

KIUYUM-ID



We will be known forever
by the tracks we leave.

VOLUME 24—ISSUE 7

July 2014

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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

Sept. 1 - Labor Day

The United States Supreme Court Rules for Tribal Sovereign Immunity

On May 27th, 2014, in the case of Michigan v. Bay Mills Indian Community, the US Supreme Court upheld the doctrine of tribal sovereign immunity for off reservation tribal commercial action.

The case involved an off reservation casino that the tribe built in an urban area over 100 miles from the Bay Mills community, but never opened or operated.

Michigan sued the tribe and tribal officials for a gambling operation in violation of the Indian Gaming Regulatory Act (IGRA). The Bay Mills tribe defended on the basis of existing tribal sovereign immunity law, which can shield official tribal action and personnel from non-tribal jurisdiction, even off of tribal lands, for official actions including business.

The Supreme Court ruled that the IGRA only applies to gaming on tribal lands and that the casino in question was not on tribal lands and, therefore, there could be no IGRA violation. The Court also ruled that the tribe and its officials were immune from suit for their official actions in the case, absent action by the US Congress.

Importantly, however, the Court also noted that the casino in question, as well as its operators and patrons, could be sued or subject to criminal liability for operating illegal off reservation gambling. It remains to be seen whether the Bay Mills Tribe will try an open the casino and we assume there will be criminal arrests made and roads blocked if they do, and that Tribal sovereign immunity will not apply.

Some commentators seem to believe that this ruling will lead to a tribal casino in every corner. And there probably will be a few pirate gambling operations that try to push the limits based on this ruling and it is possible that some of them will avoid enforcement; but not in Oregon. Unless the BIA approves the proposed Coquille Medford casino (which is unlikely in the very short term), tribal gambling expansion will likely remain limited to pre-IGRA tribal lands, such as at Warm Springs and Confederated Coos.

The Bay Mills decision can be considered a victory for Indian Country because it preserves tribal sovereign immunity at current levels. The decision could also be a wolf in sheep's clothing, however, since the facts - off reservation otherwise criminal activity - made the Bay Mills tribe look like rogue casino operators relying on a technicality to avoid liability; and that is the type of case tribal detractors are looking for to try to convince congress to limit tribal sovereignty.



Culture Camp 2014 - A Great Big Success

This years' Culture Camp was the highest attended to date. Throughout the weekend we had 325 participants! Classes that were offered were Archery, Jewelry making, Loom Beading, Peyote Stitching, Medicine Bag making, Flint Knap-ping, Pine Needle Basketry, Bone Beading, Kids Corner, Dentalia Earrings and Necklaces. Each class was at full capacity the entire time. We had Esther Stunzman come from Yoncalla to tell stories and had many other presentations throughout the event. The Tribal game Shinny was brought and played as well. Volunteers were in abundance and we are looking forward to a bigger and better year next year. Thank you to our Tribal community!! You all are amazing!!



All of our Volunteers and Instructors for Culture Camp 2014



Last day Sunday, June 22, all participants that hung around and helped clean up! THANK YOU!!!



Tribal Workforce Youth Interns

The Tribal Workforce Department has started a summer youth intern work program! Three tribal members are participating in this exciting opportunity. The summer intern program will allow tribal youth to experience various work environments, gain valuable work and life experience, assist in developing work ethic and leadership skills, and set the youth up for long-term success in the workplace. I am pleased to introduce you to our summer interns:



Nicholas Lowell is a part of the Dumont-LaChance family and a freshman at Days Creek charter school. He enjoys fishing, hunting and mudding. Nicholas is a Natural Resource intern, primarily assisting with the garden operations.

Darrin Looney is a part of the George Rondeau family and a freshman at Roseburg High School. He enjoys playing his guitar, hanging out with friends and riding quads on the dunes. Just like Nicholas, Darrin is a Natural Resource intern assisting with the garden operations.



Rylee Gearin is part of the Dumont-LaChance family and a sophomore at Roseburg High School. She enjoys riding horses, going mudding, and hanging out with friends. Rylee is working in the Government Office as an office intern.

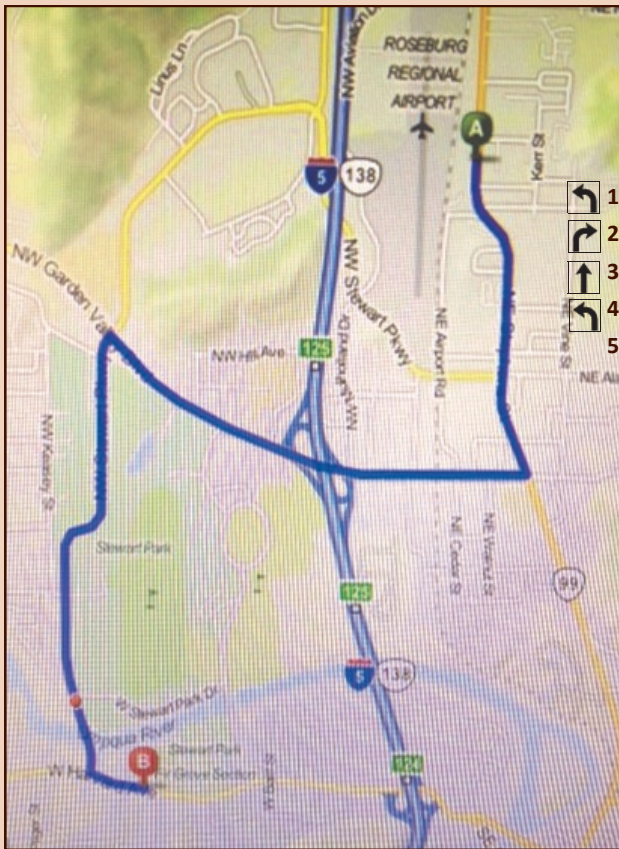
All three interns are members of the Behavioral Health Committee Board and participants in the "Expanding Horizons" Youth Leadership Program. Each brings a new perspective and energy to the workplace and I am thrilled to have them onboard.

Student Rental Assistance Open Enrollment 2014-2015 School Year

The Student Rental Assistance Program will be accepting application beginning July, 2014 for the upcoming 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. Applications must be filled out in their entirety and all requested documentation must be provided to be considered for this program. Applicants that do not provide all required documents will not be considered. This program is funded with federal grant money and applicants need to meet low income guidelines for eligibility. Applicants cannot pay more than 30% of their annual income and must have a signed landlord information sheet to be eligible.

Please contact Sarah Briggs Resident Manager to request 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 resubmitted 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 1-541-863-3730 or you can email sbriggs@cowcreek.com.

Contract Health News/ Hometown Drugs Information



For those members who don't know where Hometown Drugs of Roseburg Inc. is located, a map that starts at the Tribal offices and goes to Hometown Drugs on Harvard has been included.

Start at Cow Creek Government Office (A)

1. Turn left from parking lot onto NE Stephens St toward Clover Ave 0.6 mi
2. Turn right onto NE Stewart Pkwy 0.2 mi
3. continue on Stewart Parkway past McDonald's in 1.3 mi 3.1 mi
4. Turn left onto W Harvard Ave 0.2 mi after passing Stewart Park and Legion Field
5. **1813 W. Harvard Ste. 210 (Hometown Drug) will be on the right (B)**

Please call with your information to get set up in advance when you plan to begin using this pharmacy. Hometown's phone number is 541-229-1112.

Enrolled Cow Creek members and affiliated Tribal members need to make their tribal affiliation known because a different billing is used for those patients. Non-tribal members using the clinic can utilize Hometown's services but there will be a co-pay.

All patients of the Cow Creek Health and Wellness Center can have their Rx sent to the clinic or mailed to their home address. Also the option of getting a ninety day supply is available at Hometown Drugs.

Please note: As a payor of last resort CHS can only pay after the primary Insurance has paid and CHS does not quote other carriers benefits.

For customer convenience there is a drive up window on the west side of the building. With vacations in full swing and the beginning of the new school year coming soon, please remember to schedule your children's sport physicals. The North Clinic in Roseburg or the South Clinic in Canyonville are now scheduling for July and August appointments.

If you have questions please call CHS at 541-672-8533 and follow prompts.



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.

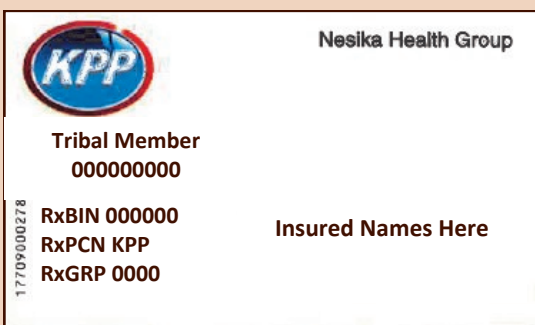
New Pharmacy Benefit Cards

Beginning on July 1, 2014 Nesika Health Group has a new pharmacy benefits manager, Kroger Prescription Plans in Portland, OR.

You can use most retail pharmacies to fill a 30 day supply of your medications. To locate your nearest participating pharmacy, you can go to the website KPP.com, click on pharmacy locator, put in your ID number and a zip code. The locator will list the nearest participating pharmacies. You can also call 1-800-575-7712 for assistance.

Kroger Prescription Plans offers a new feature Mail Order at Retail. With this option you can obtain a 90-day supply of maintenance medication at your local Fred Meyer Pharmacy or take advantage of the home delivery through Postal Prescription Services (PPS). PPS is located in Portland, OR and can be reached at www.ppsrx.com or 800-552-6694. Orders are accepted 24 hours a day, 7 days a week. PPS hours of operation are Monday through Friday 6AM to 6PM, Pacific Time, Saturday 9AM to 2PM, Pacific Time. The mailing address for PPS is PO BOX 2718, Portland, OR 97202.

In addition, all Kroger owned pharmacies can fill for a 90 day supply locally (Fred Meyer, Ralph's, QFC, or Food4Less). Hometown Pharmacy in Roseburg can also fill for the 90 day supply. All other retail pharmacies can only fill for a 30 day or less supply.



To begin using your new card you should replace your old prescription card (Restat) with the new Kroger card and present it to your pharmacy the next time you need a medication.

Your pharmacy ID number is located directly below your name on your new Kroger pharmacy card.

If you have not received your new ID cards, please contact Nesika Health Group at 541-677-5508 /1-800-284-9917.

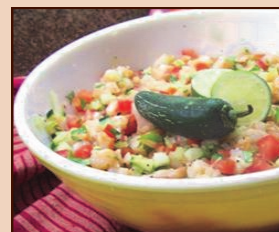
Hot day recipe - Shrimp Ceviche

Shrimp is marinated in lime juice to cook, then mixed with tomato, cilantro, onion and a special sauce. You can save a couple of whole shrimps to dangle on the edge of the tumbler for a special presentation. The lime and the cilantro are the key, and of course fresh shrimp.

Ingredients:

2 pounds large shrimp - peeled, deveined and chopped
 3/4 cup fresh lime juice
 5 roma (plum) tomatoes, diced
 1 white onion, chopped
 1/2 cup chopped fresh cilantro
 1 tablespoon Worcestershire sauce

1 tablespoon ketchup
 1 teaspoon hot pepper sauce
 salt and pepper to taste
 1 avocado - peeled, pitted and diced
 16 saltine crackers or tortilla chips



Directions:

1. Place the shrimp and lime juice into a large bowl, and stir to coat. Let stand for about 15 minutes, or until shrimp are opaque. The lime juice will cook them. Mix in the tomatoes, onion, and cilantro until coated with lime juice; cover and refrigerate for 1 hour.

2. Remove from the refrigerator, and mix in the Worcestershire sauce, ketchup, hot sauce, salt and pepper. We have our own hot sauce recipe, but you can use whatever hot sauce you like, or leave it out and let people add their own when serving.

3. Serve in glass tumblers and top with avocado pieces. Set out extra Worcestershire sauce, ketchup (or cocktail sauce) lime wedges and hot sauce for people to individualize their dish. Serve with saltine crackers or corn tortilla shells/chips

SPECIAL EVENTS

KIUYUM-ID

Summertime Movie Club

We are excited to announce opening season of the 2014 Summer Time Movie Club. Prior to each complimentary movie an educational presentation and prizes will be made by a guest speaker. Arrive by 8:15 AM at the Garden Valley Roseburg Cinema. There will be popcorn & soda provided. **ATTENTION PARENTS:** We recommend parents watch the trailers before deciding if these movies are for your kids. RSVP to Cindy Delay 541-677-5575. Post this schedule on your refrigerator, so you are sure not to miss a movie!

All children must be accompanied by an adult!



Movie Line Up:

Speaker

Subject

July 16 "Earth to Echo" 2D PG

Tabbitha Johnson

Culture Education

July 30 "Planes: Fire and Rescue" 3D PG

Michael Martinez

A & D Prevention

August 13 "The Lorax" 2D PG

Matt Droscher

Family Building Blocks

August 27 "Rio 2" 2D PG

Jacob Swinn

6th Annual Chief Miwaleta Day Celebration

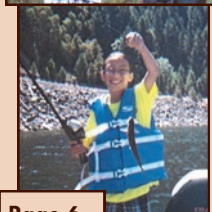
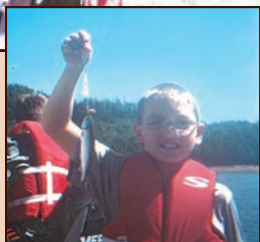


Chief Miwaleta Day was another great day at the Galesville Reservoir with about 85 in attendance! Elders gathered in the shelter and enjoyed visiting with Tribal families of all ages. Seven Feathers provided a wonderful lunch that included Elk Ribs with Huckleberry barbeque sauce, Elk burgers, salads, and fresh fruit.

Shiela and Jim Rich brought their "Dancing Thunder Drum" for all to join in with drumming. Many enjoyed listening and drumming together. Elder's Clem Rice, Clara Keller, and Susie Holcomb were among those who drummed.

Mid Oregon Bass brought 5 boats and drivers to take our people fishing from 9:00 am to 4:30 pm. Tribal families kept the boats full all day with a lot of fish caught for the day! One boat at the end of the day brought in 17 fish in about an hour. The winners of the Fishing Contest included 3rd place Andrew Davis with a 15.5" Bass, 2nd Place Crystal Derrick with a 15 ¾" Bass, and finally First place winner was Samantha Johnson with a 17" Bass. They were each presented a certificate, second and third place received a ribbon, and first place receive a nice trophy to cherish. They will have some fish stories to tell now.

All ages played Shinny in the field. It was awesome to see them sharing and teaching others how to play this traditional game. We also had a combination of



all different teams who challenged each other at Tug-O-War we all laughed and enjoyed win or lose it was Great Fun for all!!!

Wanna Free Backpack ?



Wanna put *free*
Stuff in it?

COME AND GET IT:



When: Friday August 8, 2014 @ 5:00—6:30 pm OR

Saturday August 9, 2014 @ 9:00—11:00 am

Where: Roseburg—Government Office Tribal Board Room

Canyonville—Block House (behind Casino)

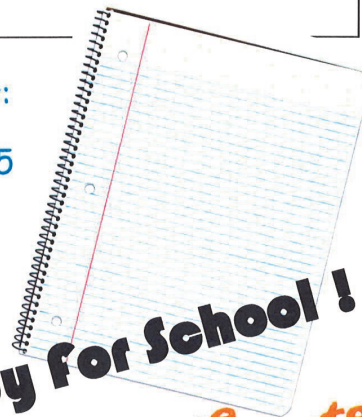
Who: Tribal Youth Ages 3—18 enrolled in school



For more information, contact:

Tammie Hunt @ 541-677-5575

thunt@cowcreek.com



Get Ready for School !

But Summer Just Started!!!!

Yeah, but it's FREE!!!!!!!!!!



Wyden and Merkley Featured Speakers at 15th Annual Veterans Dinner

One July 4, 2014, the Cow Creek Tribe hosted the 15th Annual Veterans Dinner in the Umpqua Grand Ball Room at Seven Feathers Resort. This year, there were more than 700 veterans and their families who attended an afternoon of food, entertainment and messages from several notable speakers.

Cameron Smith, Director of the Oregon Department of Veterans Affairs spoke to the crowd as well as Former Oregon State Representative Bill Markham. Jim Willis, former Director of the Oregon Veterans Affairs presented an award to a gentleman who was the oldest veteran in attendance. He was 98 years old.

Stan Speaks, the Regional Director of the Bureau of Indian Affairs, spoke as well. Mr. Speaks was also honored by the tribe for his commitment to veterans and his long career of working in Indian Country with the Bureau of Indian Affairs.

The keynote speakers for the event were both US Senators Ron Wyden and Jeff Merkley. The guests were entertained once again by the Glendale Valley Choir.

Jim Fitzpatrick, the Douglas County Veterans Service Officer, along with the Senator's Wyden and Merkley and Commissioner Susan Morgan, honored Viet Nam Veteran and Tribal Board Member, Robert Van Norman with a Combat Infantry Badge and a Vietnam Campaign Badge.



Elder's Summer Picnic

SAVE THE DATE

WHO: Confederated Tribes of the Coos, Siuslaw, & Lower Umpqua have invited Cow Creek Elders

WHAT: Annual Summer Elders Picnic & BINGO with some Fun Prizes!

WHEN: Thursday, Aug 7, 11:30 am

WHERE: Stanton Park, Canyonville

RSVP: By July 31 to Cindy Delay 541-677-5575

Help those at risk of suicide

July 25, 2014 (Friday)

QPR: 9:00 am – 11:00 am

Connect: 11:00 am – 4:30 pm (lunch from 12:00 – 1:00)

Location: Cow Creek Government Office

2371 NE Stephens Street, Roseburg

Cost: Free – please bring your lunch

6 CEU's available



Ask A Question,
Save A Life

3 step process in which individuals are trained how to recognize the warning signs of a suicide crisis and how to *Question, Persuade, and Refer* someone to help.

Anyone can be a *QPR Gatekeeper*

Trained Gatekeepers will learn to:

- Recognize the warning signs of suicide
- Offer hope
- Get help and save a life



Postvention training helps service providers respond in a coordinated and comprehensive way in the aftermath of a suicide or any sudden death.

Training highlights:

- Coordinate a comprehensive and safe response to a suicide
- Address the risk of contagion
- Examining of the complexity of suicide-related grief
- Planning funerals and memories activities
- Talking to survivors of suicide loss
- Messaging about suicide and responding to the media
- Identifying community resources

Mail registration to:

Danny Neves-Weiser
PO Box 1121
Roseburg OR 97470

Registration forms available
online at:

www.peerpowerprevention.org

For more information:

Danny Neves-Weiser
dannyw@adapt-or.org
541-680-1201

August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Gym @ South Clinic open M/W/F 8-3 PM Cow Creek Scholarships Deadlines for Semester Students	2
3 AA Mtg 6 PM Gov Office	4 Gym @ South Clinic open M/W/F 8-3 PM	5 Gym @ Rsbhg Clinic open T-Th 9-4 PM Zumba - Boardroom in Roseburg Government Office 5:30-6:30 PM	6 Zumba Class 5:30-6:30 PM South Clinic Education Rm Gym @ South Clinic open M/W/F 8-3 PM	7 Gym @ Rsbhg Clinic open T-Th 9-4 PM Zumba - Boardroom in Roseburg Government Office 5:30-6:30 PM	8 Gym @ South Clinic open M/W/F 8-3 PM Backpack give-away 5:00-6:30 PM	9 Annual Huckleberry Gathering Backpack give-away 9:00-11:00 AM
10 AA Mtg 6 PM Gov Office	11 Zumba Class 5:30-6:30 PM South Clinic Education Rm Gym @ South Clinic open M/W/F 8-3 PM	12 Food Bank 9-12 PM Gym @ Rsbhg Clinic open T-Th 9-4 PM Zumba - Boardroom in Roseburg Government Office 5:30-6:30 PM	13 Zumba Class 5:30-6:30 PM South Clinic Education Rm Gym @ South Clinic open M/W/F 8-3 PM	14 Gym @ Rsbhg Clinic open T-Th 9-4 PM Zumba - Boardroom in Roseburg Government Office 5:30-6:30 PM	15 Gym @ South Clinic open M/W/F 8-3 PM	16
17 AA Mtg 6 PM Gov Office	18 Zumba Class 5:30-6:30 PM South Clinic Education Rm Gym @ South Clinic open M/W/F 8-3 PM	19 Gym @ Rsbhg Clinic open T-Th 9-4 PM Zumba - Boardroom in Roseburg Government Office 5:30-6:30 PM	20 Zumba Class 5:30-6:30 PM South Clinic Education Rm Gym @ South Clinic open M/W/F 8-3 PM	21 Gym @ Rsbhg Clinic open T-Th 9-4 PM Zumba - Boardroom in Roseburg Government Office 5:30-6:30 PM	22 Gym @ South Clinic open M/W/F 8-3 PM	23
24 AA Mtg 6 PM Gov Office	25 Zumba Class 5:30-6:30 PM South Clinic Education Rm Gym @ South Clinic open M/W/F 8-3 PM	26 Food Bank 1-4 PM Gym @ Rsbhg Clinic open T-Th 9-4 PM Zumba - Boardroom in Roseburg Government Office 5:30-6:30 PM	27 Zumba Class 5:30-6:30 PM South Clinic Education Rm	28 Zumba - Boardroom in Roseburg Government Office 5:30-6:30 PM	29	30 Cow Creek Scholarships Deadlines for Term Students
31 AA Mtg 6 PM Gov Office		Zumba - Boardroom in Roseburg Government Office 5:30-6:30 PM				

Announcements

Births/New Enrollments

Sara Annie Wehde, Berlin Marie Ansures

Obituaries

James Ray Estabrook

Address and Phone Number Updates, Very Important!



If your address has changed, the Address Change 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.

Address changes can no longer be made over the phone.

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. Trust Fund Statements, youth related events and other information won't be relayed properly if mailing addresses are not correct.

Future Events

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

Please contact Rhonda Malone for more information on the Annual Huckleberry Gathering that is scheduled for August 9th up at the Huckleberry Patch. Her number is 541-677-5575

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

JULY 15-16	Grand Ronde Elder Honor Day	SPIRIT MOUNTAIN CASINO, Overnight Trip	Sign up now
AUG 2-3	Portland Spirit Lunch Cruise	PORTLAND, OR, Overnight Trip	RSVP
SEP 16	Portland Zoo Trip	PORTLAND, OR, Limited Seating, Sign up now	6:00 AM
OCT 3	Luncheon & Bingo	HUCKLEBERRY ROOM, SEVEN FEATHERS	12:00 PM
NOV 8	Elder's Annual Dinner	Seven Feathers, Azalea Rm (Blanket Presentation)	2:30 PM
DEC 5	Holiday Lunch	Grape & Huckleberry Rm @ 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

Visit us online @ cowcreek.com