

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 24—ISSUE 5

May 2014

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2014 General Council Nominations Meeting



Nominations for the Tribal Board of Directors were taken at the May 18, 2014 General Council Meeting held at the Tribal Office in Roseburg. Nine tribal members were nominated for three positions in this year's election, however only seven nominees were present to accept their nomination. All nominations accepted for the 2014 Tribal Election will appear on the ballot as follows:

Robert (Rob) Estabrook
Gary Jackson
Yvonne McCafferty
Patti Conner
Loretta Corbett
James (Jim) Deardorf
Ernest (Ernie) Volkman

Schedules:

Government Office Hrs:

Mon-Fri 8 AM–5 PM

Roseburg Clinic Hrs:

Mon-Fri 8 AM-4 PM

Canyonville Clinic Hrs:

Mon-Fri 8 AM-5 PM

Appointments are
encouraged - Walk-ins
are always welcome.

Office Closures

May 26-Memorial Day

At the Tribal Board of Directors request, the accounting firm of Wicks Emmett, LLP will have oversight of the Tribal Election Process. Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from Wicks Emmett, LLP no later than Wednesday, July 9, 2014. If you are an eligible voter and do not receive a ballot, you must contact the Tribal Office at 1-800-929-8229 or 1-541-672-9405. Ballots are to be returned directly to the Cow Creek Elections Committee c/o Wicks Emmett, LLP at PMB # 6B, Roseburg, OR 97470 and must be received by the accounting firm no later than 4:00 p.m. on Friday, August 8, 2014. The Annual Election Meeting will be held at 10:00 a.m. on Sunday, August 10, 2014, at the Cow Creek Tribal Government Offices, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

Prevention 101 Quiz (Test Your Knowledge)

1. **Who are Hawkins and Catalano and what did they do?**
 - a. They do a comedy routine about a Seattle native and an Italian guy.
 - b. Characters in the story *Treasure Island* who befriend Long John Silver.
 - c. The medical doctors at OHSU who discovered the cure for AIDS.
 - d. Researchers who came up with the risk and protective factor model.
2. **What are risk and protective factors?**
 - a. Factors associated with an aggressive stock market investment strategy.
 - b. Mathematical anomalies found in public safety consequence data.
 - c. Characteristics of individuals, their families, environment that affect the likelihood of negative outcomes.
 - d. I don't know.
3. **According to the Institute of Medicine Continuum of Care Model, what three categories of people are served in the prevention field?**
 - a. The Institute of Medicine Continuum of Care Model does not say.
 - b. At-Risk Youth, Inner City Kids and Minorities.
 - c. Poverty Level, Middle Income, Affluent families (people with money).
 - d. Universal, Selective, and Indicated.
4. **Who are Jumper-Thurman and Plested and what model did they come up with?**
 - a. The Model-T.
 - b. The Community Readiness Model.
 - c. Role Modeling.
 - d. The Affability Model.
5. **How many stages are in the model?**
 - a. 9
 - b. 7
 - c. 5
 - d. 3
6. **What similarity is there between Jumper-Thurman/Plested's model and Prochaska's?**
 - a. Both have the same amount of stages.
 - b. They indicate a person or a group of people's readiness for change.
 - c. The models are the complete opposite of one another.
 - d. Neither is effective.



Information About Your Tribal ID Card



The Oregon DMV accepts Tribal ID cards from all nine federally recognized tribes located in Oregon as positive proof of U.S. citizenship and your Social Security Number (SS#) -- but only for the purpose of obtaining an Oregon driver license, driver's permit or regular state ID card. [See ORS 807.021 (2)(b).] However, there may still be times when your Tribal ID card may not be accepted as valid identification, even in the State Oregon, because there is no legal requirement that all Oregon businesses and entities accept your Tribal ID card as valid identification.

Also, when dealing with federal agencies such as the Social Security Administration ("SSA"), there is no federal law requiring these agencies to accept your Tribal ID card as valid identification. Although your Tribal ID card proves your SS# at the Oregon DMV office, it does not prove your SS# at the SSA itself. Instead, you will be required to provide your original Social Security card to obtain services at SSA. And, each different federal agency you have to deal with may require you to provide different documentation to prove your identity at their offices. This is because each agency creates its own administrative rules and policies and these are not uniform from agency to agency. This same fact holds true when dealing with states other than Oregon as laws are not uniform from state to state either. So, your Oregon Tribal ID may not be considered valid identification if you live outside of Oregon.

Unfortunately, there is no way for the Tribe to force federal agencies and other states to accept your Tribal ID card. So, to avoid potential problems, especially if you plan to travel outside the U.S., the Tribe recommends that you obtain either a regular ID card issued by your state of residence or a passport, depending on where you plan to travel.

Having said all of this, it is still very important for you to have a current Tribal ID card. It alone gives you the right to receive medical services and other benefits that are only available to federally recognized tribes and their members – benefits that are available to you no matter where you reside. Your Tribal ID proves that you are a member of a federally recognized tribe and are entitled to these benefits.

If you do not currently have a Tribal ID card, please contact Janet Cooper at 541-677-5575 and she will help you to obtain one.

Culture Camp Volunteers Needed

We are looking for volunteers to help with Culture Camp this year. Culture Camp is June 20, 21 and 22, 2014 at Bare Park.

Anyone interested in volunteering is invited to a meeting on:...

Date: Friday, May 23, 2014

Time: 4:30 p.m.

Location: Government Office South Building downstairs conference room. At the meeting, we will go over the culture camp agenda while having pizza for dinner.

For more information and to RSVP please contact Michael Martinez, Certified Prevention Specialist at: mmartinez@cowcreek.com or (541) 672-8533.

Prevention 101 Quiz continued from page 2



7. What does CSAP stand for?
- a. Cessation of Substance Abuse Practices.
 - b. Charitable and Sustainable Association of Practitioners
 - c. Cretaceous Simian Australopithecus Pertinacious
 - d. Center for Substance Abuse Prevention
8. How many CSAP Strategies are there?
- a. 2
 - b. 12
 - c. Six
 - d. 0
9. What are the CSAP Strategies?
- a. Scared Straight Programs, Prohibition, People in Recovery Doing Presentations, Athletic Programs, Music and Spirituality.
 - b. Information Dissemination, Alternative Activities, Prevention Education, Community Mobilization, Environmental Approach, Early Identification and Referral.
 - c. Peace, Understanding, Patience, Listening, Hugs and Tough Love.
 - d. Motivational Interviewing, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, EMDR and Equine Therapy.
10. What is the difference between Information Dissemination and Prevention Education?
- a. Information Dissemination is categorized as a one-way means of communicating whereas Prevention Education involves two-way communication and interaction.
 - b. They are both two sides of the same coin.
 - c. They're the exact same thing.
 - d. One is mandated by federal agencies like SAMHSA and CSAP and the other is something that is done strictly at a grassroots level.
11. Which of the following statements is false?
- a. "If kids only had something to do, they wouldn't use alcohol and drugs."
 - b. Having low self-esteem is an identified Risk Factor for alcohol and drug abuse.
 - c. Intelligence is an identified Protective Factor against alcohol and drug abuse.
 - d. Prevention is *not* a community-based process.
 - e. All of the above.

Answer Key: 1) d., 2) c., 3) d., 4) b., 5) a., 6) b., 7) d., 8) c., 9) b., 10) a., 11) e.

Introducing Dorena Guido



Hi, my name is Dorena Guido. I am currently the Community Education Nurse for Cow Creek Health & Wellness and a proud tribal member of the Citizens Band of the Pottawatomie Nation in Shawnee, OK.

May 5th marked my 6 month anniversary and I wanted to share a little about my education, experience and what I am doing here at the clinic to meet your health care needs. My career in educating people on living a healthy lifestyle began at the University of Oregon where I received my Bachelors of Science in Exercise & Nutrition in 1999. That's right I am a Duck!!! Go Ducks!!!

During my time at the U of O, I focused on Cardiac Rehabilitation and the importance of nutrition and activity in the treatment and prevention of chronic diseases. In 2002, I became a Licensed Massage Therapist and opened up a private practice to help individ-

uals not only live healthy lives through nutrition & exercise, but also over-come injuries and learn natural ways to deal with chronic pain. I have continued on my path as a Nutrition & Exercise Specialist for the past 15 years offering my community many ways to live healthy happy lives. In 2013, I became a Registered Nurse.

I am enjoying this opportunity at Cow Creek Health and Wellness to serve fellow Native Americans. I love helping people to set self-care goals and working to achieve them. Here at the clinic I am teaching Diabetes Prevention Education, Diabetes Self-management Education and other relevant education to help prevent or manage chronic illnesses. I am a great resource to utilize here at the clinic for prevention and management of diseases. I can help you set and achieve goals to lead a healthy happy life. Please come see me to learn more about how to live with or prevent chronic diseases.

Nesika Open Enrollment

Nesika Health Group is the self-funded health insurance that is provided to all eligible employees and Tribal members that choose to participate and pay the monthly premium.

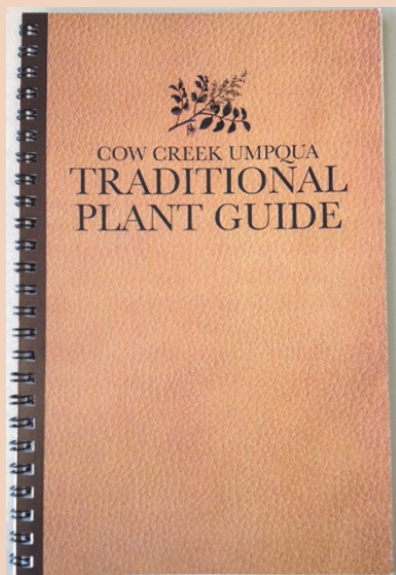
The Annual Open Enrollment Month for Nesika Health Group is in the month of June.

Annual Open enrollment is the one time of the year that you can make changes without having a qualifying event. (The qualifying events are: marriage, birth, adoption, divorce, and death.) The changes that you can make are to add or delete your spouse or dependents to or from the plan, or change the coverage that has been elected.

Newly-elected Plan coverage will become effective on July 1, 2014.

If you are interested in receiving enrollment information, please call the Nesika office at 541-677-5508 or 800.284.9917. A packet will be mailed to you. The required enrollment information must be returned to our office no later than June 20, 2014 for coverage to take effect on July 1.

Traditional Plant Guides Available



After months of research Tabbitha Johnson, Cultural Education Assistant has completed the Cow Creek Umpqua Traditional Plant Guide. This plant guide holds information on culturally significant plants, when to plant, when to harvest, what were traditional food uses, medicinal uses and ceremonial uses.

This is a work in progress and will be updated as additional plants and their uses are documented.

If you would like a copy please contact Tabbitha Johnson at: tjohnson@cowcreek.com or (541) 677-5575.

SMOKING: BENEFITS FROM QUITTING

A surprising number of beneficial physiological changes occur upon **quitting smoking**:

- **Within 20 minutes** of quitting, blood pressure and pulse rate drop to normal as does the temperature of the hands and feet.
- **Within 8 hours** carbon monoxide level drops and oxygen levels increase, both to normal.
- **Within 24 hours** the risk of a sudden heart attack decreases.
- **Within 48 hours** nerve endings adjust to the absence of nicotine, and the senses of smell and taste begin to return.
- **Within 1 week** the risk of heart attack drops, breathing improves, and constricted blood vessels begin to relax.
- **Within 2 to 12 weeks**, circulation improves, lung function increases up to 30%, and the complexion looks healthy again.
- **Within 1 to 9 months**, fatigue, coughing, sinus congestion, and shortness of breath decrease, and the lung increase their ability to handle mucus, thereby reducing the chance of infection.
- **Within 1 year** the risk of coronary heart disease is half that of someone who is still smoking.
- **Within 5 years** the heart disease death rate returns to that for a non-smoker, the lung cancer death rate decreases 50% compared with a pack-a-day smoker, and risk of mouth cancer is half that of a tobacco user.
- **Within 10 years** the lung cancer death rate drops almost to that for a non-smoker, precancerous cells are replaced, and the incidence of other cancers decreases. Risk of stroke is lowered to that of someone who never smoked.
- **Within 10 to 15 years**, the risk of all major diseases caused by smoking decreases to nearly that of someone who never smoked.

(Glantz, 1992; Mets, Gregersen & Malhotra, 2004).

(Taken from UPPERS DOWNERS ALL AROUNDERS PHYSICAL AND MENTAL AFFECTS OF PSYCHOACTIVE DRUGS SIXTH EDITION Darryl S. Inaba, Pharm.D., William E. Cohen, p. 143 & 144)



Second Annual Veterans Fishing Day

On June 18, 2014 the second annual Veterans Fishing Day will be held at Diamond Lake. This year numerous Veterans or Wounded Warriors will be the Honored Guests who, after breakfast, will be treated to a day of fishing on the lake. This is NOT a Derby, it is simply a day for veterans to gather and be recognized for the service they provided to their country. **All Veterans are invited and welcome!** Bring your family, bring your friends, bring other vets and enjoy a day of whatever the lake has to offer and know this day is dedicated to you.

Since camping is going to be a little tight at that time of year, I would suggest you make reservations. If you don't have a boat YOU may want to catch a ride with one of the volunteers standing by. There are boats for rent at the lodge, reservations are encouraged.

Two years ago, an 11 year old boy caught the largest recorded fish since the lake had been cleaned. The fish weighed 9+ lbs.

The Honored Guests will be meeting at the lodge at 7:00 AM for a meet and greet including breakfast, then off for the fishing to begin. ALL ODFW AND CAMPING REGULATIONS DO APPLY. Please come and enjoy this day.

Summer Activity for College Bound Tribal High School Students

The Bridge of the Gods Summer Academy is an intense academic transitional program targeting Native American high school students that have aspirations of going into higher education at either a 2 year community college or 4 year major university.

There are 20 available slots for students and the academy is offered at no cost to the students selected. Room and board, all academy activities and the tuition for the college credit that can be earned are paid for by BOGSA. Camp is June 15 – June 28, 2014.

If you are interested in applying for this excellent summer activity, please contact Tammie Hunt, Education Director at: 541-677-5575 or email thunt@cowcreek.com for further information.

LIHEAP Program Update:



DID YOU KNOW?

Most Counties offer federal funded Energy Assistance Programs. Our Tribal Low Income Home Energy Assistance Program (LIHEAP) is also federally funded. Our Tribal federal Grant policies state that usage from two agencies for the same services of federal funds is considered a duplication of services or double dipping, and is prohibited.

Soon a State LIHEAP officer will be visiting our site to install a data program that will enable us the ability to verify duplicated services. When duplication occurs, we would then be forced to deny your application.

Please contact Cindy Delay at 541-677-5575 for any questions on this program.

Leadership Opportunities



The “*Expanding Horizons Youth Leadership*” program is kicking off in May! This is an exciting opportunity for youth to participate in an ongoing leadership development program. Youth ages 14-17 are eligible to participate.

Participating youth will develop leadership skills, create strong connections with tribal and local community members, and participate in experiential and service learning activities. Participants may earn community service credit needed for graduation.

Youth will participate in meetings and activities twice a month.

Meetings will be approximately four hours long and centered on building everyday leadership skills. Activities will introduce youth to new experiences, college and working environments, and leaders within the tribe and community.

The program will kick off in May and the first youth leadership volunteer event will be in June at Culture Camp.

All interested youth and parents should call Nichole Wood at 541-677-5575 for registration and more information.

Pow Wow Information

The 37th Annual Cow Creek Tribal Pow-Wow will be held July 18 – 20th at the South Umpqua Falls. Salmon dinner/potluck Friday at 7:00 p.m., bring your favorite side dish or dessert to share. Grand Entry will begin at 7:00 p.m. Saturday and the raffle will begin at 10:00 a.m. on Sunday.

For more information please contact Tammy Rondeau @ 541-672-3861 or trondeau@cowcreek.com

Don't Miss These Events



Sat, June 7 11 a.m.- 1 p.m. **Chief Miwaleta Day** Come join the fun... Fishing, Shinnny games, Tug O War, BBQ, Tribal Drumming, and visiting Tribal families! Call today to schedule your boat ride and order your T-Shirts.

This annual event is held at Chief Miwaleta Park at the Galesville Reservoir. Take Exit 88; follow Upper Cow Creek Road to the park.



Tues, July 15 **Grand Ronde's Elder Honor Day at Spirit Mountain Casino** - Flyers will be sent out for detailed information on this trip. Plan to decorate a Mardi Gras mask with beads & feathers. Maybe you'll be the winner for the best decorated mask!



JOBS, JOBS, and more JOBS!

There are many open positions available throughout our tribal businesses. Take a look at the website to learn more and start your new career today! Find more information at www.uidchr.com.

Do You Know of a 2014 High School Graduate???



The Cow Creek Education Department is looking for contact information for all 2014 High School Graduates. If you are one, or know of one, please let us know. We are looking for names and current addresses of our high school graduates. We would like to acknowledge them and their hard efforts in this tremendous milestone. Send contact information to thunt@cowcreek.com or call Tammie Hunt 541-677-5575.

Student Rental Assistance Program

The Student Rental Assistance Program is currently closed for the 2013-2014 school year. This program is designed to assist low to moderate income level Tribal Members who are attending school full time at an accredited college, university, or technical school with a monthly rental stipend. The Housing Program will be accepting applications in July for Tribal members planning to attend school during the 2014-2015 school year.

Students need to contact the Housing Department to acquire an application to apply for the program. Applications are also available online for download at www.cowcreek.com. If you are a continuing student an application must be re-submitted and all requirements need to be met prior to receiving continued assistance. Funding is limited for this program therefore applications must be received in a timely manner to be reviewed. If you have any further questions please contact the Tribal Housing Program at 1-800-929-8229.

Training and Education Opportunities

Looking to develop speaking and leadership skills? Ace a job interview? Ignite your career?

Toastmasters is the answer!

Attend the Casino Resort "Feather Tongue Toastmasters" group to learn how to:

- ◆ Communicate with Confidence
- ◆ Strengthen Leadership Skills
- ◆ Improve Impromptu Speaking Ability
- ◆ Improve Constructive Feedback Skills

Everyone is welcome! The group meets at the Seven Feathers Casino Resort twice a month. The next meeting is May 21st. Meetings last one hour and start at 8:30 am.

For more information, contact Nichole Wood at 541-677-5575 or Russ Cox at 541-671-6501.



Cow Creek Scholarship Applications Coming Soon!



It's almost summer but...in preparation for the upcoming school year, Cow Creek Scholarship applications will be ready for you to fill out at the end of May. Keep an eye out for the new and improved application. Don't worry if you are already being funded by the Education Department. We won't make you fill out a whole application...just an update. If you have questions, please call Tammie Hunt 541-677-5575 or email at thunt@cowcreek.com.

June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 AA Mtg 6 PM Gov Office	2 Gym @ South Clinic open M/W/F 8-3 PM	3 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	4 Gym @ South Clinic open M/W/F 8-3 PM	5 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm Elder's Culture Class 1-4 PM Gov Library	6 Gym @ South Clinic open M/W/F 8-3 PM	7 Chief Miwaleta Day
8 AA Mtg 6 PM Gov Office	9 Gym @ South Clinic open M/W/F 8-3 PM Youth Ed Committee Mtg 5-7 PM Gov Office S. Bldg	10 Gym @ Rsbg Clinic open T-Th 9-4 PM Food Bank 9-12 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	11 Gym @ South Clinic open M/W/F 8-3 PM	12 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	13 Gym @ South Clinic open M/W/F 8-3 PM	14
15 AA Mtg 6 PM Gov Office	16 Gym @ South Clinic open M/W/F 8-3 PM	17 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	18 Gym @ South Clinic open M/W/F 8-3 PM	19 Gym @ Rsbg Clinic open T-Th 9-4 PM Elder's Culture Class 1-4 PM Gov Library Zumba Class 5:30-6:30 PM South Clinic Education Rm	20 Culture Camp @ Bare Park	21
22 Culture Camp last day AA Mtg 6 PM Gov Office	23 Gym @ South Clinic open M/W/F 8-3 PM	24 Gym @ Rsbg Clinic open T-Th 9-4 PM Food Bank Zumba Class 5:30-6:30 PM South Clinic Education Rm	25 Gym @ South Clinic open M/W/F 8-3 PM	26 Gym @ Rsbg Clinic open T-Th 9-4 PM Zumba Class 5:30-6:30 PM South Clinic Education Rm	27 Gym @ South Clinic open M/W/F 8-3 PM	28
29 AA Mtg 6 PM Gov Office	30 Gym @ South Clinic open M/W/F 8-3 PM					

Announcements

Births/New Enrollments

Bodhi Cheyne Scott and Taylor Maye Blair

Obituaries

None Reported



Rose Marie Picard, 65, passed away on Monday, January 20, 2014 at her Arizona residence after a courageous and valiant fight with cancer. She was born on August 14, 1948 in Long Beach, CA to Lacadia (Gonzales) Carretero and Thomas Francisco Carretero Sr. She married Moss Picard on November 4, 1979 in Rowland Heights, CA. Rose was raised and attended schools in Montebello, CA. After marrying Moss in 1979 she lived in Boise, ID where she worked in child care and developed affections for all the children in her care. The family moved to Jackson, WY and lived there for 22 years. They moved back to Boise for a brief period and then moved to Idaho Falls, ID where Rose built two successful businesses. Finally, after the couple retired, they relocated to Beaver Dam, AZ. She worked a short period at a local casino in Mesquite, NV where she was a popular bingo caller.

She was a loyal wife, mother, and friend.

Rose is survived by her husband of Beaver Dam; a son, Aaron Radcliffe of Boise; a son, Jay (Hillary) Radcliffe and two grandchildren of Idaho Falls; a daughter, Rhonda (Gary) Johnson of Idaho Falls; a son, Greg (Brienne) Picard and two grandchildren of Portland; and her father Thomas Carretero, Sr. of Los Angeles. She was preceded in death by her mother Lacadia and her brother Thomas. There will be a memorial service in Boise in the spring. Friends may contact family members for the date and time. The family invites you to leave a message or memory in their "Guest Book" at www.virginvalleymortuary.com

In lieu of flowers please submit memorial donations to Intermountain Cancer Center c/o Dixie Regional Foundation at 1380 East Medical Center Dr., St. George, UT 84790.

Future Events

We are looking for Salmon Ceremony Warriors. If you are or have youth between the ages of 12-18 and would like to participate or have questions please contact Tabbitha Johnson at 541.677.5575 or email at tjohnson@cowcreek.com.

POW WOW DATES ARE JULY 18, 19, 20. see article on page 7.

To get up-to-date information and announcements contact Janet Cooper for more information on how to connect with the Tribal office's Facebook page.

Upcoming Elder's Events

JUN 7	CHIEF MIWALETA DAYS	GALESVILLE RESEVOIR	—TBA—
JULY 18-20	COW CREEK POW WOW	SOUTH UMPQUA FALLS	
JULY 15-16	GRAND RONDE ELDER HONOR DAY	SPIRIT MOUNTAIN CASINO	- TBA -
AUG 2	PORTLAND SPIRIT TRIP	STERNWHEELER, PORTLAND	—TBA—
SEP 16	PORTLAND ZOO TRIP	PORTLAND, OR	6:00 AM
OCT 3	POTLUCK & BINGO	HUCKLEBERRY ROOM, SEVEN FEATHERS	12:00 PM
NOV 8	ELDER'S ANNUAL DINNER	SEVEN FEATHERS, AZALEA ROOM (BLANKET PRESENTATION)	2:30 PM
DEC 5	HOLIDAY LUNCH	GRAPE & HUCKLEBERRY ROOM, SEVEN FEATHERS	12:00 PM

Please call Cindy to RSVP 541-677-5575

-----All events are subject to change! Please watch for updates!-----

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

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