletter for information. Contact Cindy Delay with any questions, concerns, and reservations 541-677-5575.

June 1st night Friday, June 29 Spirit Mountain Casino
2nd night Saturday, June 30 Chinook Winds Casino
Sunday-Visit the Hatfield Marine Science Center and travel home

July **Pow Wow Month**

August Aug 4th Gold Beach Jerry's Rouge River Jet boat, Overnight Trip (Charter Bus)
Aug 18th Grants Pass Hellgate Jet boat, Trip Overnight Trip (7F Bus)

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
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Toll Free: 800-929-8229



ONLINE JOBS...GO TO: uidchr.com

Visit us online @ cowcreek.com