



## Ice Cream Social Focuses on Tobacco Use

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COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

# KIUYUM-ID



## HIGHLIGHTS

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## News-Review Editorial

*On Jan. 24, this letter appeared on the editorial page of the News-Review. The letter was not solicited in any way by the Cow Creek Tribe. It was a pleasant surprise for all of us to see the editorial staff at the News-Review express strong support for Cow Creek efforts.*

### Cow Creeks' Success Spreads Through County\*

Douglas County residents who have watched the steady and remarkable economic growth of the Cow Creek Band of Umpqua Indians probably didn't anticipate how widespread the benefits would be.

As the tribe went from having nothing at all 20 years ago, to having a simple Canyonville bingo parlor, to a small casino and now the grand Seven Feathers Hotel and Casino Resort, observers speculated on how that success might rub off on others.

There were the obvious aspects: the improvement of the lives of members of the tribe, new job creation, and the spin-off benefits of additional visitors lured to the area.

All those predictions came true, in spades. The Cow Creeks have been enormously successful on all those fronts. They have become one of the county's largest

employers and are spinning off into ownership and operation of a number of other businesses.

What some people may have not anticipated was the size of another benefit to the area, in donations to civic causes.

On Wednesday, the Cow Creek Umpqua Indian Foundation handed out nearly \$400,000 in grants to 37 area charities and nonprofits. That's an incredible boost to these groups that are always searching for funding so they can continue their valuable work.

Federal and state money continues to tighten and the recession has reduced private and corporate giving.

Fortunately, during this period, the grant totals given by the Cow Creeks have been going up instead of down.

This is the 10th year of the program that was born in an agreement with the

state that the casino would donate at least 6 percent of net gaming revenues. Since then, nearly \$3.2 million has been granted by the operation.

*-Continued on Page 3*

### Washington State's Annual Tribal Meetings on March 7 & 8

Washington State's Annual Cow Creek Tribal Meetings will be held on Friday, March 7 and Saturday, March 8. The Friday meeting will be held in Woodland, Washington at the Oak Tree Restaurant at 7 p.m. The Saturday meeting will be held in Port Angeles, Washington at the Red Lion Hotel in the Juan de Fuca Room at 1 p.m.

Tribal members having questions should call Carol McKinney at 1.800.929.8229 or 1.541.672.9405.

## 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.

## INFORMATION & HAPPENINGS

### TELE-HEALTH SCHEDULE

Tele-Health is a program that provides opportunities for interested Tribal members to become more informed about specific health topics via telephone conferencing. All calls are scheduled for the second Thursday of each month and last half an hour. Two phone sessions are scheduled on Tele-Health Thursday, one at noon and one at 7 p.m.

Tele-Health topics for the upcoming months are listed below. For information on how to participate in a Tele-Health call, contact the Cow Creek Health & Wellness Center at 1.541.672.8533 or 1.800.935.2649.

- **March 13, 2003**

**Topic:** Nutrition Month

**Provider:** Tricia Hedges

Tricia will talk about how balanced nutrition is achieved, what healthy fats are, and how a person can make sure they eat vegetables frequently.

- **April 10, 2003**

**Topic:** Women's Health

**Provider:** Dr. Trudy Mills

- **May 8, 2003**

**Topic:** First-Aid

**Provider:** Noreen Thompson

# News-Review Public Forum

Early in February, a "sour grapes" letter appeared on the "Public Forum" page of the News-Review. On February 13 the following letter, written by someone we do not know and whom we have not identified, appeared in response:

## Stop The Criticism of Cow Creeks\*

Regarding the forum letter of Feb. 2 on success of the casino—let us backtrack a ways. Who has this property to begin? Who made this area their home, raised their families, did their hunting and asked no help from the government?

Who moved in on them, took it away, sent them to some Godforsaken reservation and killed some to boot?

Sure they fought back—wouldn't you? At least they

are giving back to the area. Would you under the same circumstances? I doubt it.

Ones I know of who go to the casino, go with a set amount to gamble, then they quit. Win or lose, it's a place we can go where we feel safe, enjoy a few hours of relaxation and—who knows—we just

may leave with more than we went with.

The writer cites "no free lunch" so do me a favor, go to the grocery store, watch what people buy, then follow them out to their cars. See what they're driving after using food stamps for groceries. Through the years, I have noticed the trend.

Believe me, they know how to work the system. That's the reason our state coffers are in the mess they're in. Too many "gimmies" and they can get more from welfare than working for minimum wage.

*"....Sure they fought back—wouldn't you? At least they are giving back to the area. Would you under the same circumstances? I doubt it..."*

Until we take a stand and do something about our ways, don't knock the Indians. At least they are doing it legally.

—Dorothy Brown, Roseburg

\*REPRINTED WITH PERMISSION FROM FEBRUARY 13 LETTERS TO EDITOR OF THE NEWS-REVIEW

## "Healthy Woman" Tea To Be Held on March 9

On Sunday, March 9, from 1–3 p.m., the Cow Creek Health and Wellness Center will hold a "Healthy Woman" Tea at the Cow Creek Government Offices, 2371 N.E. Stephens St., in Roseburg. Educational updates on topics of interest to women will be discussed at the tea.

Factual information on women's health and safety will be the focus of the program. For instance, the number one killers of American women are cardiovascular disease and stroke. Since 1984, these diseases have killed more American women than men. Reducing the risk of heart disease and stroke will be addressed at the tea. Nutrition, the importance of diet and regular check-ups, as well as information on breast health will be discussed. In addition, Dr. Faye Amerdes will discuss hormone replacement. Dr. Cheryl Gifford and Vanessa Becker will talk about domestic violence

Exhibits and refreshments will be part of the afternoon. To make your reservation, call the Health and Wellness Center at 1.541.672.8533 or 1.800.935.2649 by the end of the day on March 4.





# Tobacco Use was Topic at January 25 Ice Cream Social

Tobacco prevention among Cow Creek youth was the focus of the ice cream social, sponsored by the JOM Parent Committee, held on Saturday, Jan. 25, at the Cow Creek Government Office. Booths with information on the health effects of tobacco use, the power of the media's message in luring teens into the smoking and chewing of tobacco, and the traditional uses of tobacco were in place at the social. Joe Law and Stephanie Craig from the Northwest Portland Area Indian Health Board spoke with youth and parents about the techniques media uses to target teens into tobacco acceptance. Andrea Davis, Cow Creek Community Health Representative (CHR) provided health information. Louis LaChance talked with youth and parents about traditional uses of tobacco.

At the conclusion of the social, a newly designed sweatshirt was passed out to participants.



## 2003 Needs Assessment Survey

The Cow Creek Band of Umpqua Tribe of Indians is conducting a needs assessment survey through interviews and mailings to all Cow Creek Tribal members in February, March, and early April. A needs assessment survey often provides the information that results in federal or state funding that might not otherwise come to the Tribe. The assessment survey provides information that can be compiled for grant writing, program planning and development, as well as the updating of Tribal goals. Information from earlier needs assessments have provided information that have allowed the Tribe to expand services. Nesika Health Group and the Over-the-Counter-Program are just two examples of such expansions.

Rhonda Malone and Mike Nolte from the Cow Creek Tribal Office will be conducting the assessment and contacting Tribal members within the seven county service area within the next few weeks. All Tribal households outside of the service area will receive the assessments through the mail.

In order to assure confidentiality, the Tribe has contracted with an independent data collection agency to tabulate all information. Tribal members who reside out of the service area will send their completed needs assessment surveys

directly to that independent agency. Tribal members within the seven county service area will have their surveys collected by the Survey Team who will then turn the material, unopened, over to the independent agency. In order to assure complete anonymity, no names or numbers will be attached to the assessments.

*The schedule for the needs assessment survey visits are listed below:*

Feb. 4 and 5 — Josephine County  
Feb. 11 and 12 — Jackson County  
Feb. 18 and 19 — Glendale/Azalea, Canyonville/Tiller  
Feb. 25 and 26 — Deschutes County  
March 4 and 5 — Myrtle Creek and Riddle Area  
March 11 — Sutherlin, Oakland, Drain Area, Glide Area  
March 12 — Winston, and Camas Valley Area  
March 18 and 19 — Roseburg Area  
March 25 and 26 — Douglas County  
April 1 — Coos County  
April 2 — Lane County

Should you have questions about completing the needs assessment survey, please contact Rhonda Malone at 1.800.929.8229 or 1.541.672.9405 or Mike Nolte at 1.800.935.2649 or 1.541.672.8533.

## EDUCATION NEWS

### HIGHER EDUCATION INFORMATION

Cow Creek Tribal members who are considering advanced education should remember the following:

- 1.) For Tribal members who are considering getting a bachelor's degree, remember the maximum number of quarters that the Cow Creek Higher Education Program will support is fifteen. The maximum number of semesters the program will support is ten. Graduate programs are considered on a case-by-case basis. Potential graduate students are required to apply with the American Indian Graduate Center before applying to the Cow Creek Higher Education Program.
- 2.) Planning for your career goals is important. Advanced education is a commitment of time and money. At the conclusion of several years of study, it's important to have a degree and skill set that complement your career goals. The Cow Creek Higher Education Program is designed to support students in achieving their career goals, particularly in the attainment of a bachelor's degree. Subsequently, if an advanced degree is necessary in order for a student to reach his career goals, funding for a masters or doctorate program are considered.

For assistance, please call Kelly Strickler at 1.541.672.9405 or 1.800.929.8229

## Success Spreads Through County\*

*-Continued from page 1*

In 2002, the total handed out, when added to Wednesday's announcements, is about \$950,000. That can have quite an impact.

In addition to charitable contributions, the tribe has also been supportive of economic development growth efforts.

Douglas County is the grateful recipient of such assistance from the Cow Creek Band of Umpqua Indians who pulled themselves up to become successful and are doing their part to help the county's residents to do the same.

\*REPRINTED WITH PERMISSION FROM JANUARY 24 EDITORIAL FROM NEWS-REVIEW



## New I.D. Cards Available to Tribal Members

All Tribal Members are eligible to receive the new Tribal Identification Card. The card is a plastic, much like a driver's license or credit card (see example above). According to Carol Ferguson at the Cow Creek Government Office, "The new Tribal I.D. card fits easily into the card section of any wallet and is much more durable than the current I.D. card."

Any Tribal Member desiring a new card should contact Carol Ferguson at 1.541.672.9405 or 1.800.929.8229. The new cards are supplied free. Current Tribal I.D. cards will continue to be valid.

## 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**  
**Holiday Motel**  
**Canyon Cubbyholes**  
**K-Bar Ranches**  
**ciMediaGroup / ciPrinting**  
**Cow Creek Gaming Commission**  
**Cow Creek Tribal Government Offices**  
**Cow Creek Health and Wellness Center**  
**Nesika Health Group**

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

www.cowcreek.com



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

**Cow Creek Tribal Government Offices**  
**2371 NE Stephens, Suite 100**  
**Seaside, OR 97138**