

## Huckleberry Patch Meetings are Well Attended! There's More To Do!

Thank you to everyone who supported the "Huckleberry Patch Proposed Withdrawal" meetings on November 20 in Roseburg and November 21 in Medford. The Cow Creeks were well represented. The meetings were well attended.

As those of you who attended the meetings know, there's still have some work to do. Please take the time to write out your personal comments supporting the "Huckleberry Patch Proposed Withdrawal" on the enclosed comment sheet and have it postmarked by January 4, 2001. The comment sheet has the address your comments need to be sent to on the back side (Forest supervisor, Rogue River National Forest, 333 W. 8th Street, Medford, Oregon 97501). The more comment sheets supporting the Withdrawal, the stronger the Cow Creek request. Your comments will count!

The "Huckleberry Patch Proposed Withdrawal" is included in a Rogue River and Umpqua National Forests Forest

Service application that asks the Huckleberry Patch be withdrawn from all mineral entry. The proposed withdrawal would prevent any new mineral claims from being filed in the Huckleberry Patch. Currently there are fifteen claims totaling 300 acres, all claimed by one claimant, within the proposed withdrawal area. All claims are around Quartz Mountain. Claimants of existing claims would be able to continue operating under the terms of their operating plan.

The Withdrawal would also protect the sensitive, threatened, and endangered plants and animals, scenic values, recreation use areas as well as cultural and traditional-use by the Cow Creeks. The Huckleberry Patch has long been an area valued by the Cow Creeks for hunting, gathering of huckleberries and other traditional plants, intertribal social interaction, and seasonal as well as personal ceremonies. Rooted in Cow Creek history, the Huckleberry Patch is important to maintaining the Tribe's cultural identity. Disturbances compromise the traditional significance of the Huckleberry Patch.

Located on both sides of the Rogue-Umpqua Divide in two separate watersheds, the Huckleberry Patch includes mountain meadows, Quartz Mountain, Whaleback Ridge, Donegan Prairie, Huckleberry Lake, Abbott Butte, and Elephant Head. The Land and Resource Management Plans for the Rogue River and Umpqua National Forests contain standards for managing the Rogue Umpqua Divide. Those guidelines allow mining to take place. In this case, it is believed that mining could jeopardize the landscape and scenic integrity of the traditional values of the area.

The Cow Creek know that destruction of Quartz Mountain or any other prominent feature of the landscape would permanently damage our traditional use of the area.

The importance of the Huckleberry Patch to the Cow Creek becomes even more apparent when we remember that between 1852 and 1856, most Indians were removed from the Umpqua basin and sent to distant reservations. The Cow Creek evaded placement on a reservation and became fugitives on their own lands. The Cow Creek ceded their lands to the U.S. in an 1853 treaty.

In 1984 after taking depositions of Tribal members as well as expert witnesses, the U.S. Justice Department ruled it was obvious the Cow

*continued on page 4*



## Blood Match and Drive on Jan. 13 for Chase Mills

Sixteen-year-old Chase Mills of South Umpqua High School in Myrtle Creek has just been diagnosed with acute lymphoblastic leukemia and will require a bone marrow transplant. Successful matches for Chras's rare blood type, A negative, are typically found with persons of Native American or African American descent.

A blood match/drive day will be held on Saturday, January 13, at South Umpqua High School from 9 a.m. until 2 p.m. of Native Americans and African Americans can be tested free-of-charge to determine if they are a blood match for Chase. Others will incur a charge of \$21. For more information, please call the Cow Creek Government Office at 1-800-929-8229.

### IN THIS ISSUE

Diabetes Program Details —  
"Awakening the Spirit"

Details on OMAP Coverage

Low Income Home Energy  
Assistance

Educational Financial Aid  
Workshop

Tribal Jobs Line  
... and more!



## OMAP Coverage

Please read the important information about your health care coverage that is outlined below.

- 1) Federal guidelines mandate that the Contract Health Program is the payer of the last resort. Therefore, any Tribal member eligible for the Oregon Medical Plan must maintain current OMAP coverage. If coverage under OMAP lapses for lack of member responsibility, the Contract Health Program will not cover any medical appointments or prescriptions.
- 2) If you have recently moved to the Seven County Service Area, have no other insurance coverage, are unemployed or qualify as low income, you must apply to the Oregon Health Plan for coverage. This can be done at your local Health and Human Service Office or you can request an application by calling 1.800.359.9517.
- 3) If you have additional questions about the Oregon Medical Plan, or requirements for eligibility for the Contract Health Program, please call Linda Rondeau at the Cow Creek Health and Wellness Center at 1.800.915.2649 or 672.8533.

## Native Americans and Diabetes:

A Statement from the American Diabetes Association  
September 21, 2000

*(This information is edited from a recent American Diabetes Association statement).*

The American Diabetes Association strongly supports increasing funding for the Indian Health Service by \$229 million for Fiscal Year 2001. In addition, we applaud President Clinton for his initiative to renew a five-year \$150 million grant for treatment and care of diabetes in the Native American community and call upon Congress to approve this funding this year.

Today, diabetes has reached epidemic proportions among Native Americans. One tribe in Arizona has the highest rate of diabetes in the world. About

50% of the adults between the ages of 30 and 64 have diabetes. Overall, the prevalence of type 2 diabetes among Native Americans in the United States is 12.2% for those over 19 years of age.

An alarming recent development is the more frequent occurrence of type 2 diabetes, once called "adult-onset diabetes," among children, especially minority children. As noted in a recent Newsweek cover story, "An American epidemic, the rise in type 2 diabetes in youth is especially troubling because of the potential onset of the serious complications of diabetes at a much earlier age."

Indeed, complications from diabetes are major causes of death and health problems for many Native Americans. Of major concern are increasing rates of kidney failure, amputations, and blindness. The rate of diabetes end stage renal disease is six times higher among Native Americans. Each year 54,000 people lose their foot or leg to diabetes. And amputations rates among Native Americans are higher.

Diabetic retinopathy, a general term that usually means the weakening or even the leakage of blood by the vessels of the retina, hits the Native American community hard. For example, diabetic retinopathy occurs in 24.4% of Oklahoma Indians.

In October of 1999, the American Diabetes Association officially launched its newest, community-based program to address the epidemic rates of diabetes in the Native American community. With culturally appropriate messages and materials, Native Americans are encouraged to make healthy lifestyle choices to prevent or delay diabetes and its complications. This information-based program is entitled, "Awakening the Spirit: Pathways to Diabetes Prevention and Control."

*continued on page 4*

## Flu Shots

The Cow Creek Health and Wellness Center still has some flu vaccine. Please contact the Center at 1.800.935.2649 or 672.8533 for more information.

## Living Well

*Louise Cenatiempo, Ph.D.  
Licensed Psychologist*

### Diabetes and Emotions

Managing diabetes is a challenge. The self-care necessary to control blood sugar and thereby prevent serious complications takes time, effort, planning, and persistence. Very often, thoughts and feelings can interfere with a person's self-care. Consequently, the emotional aspects of diabetes are now ranked as considerations as serious in the disease's maintenance as medication, diet, and exercise.

When a person is first diagnosed with diabetes, he may experience a jumble of emotions, including anger and a sense of loss. These are understandable reactions if a person believes he or she has lost a measure of freedom and that life will never be the same. Additionally, difficulties arise when family and friends try too hard to be helpful. Love and concern can feel like nagging. This dynamic can create depression. Although depression commonly occurs in diabetes, it doesn't have to. Depression is very treatable with counseling and sometimes medication.

People with diabetes sometimes report episodes of uncontrolled blood sugar even when they're doing everything right. That's because many things affect blood sugar besides diet and exercise including hormone changes, illness, anger, and most commonly, stress. Hormone changes and illness are usually short-lived so self-care should get the patient back on track. Practicing relaxation techniques daily should help lower blood sugar as well as reduce unpleasant feelings of tension associated with stress.

The coping skills needed to successfully manage the emotional aspects of diabetes are the same ones we all need in every day life: stress management, anger management, problem solving, etc. What is becoming more and more evident is that people who learn ways to cope with the emotional aspects of diabetes feel happier and ultimately achieve better control of their diabetes and their lives.

*Psychological services are available to Tribal members as part of diabetes care at the Cow Creek Health and Wellness Center.*



## **There's Housing Help "Out There" – For Repairs and Purchases**

There are ways for Tribal Members to receive assistance on the maintenance of a home, as well as a program that can provide help with down payments.

### **Tribal Housing Program**

The Tribal Housing Program can assist Tribal Members with down payment assistance or home repair assistance. This program is not restricted to the Seven County Service Area. However, applicants for the Tribal Housing Program must be ineligible for the BIA HIP Program.

### **BIA Housing Improvement Program**

The BIA's Housing Improvement Program (HIP) is accepting applications for housing assistance. HIP is a Bureau of Indian Affairs (BIA) federally funded program contracted and administered by the Tribe. The program can assist eligible Tribal members living within the Seven County

Service Area with housing needs such as repairs, rehabilitation (roof repairs, weatherization, window installations, door installations, structural repairs, electrical needs, plumbing repairs, etc.) or replacement housing. Priority is given to families with the greatest need as determined by income, family size, age, and other factors.

### **Indian Health Service Sanitation Assistance**

The Indian Health Service Sanitation Program can assist Tribal Members living within the Seven County Service Area with sanitation needs, such as installation of septic systems, installations of wells, pressure systems, and/or hook-ups to community services.

*For more information on any of the programs described above, contact: Carol Ferguson, Housing Director at the Tribal Government Offices. She can be reached at 1.800.929.8229.*

## **Tribal Child Care Assistance Program**

This program is provided through the Child Care and Development Fund and can provide full child care services and after school care for eligible families.

### **To be eligible for this program:**

The child(ren) must be under the age of thirteen (exceptions exist for special need children with physical or mental incapacities) and be currently enrolled with the Cow Creek Tribe.

By statute, the child must reside with the family applying. Legal custody, either permanent or temporary, determines "residing with," as the State of Oregon recognizes it.

All applicants in the household must be employed, engaged in an on-the-job training program, or enrolled in school. Employment may be either full-time or part-time (60 hours or more per month).

If you would like to apply to the Tribal Child Care Program, please contact Rhonda Malone at 1.800.935.2649 for further assistance with any questions and/or for an application.

## **Low Income Home Energy Assistance Program**

LIHEAP will be available to assist Tribal families, who qualify by income, for energy assistance. This program helps with electric, gas, propane, wood pellets, and oil fuel purchases during winter months.

Heating assistance is used to pay for eligible heating costs with payments made directly to the energy supplier. Crisis assistance, if funds are available, will be used to prevent the source of energy from being shut off. For crisis assistance a shut off notice is required.

To be eligible for assistance, the house-

hold must be within the seven county service area. In addition, the family household income must be within 150% of the Federal Poverty Income Guidelines.

Applications for LIHEAP may be picked up from Rhonda at the Tribal Government Office and returned beginning Nov. 27, 2000.

**Elders and Disabled Tribal Members may continue to apply at any time.**

## **Financial Aid Workshop on January 23, 2001**

The Education Department is sponsoring a Financial Aid Workshop on January 23, 2001 from 6-8 p.m. in the Board Room at the Cow Creek Government Office. Michelle Bergmann from Umpqua Community College will present financial aid options and discuss the financial aid process. Parents, students, or interested community members, please plan to attend! Pizza and refreshments will be served. If you have questions call Kelly Strickler, Education Director at 1.800.929.8229 or 672.9405.

## **Hope Blanket**

The American Indian College Fund and Portland's Pendleton Woolen Mills have joined together to create a limited, numbered (1,200) edition of eight traditional Native American blankets. Seventy percent of sales benefit the American Indian College Fund. For more information, call 1.800.987.FUND.

## **Johnson O'Malley (JOM) Parent Committee Meetings**

Parents with children ages 3 to 18 years are invited to attend the JOM Parent Committee Meetings. The meetings are held the first Monday of each month at 5:30 p.m. at the Cow Creek Government Office.



Creek cession of 1853 had erroneously omitted areas of customary use and occupancy. The Huckleberry Patch is located within this omitted area. The 30 acres of land that was taken into trust in 1986 for the Cow Creek is not suited as an alternate site for traditional uses. The Withdrawal would protect our traditional use area from additional mining degradation. The Huckleberry Patch has been formally determined eligible for a National Register of Historic Places listing.

*When sending in your comments on the "Huckleberry Patch Proposed Withdrawal," any of the information above can be included in your statement. Remember, your comments must be postmarked by January 4, 2001.*

## **Tribal Jobs Line**

Tribal members interested in employment opportunities at any of the following Tribal businesses can call the Tribal Jobs Line at 1-800-676-0854 to hear a pre-recorded listing of openings.

- **Seven Feathers Hotel & Casino Resort**
- **Seven Feathers Truck & Travel Center**
- **Umpqua Indian Foods**
- **Valley View Motel**
- **Riverside Lodge**
- **Canyon Cubbyholes**
- **K-Bar Ranch**
- **Cow Creek Gaming Commission**
- **Cow Creek Tribal Government Offices**
- **Cow Creek Health and Wellness**
- **Nesika Health Group**

The Tribal Jobs Line is updated on a weekly basis and provides instructions as to where and how to apply.

## **Tribal Identification Cards**

Tribal Identification Cards are available to any tribal member upon request. To obtain an I.D. card, contact Carol Ferguson at the Cow Creek Government Offices at 1-800-929-8229. You will be sent an application with an I.D. card. Fill out the application, sign the ID card, enclose an appropriately sized photo, and mail the material back to the Tribal Government Offices for processing.

**PLEASE DO NOT FILL IN ANYTHING ON THE I.D. CARD EXCEPT YOUR SIGNATURE.**

Properly filled out applications and signed I.D. cards will be processed with the Tribal Chairman's signature, laminated, and mailed back to you.

## **Offices Closed**

The Cow Creek Government Offices Will Be Closed on Monday, December 25, as well as Monday, January 1, 2001.

## **Diabetes continued from Page 2**

Each component of the program was created by a volunteer group of American Indians, Alaska Natives, or Native Hawaiians. This group has worked for more than two years to make "Awakening the Spirit" a reality. The program looks to

tribal leaders, national organizations, community members, and even Native children from across the country to promote community wellness, the importance of healthy eating, and physical activity. "Awakening the Spirit" provides guidance on awareness

building through a series of community-based programs and advocacy activities.

The Cow Creek Health and Wellness Center will be incorporating "Awakening the Spirit" into its diabetes program in February, 2001.

**Cow Creek Tribal Government Offices**  
**2371 NE Stephens, Suite 100**  
**Roseburg, OR 97470**

Phone: 1-800-929-8229  
 Fax: 1-541-673-0432





## *Huckleberry Patch Proposed Withdrawal Comment Sheet*

**Please Mail Comment Sheets by January 4, 2001**

**Your Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

From: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Place  
Stamp  
Here

To: Forest Supervisor  
Rogue River National Forest  
333 W. 8th Street  
Medford, OR 97501