

HIGHLIGHTS OF 2002 ISSUE!

COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

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HIGHLIGHTS

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Cow Creek's Rio Communications Dedicates Trail Blazer Cornerstone on October 30

On Wednesday, October 30, just before the Trail Blazers opening game against the LA Lakers at Portland's Rose Garden, Cow Creek Tribal Members, Rio Communications' employees, members of the Trail Blazer management, and former Blazer star from the 90's, Jerome Kersey, gathered to dedicate the Rio Communications Cornerstone. The Cornerstone is one of what will be four exhibits at the Rose Garden committed to displaying past grand moments of Trail Blazer history as well as communicating information about Trail Blazer partners.

Rio Communications is the exclusive provider of telecommunications to the Blazer organization. Some other clients subscribing to Rio's local and long distance service, internet services, and data information services include: Portland State University, Douglas Electric, University of Oregon, Rogue Valley Manor, and Credit Service of Oregon.

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Chairman Sue Shaffer speaks at the dedication of the Rio Cornerstone. She is flanked by Trail Blazer Exec. VP Erin Hubert, Rio President Ed Marcotte, and Jerome Kersey.



Mickey Rainville and Blaze, the Trail Blazer mascot, hug at the dedication on October 30, 2002.



Lee Beyer, State PUC Commissioner, and his wife, Terry Beyer, Oregon State Representative from Springfield with Ed Marcotte, Rio Communications' President.

COW CREEK HEALTH & WELLNESS CENTER HOURS

Hours for the Cow Creek Health & Wellness Center are:

Monday and Tuesday	9 a.m. - noon 2 p.m. - 5 p.m.
Wednesday	9 a.m. - noon 3 p.m. - 5 p.m.
Thursday and Friday	9 a.m. - noon 2 p.m. - 5 p.m.

Call 1.541.672.8533 or 1.800.935.2649 to schedule an appointment.

COW CREEK HEALTH & WELLNESS CENTER – A BONE MARROW DRAW SITE

The Cow Creek Health & Wellness Center, in association with the American Red Cross, is a Bone Marrow Donor Draw site. On the third Thursday of each month, prospective donors may join the National Marrow Donor Program (NMDP) Registry by giving a small sample of blood. Potential donors must be in good health and between the age of 18 and 60. Donors are asked to complete a brief health questionnaire and sign a consent form.

Increasingly, patients with life threatening diseases like leukemia are able to live longer through bone marrow or blood stem transplant.

For more information about volunteering to be a bone marrow donor, contact the Cow Creek Health & Wellness Center at 1.541.672.8533 or 1.800.935.2649.

MEDICARE PART B – REIMBURSEMENT PROGRAM

The Cow Creek Medicare Part B Reimbursement Program has been utilized for four years to assist Tribal Elders, age 65 or older, and Tribal Members who are disabled and have the expense of Medicare Part B withheld from their social security checks.

If you are disabled and have not received assistance from this program, you should contact Linda Rondeau at the Cow Creek Government Office to receive a release of information form for the verification of withholdings. This form needs to be signed and returned to Linda Rondeau by December 15, 2002 for processing. Qualified Tribal members will receive their reimbursement checks no later than January 15, 2003.

If you don't meet the December 15, 2002 deadline, you will not be eligible for the program again until December 15, 2003. Tribal Members who have questions about this program should call Linda Rondeau at 1.541.672.8533 or 1.800.935.2649.

“Pre-Diabetes” – A Correctable Condition

“...if you have ‘pre-diabetes’ you can do something about it...”

...HHS Secretary
Tommy Thompson

In 2001, the U.S. Department of Health and Human Services (HHS) completed clinical trials that found diet and exercise resulted in a 5 to 7% weight loss in most people who risk contracting diabetes and simultaneously lowered the incidence of type 2 diabetes by 58%.

Those findings resulted in HHS Secretary Tommy Thompson, in association with the American Diabetes Association (ADA), sponsoring a new campaign in 2002. The campaign informs Americans and their health care providers about a new name for impaired glucose intolerance, ‘pre-diabetes,’ that sharply increases the risk for developing type 2 diabetes.

‘Pre-diabetes’ is an increasingly common condition. The condition, that affects 16 million Americans today, has blood glucose levels that are higher than normal but those numbers are not yet diabetic. People with ‘pre-diabetes,’ unless they change their diet and level of physical activity, are likely to develop type 2 diabetes within 10 years.

According to Secretary Thompson, “The good news if you have ‘pre-diabetes’ you can do something about it...a serious condition that can be reversed or alleviated with modest changes in daily routines such as eating fewer calories and participating in a regular exercise program. In America, we spend a lot of money once people get sick, to get them well again. It’s time for people to take a proactive role in their health care and focus on prevention.”

In addition to the information released in the new campaign, the HHS and ADA have recommended that overweight people age 45 or older should be screened for ‘pre-diabetes’ by their doctors during regular office visits. Patients younger than 45 should be tested for ‘pre-diabetes’ if they are significantly overweight or have a family history of diabetes.

Millions of people who have ‘pre-diabetes’ are unaware. According to Dr. Judith Fradkin of the National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK), “Now that we have shown that we can prevent or delay diabetes, we need to find the people who can benefit. These new practical recommendations can help.”

For information on ‘pre-diabetes,’ call the Cow Creek Health & Wellness Center at 1.541.672.8533 or 1.800.935.2649.

TELE-HEALTH CALL ON DECEMBER 12

The Tele-Health topic for December is Losing Weight Safely. Cow Creek Health & Wellness Center Dietitian Tricia Hedges will facilitate the calls scheduled for noon and 7 p.m. on Thursday, December 12. For information on how to call and be a participant on this Tele-Health call, contact the Cow Creek Health & Wellness Center at 1.541.672.8533 or 1.800.935.2649.

Teaching Children to Wash Their Hands is Important

As a “rule of thumb,” children who wash their hands often have lower school absentee rates. Another way to reduce contagious viruses is to encourage children to wash their hands immediately after they sneeze. Since it isn’t always possible to wash hands immediately, children can be taught to sneeze into the bend of their arm. That way, contagious organisms from sneezing that would otherwise be on their hands are left in the bend of the elbow.

Nesika News Open Enrollment

December is Open Enrollment Month for Nesika. For those Tribal Members who did not enroll their spouse or dependents when initially eligible or those who would like to re-enroll with Nesika Health Group, December is the month to do it. If you’re interested in receiving enrollment information, please call the Nesika offices at 1.541.677.5508 or 1.800.284.9917. The required enrollment information must be returned no later than December 20, 2002 for coverage to take effect on January 1, 2003.

Highlights of 2002

Activities and special moments filled the days of the Cow Creek Band of Umpqua Tribe of Indians in 2002. Of special note was the celebration of the 20th Anniversary of the federal restoration of the sovereignty of the Tribe and the 10th Anniversary of the beginnings of Seven Feathers Hotel & Casino Resort. Annual activities including the Tribal Family Picnic and the PowWow made their important mark. Elder activities flourished, Culture Camp expanded to a weekend, Seven Feathers Truck & Travel Center opened, and Cow Creek majority-owned business, Rio Communications, dedicated its Cornerstone at the Rose Garden in Portland.

- A. The three story high Rio Communications Cornerstone at the Rose Garden dedicated October 30.
- B. Seven Feathers Truck & Travel Center at Exit 99 off I-5 held its Grand Opening July 25 - 27.
- C. Polly Rondeau, "Miss Polly," at the Anniversary celebration.
- D. Brent Florendo teaches regalia protocol at the Cow Creek Offices. Cow Creek Elders on a trip to visit the Burns Paiute.

* Thanks to Justin Mathison for contributing design enhancements for this insert.



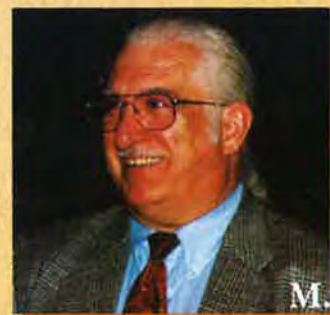
Anniversary

The Cow Creek Band of Umpqua Tribe of Indians celebrated two anniversaries in 2002. On Saturday, April 20, Tribal Members and their families gathered for dinner and a celebration to honor the Twentieth Anniversary of the federal restoration of the Tribe and the Tenth Anniversary of the beginnings of Seven Feathers Hotel & Casino Resort. A second celebration was held the following Saturday, on April 27, as friends and members of the community joined the Tribe in celebrating their anniversaries. Both celebrations were held at Seven Feathers Hotel & Casino Resort.

- A. Robert Van Norman, Leland Van Norman, and Delbert Rainville present the colors at the Anniversary dinner.
- B. Siletz dancers entertain at celebration.
- C. Tribal Board Member Delbert Rainville and his wife, Mickey, enjoying the social moments at the Anniversary dinner.
- D. Engraved boulder ("feather rock") at entrance of celebration commemorates Cow Creek Anniversary.
- E. and F. Siletz dancers
- G. Carol McKinney, Executive Assistant to the Board, and Tribal Board Member Tom Rondeau.
- H. Eagle sculpted from ice at Anniversary dinner.
- I. Culture Committee is recognized during Anniversary program.
- J. Cow Creek Tribal Elders receive recognition at Anniversary dinner.
- K. Dr. Stephen Dow Beckham, ethno-historian and professor at Lewis and Clark College, and Tribal Board Member Shirley Roane.
- L. Former Oregon Governor Vic Atiyeh and May Rondeau.
- M. Tribal Board Member George T. Rondeau
- N. Don Ragona from the Native American Rights Fund addresses the Anniversary guests.
- O. A "full house" occupied the dining room at both Anniversary dinners held at Seven Feathers Convention Center.
- P. Cow Creek Tribal Attorney, Wayne Shammel, and Cow Creek Government Office's Operations Officer Mike Rondeau at Anniversary celebration.
- Q. News-Review reporter, Stacy Stumbo, with Cow Creek Chairman Sue Shaffer.
- R. Oldest Cow Creek Tribal Member, Emily Rose Krantz, approaches the podium.
- S. Isabel Jackson meets incoming guests at entrance to Anniversary dinner.
- T. Cow Creek Chairman Sue Shaffer and Tribal Board Member Shirley Roane present gifts and recognition to Oregon Senator Ron Wyden.
- U. Bob Cottrell, former Mayor of Myrtle Creek, at Anniversary celebration.



Celebrations



Tribal Family

The Third Annual Tribal Family Picnic was held on Saturday, September 7, at Bare Park on the shores of the South Umpqua River. Five acres of land comprise Bare Park, a portion of the Cow Creek-owned K-Bar Ranches.

- A. Glenna Bare stands next to one of the many flower gardens she's designed, planted, and tended at Bare Park.
- B. Cooking and eating areas with many picnic tables enhance gatherings at Bare Park.
- C. Elders enjoying their moment at the Family Tribal Picnic.
- D. The Tribal Family Picnic provides activity for Austin Parazoo, too.
- E. Cow Creek Tribal Board Member Shirley Roane and Chair Sue Shaffer with Oregon Secretary of State Bill Bradbury.
- F. Young Tribal members enjoying games.
- G. A vista shot of Bare Park, with I-5 in the distance.
- H. Flower gardens at Bare Park.
- I. Cow Creek Chair Sue Shaffer, Zane Rondeau, and Oregon Secretary of State Bill Bradbury.
- J. Mike Rondeau provides a bit of support for youth at the Picnic.
- K. and L. A beautiful day provides the backdrop for a social time.
- M. Michelle Friesen at the Tribal Picnic.
- N. Tooter Ansures and Dave Oelrich enjoy a story (or two) at the Picnic.
- O. Bonnie Yurgalevicz and Lorraine Long visit at the Tribal Family Picnic.



Dicnic 2002



PowWow

For the twenty-seventh consecutive year, the Cow Creek Band of Umpqua Tribe of Indians gathered on the third week-end in July at South Umpqua Falls for the annual PowWow. This year's PowWow was held despite the nearby fires that soon after prevented travel to the Falls.

- A. Color Guard preparing to make entrance at the PowWow.
- B. Tepees, motor homes, and tents provide the many types of shelter at the PowWow.
- C. One of the many social scenes at PowWow 2002.
- D. Flagpole at the PowWow displays flags and an eagle feather.
- E. Cow Creek Tribal Board Member Shirley Roane, oldest Cow Creek Tribal Member Emily Rose Krantz, and Tribal Member Andrea Davis talk at the Cow Creek Health & Wellness Center.
- F. Tribal Members and guests visit.
- G. and H. Grand Entry with many participants in traditional dress.
- I. Three Cow Creek Tribal women at 2002 PowWow. From left to right: Rhonda Malone, Kim Knighten, and Joyce Sertain. Rhonda and Joyce both made Kim's regalia. Joyce made Rhonda's and her own regalia.
- J., K., and L. Activity scenes from PowWow 2002.
- M. Cow Creek Tribal Board Member Shirley Roane with her daughter and granddaughter.
- N. Cow Creek Health & Wellness Center nurse Noreen Thompson at PowWow.
- O. and P. Attendees watch and participate at the Cow Creek Tribe's 27th Annual PowWow.



A.



B.



C.



D.



E.



F.



G.

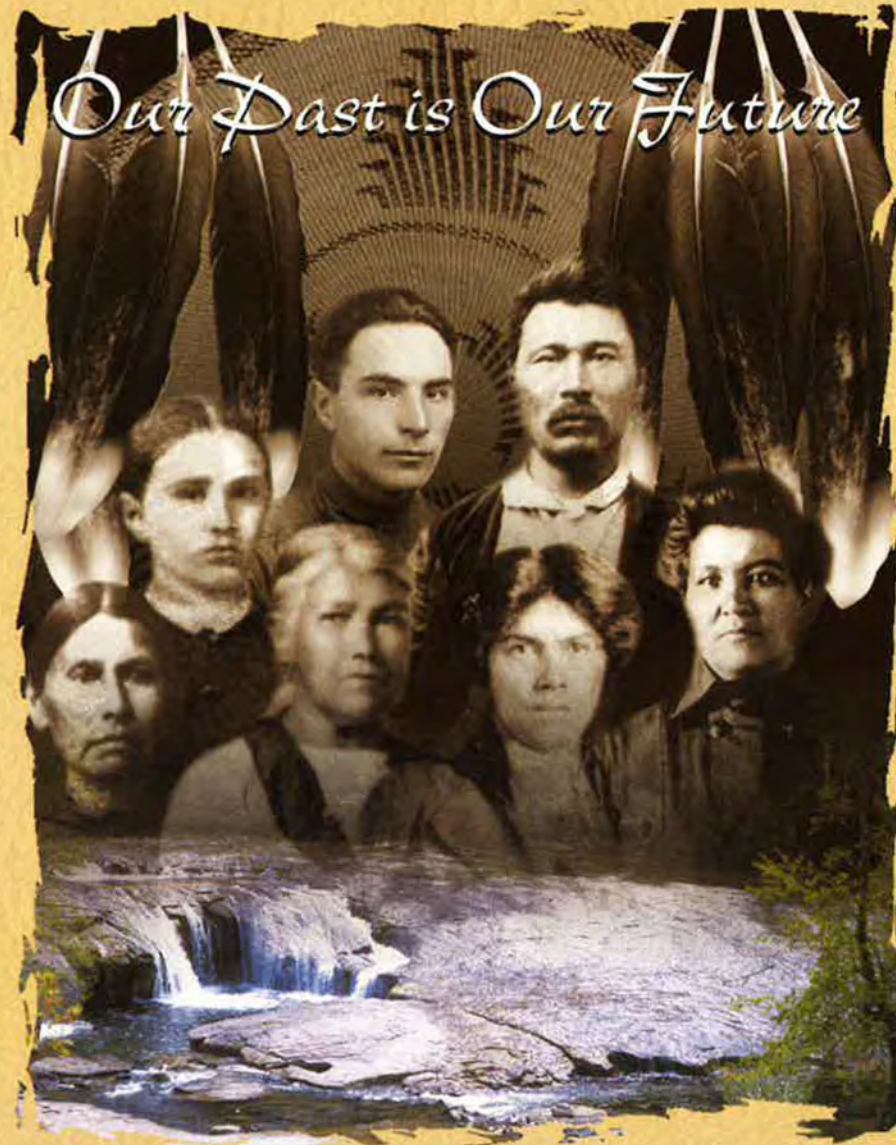


H.

2002



The Before People...



Tribal Members shown above are from each of the seven core families.

Back row, from left to right: Adelaide Petite **Rainville**, Antoine
"Twin" **Pariseau**, & Jean Baptiste "Tom" **Rondeau**

Front row, from left to right: Susan Nonta **Thomason**, Eleanor Lee **Dumont**,
Mary Agnes **La Chance**, & Susan McGinnis **Rondeau**

Remembering those who walked before us
and acknowledging their contribution is the
Tribal way, as is preparing for the Seven
Generations who will come after us.

Tribal Member Joshua Emerson Earns Eagle Scout Award

Joshua Emerson, Cow Creek Tribal Member and a Boy Scout for twelve years, has just earned his Eagle Scout Award, Boy Scouts' highest award. Josh is a senior at La Center High School in La Center, Washington. He decided to renovate the La Center Middle School's athletic field's flagpole as his Eagle Scout project. This included

sanding and painting the pole as well as acquiring a new American flag and installing a light for its proper display. Josh finished off the project by adding a fenced flower garden with stepping stones at the flagpole's base.

Josh is a member of the National Honor Society and has a 3.5 GPA.

Wisdom and Sharing Set the Mood at Elders' Autumn Dinner on November 9

Thirty-six people attended the Nov. 9 Elders' Dinner at Seven Feathers Hotel & Casino Resort. After a buffet dinner of turkey, ham, mashed potatoes with gravy, salad and dressings, vegetables, rolls, and assorted desserts, a Power Point program of hunting and fishing photos and stories was presented. Sharing of recipes followed the presentation.

Rhonda Malone, Cow Creek Seniors' Coordinator, concluded the successful evening by asking the elders two questions. The first was about their desires for activities and goals in 2003. The other was, "If you could give one piece of advice to our youth, what would it be?" Answers included: treat others with respect, take advantage of all educational opportunities, take part in keeping

our culture and heritage alive, be proud of your Native ways, don't drink or smoke, stay in school, remember your family, remember the old stories, be honest, reach for the stars, listen to your parents, think of others, remember that what you give you will receive back in return, make each day as happy as you can, and be happy and live long.

RECIPES—

BRINE CURE FOR SMOKED SALMON,

from Delbert Rainville

1/4 salt
1 cup white sugar
1/2 cup brown sugar

Mix all ingredients in one quart of water until fully dissolved. Prepare good quality fish cut into desired sized chunks. Immerse completely in brine. Soak for at least 24 hours. Remove from brine, rinse with cold water, and dry with paper towels. Put in smoker. Keep heat steady for 8 hours. Hint - Sprinkle with lemon pepper or other desired seasonings.

ELK OR VENISON BAKE,

from May Rondeau

1 dry onion soup mix with 1/4 cup water
1-12 ounce jar of apricot preserves
1/2 cup Catalina dressing
1/4 cup brown sugar
1 T. vinegar

Mix above ingredients

1 1/2 lbs. steak cut in strips
salt and pepper

Put meat in a 13" by 9" covered casserole pan. Pour mixture of ingredients over meat. Bake in oven at 350 degrees for 45 minutes. Uncover casserole and bake for another 30 minutes or until done.

Indian Health Service Scholarship (IHS)

Kelly Strickler, Director of Education for the Cow Creek Tribe, suggests that all students read the IHS scholarship information below. Should there be concerns or questions, Kelly can be reached at 1.800.929.8229.

The Indian Health Service Scholarship Program and Applications for the academic year September 2003 - August 2004 awards cycle were available for distribution November, 2002. Full time and part time academic scholarships will be funded for each of the three (3) scholarship programs listed:

Health Professions

Preparatory Scholarship

awards are made to American Indian or Alaskan natives (1) who have successfully completed high school education or high school equivalency and (2) who have been accepted for enrollment in a compensatory, pre-professional general education courses or curriculum. Support is limited to 2 years for full time students and the part time equivalent of 2 years not to exceed 4 years for part time students. Eligible academic programs considered for funding will be listed in the application packets.

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REMINDERS

Low Income Home Energy Assistance Programs (LIHEAP)

LIHEAP is designed to assist tribal households that are at or below 150% of the federal poverty level with payments of their heating costs. To qualify, you must live within the seven county service area, be at or under the 150% poverty level guidelines, and be an enrolled Cow Creek Tribal Member. Tribal Elders and the disabled began submitting applications on Nov. 4. General Tribal membership may begin submitting applications on Dec. 2. For more information, call Rhonda Malone at the Cow Creek Government Office at 1.800.929.8229, ext. 5513..

Strengthening the Next Generation

The next parenting class, the class dedicated to "Strengthening the Next Generation" begins on Thursday, January 9, and meets weekly through February 27 at the Cow Creek Government Offices. A buffet dinner is served from 5:30 - 6 p.m. Class is scheduled from 6 - 8 p.m. Childcare is provided.

Another parenting class is scheduled for the spring, beginning on Thursday, April 3, and concluding May 22. Rhonda Malone and Cathy Parker are the facilitators for the parenting classes. For more information, contact Rhonda Malone at 1.541.672.9405 or 1.800.929.8229.

Indian Health Service Scholarship (IHS)

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Health Professions

Pregraduate Scholarship

awards are made to American Indian and Alaskan natives (1) who have successfully completed high school education or high school equivalency and (2) who have been accepted for enrollment or are enrolled in an accredited pregraduate program leading to a baccalaureate degree in: a. Pre-medicine or b. Pre-dentistry. Support is limited to 4 years for full time students and the part time equivalent of 4 years not to exceed 8 years for part time students.

Health Professions

Scholarship are awarded only to individuals who are members of a Federally recognized tribe (state recognized does not qualify). To be eligible for this scholarship, the individual (1) must be enrolled in a Federally recognized tribe and (2) must be enrolled in an appropriately accredited school and pursuing a course of study in a health professional program. Eligible health profes-

sional academic programs for funding will be listed in the application packets.

Support is limited to 4 years for full time students and part time equivalent for 4 years not to exceed 8 years for part time students. The Health Profession Scholarship requires a payback obligation that equals each year of support given or a minimum of 2 years.

Benefits

- \$1,080 monthly living stipend (sent directly to student).
- Total "full" tuition payment to recipient's school.
- Payment of reasonable educational expenses (as determined by the school).
- \$400 available for tutorial expenses (annually).
- Up to \$300 travel expenses.
- Scholarship renewed if recipient maintains good academic status.

Dedication of Trail Blazer Cornerstone

Continued from page 1

Prior to the ribbon cutting, Cow Creek Chairman Sue Shaffer, Trail Blazer Executive Vice President Erin Hubert, Rio Communications' President Ed Marcotte, and Jerome Kersey each spoke about the dedication of the Cornerstone and what it represents. According to Erin Hubert, "We are thrilled with this partnership. The Cow Creek Tribe, majority owners of Rio Communications, and our organization share many of the same values. We look forward to our continued joint productivity."

Sue Shaffer, Cow Creek Chair, says, "These shared values — supporting families and education — make supporting the Rio Cornerstone at the Rose Garden a good choice as the Tribe works to aggressively market Rio's capabilities to Portland and all of Oregon."

Visitors to the Cornerstone can interact with numerous exhibits, including doing a vertical leap test. A life-size image of Jerome Kersey appears on one of the exhibit's monitors and interacts with the jumpers, giving them encouragement and then an assessment of their jump. In addition, plasma monitors show action shots from games of the 90's when the Trail Blazer lineup included Jerome Kersey, Terry Porter, Clyde Drexler, and Buck Williams.

Rio Communications is headquartered in Bend and provides services throughout the state of Oregon.



Guests begin to gather for the dedication of the Rio Cornerstone at the Rose Garden on October 30, 2002.



Basketball legend Jerome Kersey with Cow Creek Chairman Sue Shaffer at the dedication of the Rio Cornerstone.

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