



## Inside this issue:

Tribal	1
Health	2-4
Tribal	5-8
Health	9
Calendars	10
Announcements	11

## Coquille's File Land-into-Trust Application for Medford Property

Governor Kitzhaber and officials of the City of Medford and Jackson County have all received a letter from the Bureau of Indian Affairs Regional Director, Stan Speaks, requesting comment on the proposed application by the Coquille Tribe of Indians to take 2.4 acres of land into trust status for the purpose of opening a "small" Class II casino operation in Medford. This property is more than 170 miles from the Coquille Headquarters in North Bend, Oregon on the coast. The Governor and the city of Medford have both made requests for an extension to respond to the application. Both have been granted by the BIA.



Existing Oregon tribal casinos operate Class "III" casinos, which mean "Nevada style" gaming is authorized. You are playing against the house. Class "II" games are such things as pull tabs, poker, keno and bingo. You are playing against other players. With modern technology, however, Class "II" slot machines have been developed to look and act nearly identical to a Class "III" machine. So much so that most customers wouldn't be able to tell a difference.

Coquille representatives have tried to downplay this fact by stating they will open a "small Class II operation," as if it won't have a negative effect on both the Cow Creeks and the existing ?? state lottery retailers in the Medford area. The Seminole Tribe of Florida operate only Class "II" machines and were able to acquire both the Hard Rock Hotels and Cafe's worldwide on Class "II" revenues.



Preliminary studies have indicated that both the Tribe and lottery retailers would see as much as a 50% reduction in current revenues, severely harming existing lottery businesses and tribal programs.

The Medford area is less than 70 miles from Canyonville and is the #1 market for Seven Feathers Casino Resort. Revenues derived from Seven Feathers are

### Schedules:

#### Government Office Hrs:

Mon-Fri 8 AM–5 PM

#### Roseburg Clinic Hrs:

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

#### Canyonville Clinic Hrs:

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

#### Office Closures



**Coquille's File Land-into-Trust Application (continued from front page)**

used to fund tribal health, social services, education, housing and economic development programs for members of Cow Creek.

The Coquille's have indicated that difficulty in funding their generous tribal programs and benefits for their membership has caused them to intrude into the Cow Creeks area. The Cow Creek Tribal Government can empathize and identify with budget shortfalls, however, intruding into another tribe's territory is simply unacceptable.

Every effort is being made by the Cow Creek Board and staff to block the Coquille effort, including preparation of a preemptive lawsuit to halt the process.

**Welcome New Staff Members to the Health & Wellness Center**

Lacey Reindel  
Registered Nurse

Cow Creek Health & Wellness Center



Matthew Droscher  
Social Worker

Cow Creek Health & Wellness Center

## Lose the Belly Fat



**Discover 5 reasons why guys should lose weight, from a better sex life to banishing low testosterone and back pain.**

Vanity might be enough to motivate men to lose a beer belly, but good health is reason to lose extra weight, too. According to David Katz, MD, director of the Prevention Research Center at Yale University School of Medicine, shedding that extra layer of belly fat can have a profound impact on how you look, feel, and perform in all areas of your life. Here are just a few ways that belly fat can mess with your health.

### **Losing Belly Fat Can Enhance Your Sex Life**

That's right: Losing weight will improve your sex life. Researchers found that obese people were 25 times more likely to report sexual problems than normal-weight folks. "Being heavier is going to interfere with self-esteem and the comfort of sexual activity," Katz says. Being overweight can also cause erectile dysfunction. Losing weight and exercise can help restore your libido and sexual function.

### **Belly Fat Can Lower Testosterone**

We don't want to say that all those extra pounds make you less of a man, but obesity is linked to low levels of testosterone -- the sex hormone that puts hair on your chest, power in your muscles and oomph in your sex drive. Low testosterone can also wreak havoc on your energy levels, motivation and overall sense of well-being.

### **Belly Fat Promotes a Couch Potato Lifestyle, and Vice-Versa**

Though it's possible to be fit and fat, 80% of people who are overweight or obese are not, says Noel Bairey-Merz, MD, director of the Preventive and Rehabilitative Cardiac Center at the Cedars-Sinai Heart Institute. The couch potato lifestyle can make reaching for the remote feel like an endurance event. Your muscles go flabby, and your heart and lungs can't deliver enough blood and oxygen to your body. More important than going on a diet to drop a few pounds, Bairey-Merz says, is exercising regularly. Do that and the weight will come off.

### **Losing Belly Fat Helps Relieve Joint and Back Pain**

Obesity and inactivity can lead to and worsen back pain, achy joints, and arthritis. "Imagine putting a pack on your back and lugging it around," Katz says. "It wears you out. It hurts your back and your joints. You're always tired. That's what that excess weight is doing." If you lose weight, the pain will clear up. Luckily, small losses add up to big benefits. Losing just 1 pound of weight will take 4 pounds of stress off your joints.

### **Losing Belly Fat Helps Prevent Heart Disease and Diabetes**

Belly fat is an independent risk factor for death from heart disease. What that means is, even if you get A's on the rest of your health report card, belly fat alone increases your risk of dying from a heart attack. Unfortunately, men who are prone to belly fat are also more likely to have more plaque in their arteries, inflammation, insulin resistance, type 2 diabetes, abnormal cholesterol levels, and/or heart disease or to suffer heart failure. Losing weight, not smoking, exercising and eating right can save you from that fate.



*Cow Creek Band of Umpqua Tribe of Indians*  
**DIABETES SUPPORT GROUP**

*Diabetes is a difficult 24/7 job.*

*This is a chance to learn from those  
who know it best...*

*The people who live with the disease.*

*Meetings will be held the first Thursday  
of the month from 5 pm to 7 pm.*

- Learn
- Share
- Get Help
- Get Control

*The April 5th, May 2nd and June 6th meetings  
will be held in the **Huckleberry Room**.*

*Meeting Hosts:*

*LaDon Snyder*

*Tricia Hedges*

*All are welcome to attend!*

*Beverages will be served.*

*For more information please contact;*

*Tricia Hedges at 541-672-8533, Ext. 5512*

## Oregon Folklife Network Traditional Arts Apprenticeship Program



The OFN documents, supports and celebrates Oregon's traditional art forms and cultural practices. They strive to make a meaningful difference in communities by empowering tradition keepers to pass on their skills and knowledge. Through TAAP, OFN develops and implements high quality folk arts programming, raising public awareness about the wealth and value of Oregon's traditional arts and culture.

The Traditional Arts Apprenticeship Program recognizes the knowledge and skills of excellent folk & traditional artists and facilitates the transmission and preservation of traditional art forms between mentors and apprentices.

Folk & traditional arts express a community's heritage and cultural aesthetics. Communities may include ethnic, tribal, occupational, regional and religious groups. Individuals usually learn their culture's traditional arts over time, in face-to-face situations, and by observation and imitation.

To find out more about the Oregon Folklife Network apprentice program and to fill out an application, go to [http://ofn.uoregon.edu/files/2011/07/2013TAAP\\_AppFillable.pdf](http://ofn.uoregon.edu/files/2011/07/2013TAAP_AppFillable.pdf)

## Tribal Election Coming Up

**Tribal General Council Meetings for 2013 have been scheduled as follows:**

**May 19, 2013\* August 11, 2013\*\* November 10, 2013**

Nominations Meeting\*

Annual Election Meeting\*\*

All General Council Meetings will be held at 10:00 AM at the Cow Creek Tribal Government Offices located at 2371 NE Stephens Street, Roseburg, OR.

The procedures for the nominations for the Tribal Board of Directors Election are as follows:

Any registered voter of the Tribe present at the May meeting each year may nominate. Each person may nominate one individual for the election in August. When nominations are closed, no other nominations will be accepted. A nomination will be considered complete when the nominee has accepted the nomination in writing. Nomination acceptance forms will be furnished to all candidates represented at the meeting.

For those nominees not present, forms will be mailed to them no later than (3) days following the Nominations Meeting and must be received in the Tribal Government Office no later than May 27th. Candidate acceptance forms will be placed on the ballot in the order the nominations were made. Ballot packets including instructions will be mailed out to registered voters of the Tribe from Wicks Emmett, CPA, by July 12th and are due back to Wicks Emmett by August 9th. Any new or updated voter registration card needs to be completed and turned in to the Government Office by May 15, 2013. Tribal members are encouraged to maintain an updated registration card including a signature, as well as an up-to-date address.

If you are a registered Tribal voter and did not receive a ballot, contact the Government Office at 541-672-9405 or 800-929-8229, to request one be mailed to you.





## High School Summer Education Programs



**High School Journalism Institute** is a unique program for Oregon and Southwest Washington high school students to get hands-on experience in the field of journalism. With guidance from professionals, the participants use real journalism skills to report, photograph and produce a 32-page newspaper. Students also contribute to a blog and produce multimedia pieces for The Oregonian's web site.

The eight-day, all-expenses-paid institute runs from July 20 to July 27 at the Oregon State University campus in Corvallis. Students stay in residential dorms on campus, work with professionals from The Oregonian, the Medford Mail Tribune, Corvallis Gazette-Times and other papers, and use state-of-the-art facilities.

Applicants are not required to have journalism experience, but need to have a genuine interest in journalism, writing, photography and/or multimedia.

Applications are available in the front office of the Cow Creek Band of Umpqua Tribe of Indians, South Building, or at <http://blog.oregonlive.com/teen/index.html>.

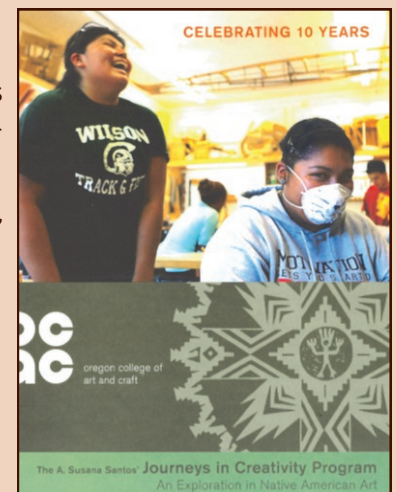
Deadline to receive applications is April 30, 2013. For more information call 503-221-8234 or [yzheng@oregonian.com](mailto:yzheng@oregonian.com).

## More Education Opportunities for Teens

**Oregon College of Art and Crafts** 10<sup>th</sup> Annual A. Susana Santos' "Journeys in Creativity" Explorations in Native American Art Program is happening June 16<sup>th</sup> – 29<sup>th</sup>. This creative cultural exploration empowers and encourages twelve Native American teens to explore the richness of Native American contemporary art and craft through hands-on workshops, field trips and presentations.

This year's theme is "Honoring Our Past, Making Our Future." While living on campus, participating students will learn and experiment in 5 studio workshops in: drawing, painting, wood carving, ceramics and weaving. This program encourages creative expression. Participants receive guidance and instruction from Native American artists. Other daily activities include group meals, movies, field trips to local art museums and galleries, and visits to local book and art supply stores. In addition, there will be guest presentations by Native American artists. There is no charge to participating students accepted into the program. Students may also apply for a travel stipend to help offset travel costs.

Applications are available in the front office of the Cow Creek Band of Umpqua Tribe of Indians, South Building, or <https://ocac.edu/community-programs/youth-programs>. Deadline to receive applications is April 2, 2013. For more information call 971-855-4148 or email [syunker@ocac.edu](mailto:syunker@ocac.edu).



## 2013 Tribal Hunting Meeting Set

Mark your calendars now!! **June 3, 2013 at 6:00 pm** at the Tribal Government Office. There will be a public meeting for Tribal members to discuss this years hunts and future hunting. Your input is very important to us! We encourage all Tribal Members interested to come. Pizza will be served!!

## Natural Resources and Cultural Department News



Hello, Tribal members! The Natural Resources Department hopes that you are enjoying this winter and looking forward to the spring. This coming April, our Tribe has a wonderful opportunity available for Tribal members: The Salmon and Trout Enhancement Programs (STEP) Conference, an event being held Saturday, April 6<sup>th</sup> and Sunday, April 7<sup>th</sup>. This conference is being held at our very own Seven Feathers Casino Resort, and scholarships for about 10 members are available. The conference will be covering different aspects of STEP, including awareness of the program, volunteering, education and outreach and other subjects. This conference offers Tribal members an excellent opportunity to learn more about current salmon and trout issues, and what they can do to help remedy the problems. Our very own Tribe is co-sponsoring this event.

The conference goes from 8 a.m. to 5:30 p.m. on Saturday, and includes both lunch and an optional awards dinner and silent auction. Saturday's schedule mainly consists of STEP partners and several programs including discussions on monitoring practices, community group based restoration activities and a focus on angler education. Sunday's schedule includes several possible field trips, including a trip to a hatch box facility (a place where salmon are raised) in Canyonville. Several other workshops will also be offered.

If you are interested in attending, contact Joseph Edmonds, at 541-492-5218, or [jedmonds@cowcreek.com](mailto:jedmonds@cowcreek.com). Both registration and the meals will be covered under the scholarship. Early registration is strongly advised; pre-registration is required, and no registration at the door will be accepted. If you would like to know more about the event, view the conference flyer at [http://www.dfw.state.or.us/fish/STEP/docs/2013/2013\\_Conference\\_Flyer.pdf](http://www.dfw.state.or.us/fish/STEP/docs/2013/2013_Conference_Flyer.pdf), and visit the official website at <http://www.dfw.state.or.us/fish/STEP/2013step-conference.asp>. We look forward to seeing you at the conference!

## Elder's Culture Classes

The next Elder Culture/Beading Class is March 28<sup>th</sup> from 2-5 p.m. These classes are ongoing on the 2nd and 4th Thursday in the Government Office Library. For further information, please contact Rhonda Malone, Cultural Development Coordinator, at 541-677-5575, or [rmalone@cowcreek.com](mailto:rmalone@cowcreek.com). All elders are welcome!

Here is a photo of Joyce Sertain with a completed woman's breastplate, a traditional powwow regalia item.



## Thundering Water Drum Group

Practice will be April 13th and 27th, May 11 and 25th.

All practices will be in Canyonville at the Block House behind the casino. Potluck is from 12-1 p.m. and drum practice is from 1-4 p.m. Call Teri Hansen or Rhonda Malone at 541-672-9405, with any questions regarding drum practice.

All tribal families are welcome to attend.



## IT Internship for Tribal Members 18 and Over

### Requirements:

#### Fixed Term Internship

- Enrolled Member of the Cow Creek Band of Umpqua Tribe of Indians
- At least 16 Years old for all Non-Gaming Related Internships
- At least 21 years old for all internships
- Be enrolled in an educational establishment within the past 6 months

#### **High School**

- ⇒ Maintain a C or better grade point average
- ⇒ If under a C average, the student will need to work with employment services to acquire a tutor. While a student in good standing, working on improving their grade point average, may request a waiver of the GPA requirements.

#### **College**

- ⇒ Maintain a C or better grade point average

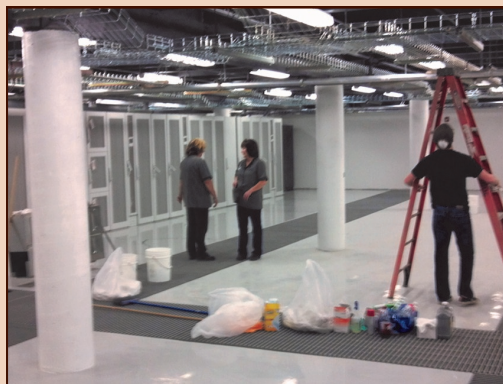
- Transportation to and from work sites
- Work up to 400 hours in a calendar year
- No fixed term internships with the Cow Creek Information Technology Department in the past 12 months

#### **Gaming Related**

- ⇒ Ability to acquire a Gaming License
- ⇒ Over 21 years of age

#### Application Process for Fixed Term Internship:

- Submit Resume to Director of Information Technology, Cow Creek Information Technology and/or completed UIDC application form, 146 Chief Miwaleta Lane, Canyonville, Oregon 97417
- Submit a 500 word essay to Director of Information Technology, Cow Creek Information Technology, 146 Chief Miwaleta Lane, Canyonville, Oregon 97417
- Submit (2) letters of reference from current Cow Creek tribal members who do not reside in your household to Director of Information Technology, Cow Creek Information Technology, 146 Chief Miwaleta Lane, Canyonville, Oregon 97417
- Complete the IT Tech I test
  - ⇒ Benchmark for Knowledge (To be completed at the end of the Internship also to show the knowledge)



**Colocation Room:** Many hands make for lite work



Specialty Tribal Interns Ready for Duty. From Left: Tanner, Brittney, Levi, and Talon



## Contract Health News

Spring break is coming soon!!!!!!!!!! Is your family prepared? It is so important to be current with your CHS eligibility. Summer is just around the corner. The increase in outdoor activities causes an increase in accidents.

CHS is happy to let everyone know that this year members have done a great job of getting their 2013 applications in. If you have not done this and live in the seven county service area, CHS will not issue purchase orders until we receive your 2013 application. If you have not received your 2013 application, call us and CHS will mail one out.

Calls made to CHS after hours and on week-ends for purchase order numbers should include the following:

- Patients name- both first and last
- Date of service
- Facility name
- What you were seen for
- Your phone number

The following business day CHS will call you with your purchase order numbers. The above information is necessary for CHS to follow up. If you do not hear back by the afternoon of the next business day contact CHS to be sure we received the message.

The CHS staff would like to thank all of the members for their consideration and continued support in making our program a great success. If you have questions, please call CHS. We are happy to help you and answer questions.

Phone: 541-672-8533 option 1 Fax: 541-677-9870 (800)-935-2649.

# Important Announcement

**Cow Creek Health & Wellness Center  
270 Gazley Bridge Road  
Canyonville, OR  
541-839-1345**

**Is now open on Friday's**

**The new hours are**

**Monday-Friday 8:00 am-5:00pm**

**Walk in, same day and pre-scheduled appointments available.**



# March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Elder's Honor Lunch 12 pm @ 7F Grape Rm	<b>2</b> Tribal Board Mtg &
<b>3</b> AA Mtg 6 PM Gov Office	<b>4</b>	<b>5</b> FPU Class 5-7 PM S. Conference Rm	<b>6</b>	<b>7</b> FPU Class 5-7 PM Gov Boardroom	<b>8</b> Tribal Board Mtg & Health Fair-Kelso, WA 7 PM	<b>9</b> Health Fair-Port Angeles, WA 1 PM Drum Practice 1-4 PM @ Blockhouse
<b>10</b> AA Mtg 6 PM Gov Office	<b>11</b>	<b>12</b> FPU Class 5-7 PM S. Conference Rm Food Bank 9-12 PM	<b>13</b>	<b>14</b> FPU Class 5-7 PM Gov Boardroom Elder's Culture Class 2-4 PM Gov Board Rm	<b>15</b>	<b>16</b>
<b>17</b> AA Mtg 6 PM Gov Office	<b>18</b>	<b>19</b> FPU Class 5-7 PM S. Conference Rm	<b>20</b>	<b>21</b> FPU Class 5-7 PM Gov Boardroom	<b>22</b>	<b>23</b> Drum Practice 1-4 PM @ Blockhouse
<b>24</b> AA Mtg 6 PM Gov Office	<b>25</b>	<b>26</b> FPU Class 5-7 PM S. Conference Rm Food Bank 1-4 PM	<b>27</b>	<b>28</b> FPU Class 5-7 PM Gov Boardroom Elder's Culture Class 2-4 PM Gov Board Rm	<b>29</b>	<b>30</b>
<b>31</b> AA Mtg 6 PM Gov Office						

# April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> FPU Class 5-7 PM S. Conference Rm	<b>3</b>	<b>4</b> FPU Class 5-7 PM Gov Boardroom	<b>5</b> Elder's Potluck @ 7F	<b>6</b>
<b>7</b> AA Mtg 6 PM Gov Office	<b>8</b>	<b>9</b> Food Bank 9-12 PM FPU Class 5-7 PM S. Conference Rm	<b>10</b>	<b>11</b> FPU Class 5-7 PM Gov Boardroom Elder's Culture Class 2-4 PM Gov Office Library	<b>12</b>	<b>13</b> Drum Practice 1-4 PM @ Blockhouse
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<b>28</b> AA Mtg 6 PM Gov Office	<b>29</b>	<b>30</b>				

## Announcements

### Births/New Enrollments

Jayda Lee Wright, Kenneth Michael Brown Jr., Finn Walker Haas

### Obituaries

Leonard Glenn Arnold, Diana Lynn White

## Program Information

### Project Warmth

This is a Tribal program that will reimburse expense, once a year, of one coat and one pair of shoes for each registered Tribal child age 0-16. Applications can be found on our website at [cowcreek.com](http://cowcreek.com) under the Human Services Tab, or you may call our office to have one mailed to you.

### Basket Classes

These classes have been delayed as materials are still coming in. There will be a series of four classes. Call Rhonda for more information at 541-677-5575.



### Elder's Potluck

Potluck is at Seven Feathers at noon in the Grape Room on April 5th. Top sirloin Steak will be served from our Tribal Ceremonial Elk. Please bring your favorite side dish and plan to join us for a few hours.

## 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 your address has changed the Change of Address forms are available on the Cow Creek Website to print and mail or call the Government office at 541-672-9405 to have one mailed to you.



*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)