



# KIUYUM-ID

*Cow Creek Band of Umpqua Tribe of Indians* Volume 14 Issue 2

**JUNE 2004**

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- Culture Camp—June 25, 26 & 27 at Bare Park.
- POW-WOW —July 16, 17, & 18 at South Umpqua Falls.
- Elders Rogue River Jet Boat Trip—August 21 in Grants Pass.
- Huckleberry Gathering—August 21 at Huckleberry Lake.
- Cow Creek Tribal Family Picnic—Sept 4 at Bare Park.

## Senator Inouye Honored by Warm Springs

The Museum at Warm Springs presented their 2004 TWANAT Award to Senator Daniel K. Inouye on April 9, 2004. Tribes from across the na-



tion, particularly the Northwest and Alaska, gathered at the Portland Hilton to honor the WW II veteran and champion of Indian rights.

Warm Springs Chief, Delvis Heath Sr., performed the opening prayer and blessing for the evening's events. The Master of Ceremonies was the Honorable Victor Atiyeh, former Governor of Oregon (1979-1987).

A video tribute of the Senator's life and career, including his heroic and much admired military service, was viewed by an audience of about 500 people.

Senator Inouye of Hawaii was first elected to the US Senate in 1962 and is currently serving his seventh term.



He has been an extremely important member of the Senate Indian Affairs Committee and has long been recognized for his steadfast support of Native American rights and the importance of upholding and recognizing tribal sovereignty.

Wasco Chief, Nelson Wallulaton, performed a Warrior Ceremony for the Senator.

## TRIBAL BOARD NOMINATION MEETING RESULTS

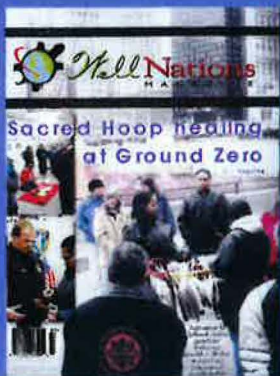
The Cow Creek General Council Meeting was held on May 16, 2004. Nominations for the two positions on the Tribal Board of Directors were accepted. Two tribal members, Sue Shaffer and Dan Courtney, both Board (see *Tribal Nominations Meeting* - pg. 2)

## Well Nations Magazine

Tribal households have been receiving the magazine Well Nations for the past two years. At this time, it has become necessary to have the magazine shipped directly from the publisher to tribal households. The magazine is provided by the Tribe at no cost to the tribal family.

If your family wishes to continue receiving Well Nations, call Lenora at the Tribal Government Office at 1.800.929.8229.

Again, there is no cost to tribal members for this magazine. The Tribal Office encourages tribal members to take advantage of this great magazine.



## Higher Education Program

The deadline for tribal members who are considering attending college in the fall of 2004, and who are interested in applying for a Tribal Higher Education grant, is August 1, 2004. Tribal Higher Education grants are available for two and four year college programs. Tribal members attending a two-year college may receive an annual maximum of \$4500. Tribal members attending a four-year college are allowed an annual maximum of \$6500. Funding amounts are based on the financial aid award letter that the Cow Creek Higher Education Program receives from the Financial Aid Office of the school the student plans on attending.

Any tribal member interested in receiving financial aid must complete a FAFSA.

If this has not been done, it is important the FAFSA form (which takes 4-6 weeks to process) be completed as soon as possible. Every college or university has a different manner of processing financial aid award letters. Tribal members should

check with the college or university they plan on attending in order to assure they will receive a financial award letter by fall.

## Congratulations to Our 2004 Graduates

### Higher Education Graduates

- Jeremy Bochart -Oregon State University, Bachelor's degree in science
- Raymond Greg Picard—Boise State University, Bachelor's degree in communications

### High School Graduates\*

- Brian Emerson—La Center High School
- Amanda Hillis - Phoenix High School
- Aaron Hill - Roseburg High School

**\*If you're a 2004 high school graduate and your name isn't listed above, please submit your name and high school to Kelly La Chance, Education Director.**

## Tribal Nominations Meeting (cont.)

Incumbents, were each nominated to run for another four-year term. There were no other nominations made.

Election Committee Chairperson, Rhonda Malone, says that "while there are no challengers for this year's election, the Tribe must proceed through the process of elections procedures as set forth in the Tribe's Election Ordinance".

Ballot packets, including instructions, will be mailed out to registered voters of

the Tribe from the Siletz Agency no later than July 16, 2004.

If you are a registered voter and do not receive a ballot, you must contact the Government Office at 541.672.9405 or 1.800.929.8229.

Voter registration is closed until August 16, 2004. To register to vote, please call Carol Ferguson after August 16th to request a voter registration card.



## A TRIBUTE TO COW CREEK

### Tribal Veterans and Military Men & Women

With the grand opening of the WWII Memorial in Washington, DC, again many people are moved to pay tribute to the men and women who have made the ultimate sacrifice for our country. Native Americans have played an important and heroic part in all American wars. United States Senator Daniel K. Inouye is often quoted stat-

ing..... "I don't believe that it is generally known that American Indians have fought and died in the service of this country in numbers far greater than their proportion in population." ..... "Indian men and women have served the Nation in every military action in which our country has been involved, and this is a story that should be told."



SSgt. Jessica L. Jackson

Cow Creek Tribal Member, SSgt. Jessica L. Jackson, 26, is enlisted with the Oregon Air National Guard and is stationed at Kingsley Field in Klamath Falls, Oregon, and has had eight years of active service. Jessica is classified as an Associate Health Technician E-5, and has been awarded the Air Force Commendation Medal for outstanding achievement. Jessica has provided excellent medical training to Fighter Wing personnel by rewriting the course material for Self Aid and Buddy Care. Jessica is the daughter of Gary and Roma Jackson of Myrtle Creek, Oregon.



### THANK YOU TRIBAL VETERANS



Louis Gilbeaugh



John Rondeau



George Rondeau



Antoine Pariseau



PFC Steven John Cole

Cow Creek Tribal Member, PFC Steven John Cole began his military career in JROTC in Manteca, CA. Steven performed on the USS Hornet in Alameda, CA where his team placed second for the "Silent Drill". Steven graduated from East Union High School as a Sergeant in May 2003, then enlisted with the United States Marine Corp at the age of 17. He completed boot camp at MCRD San Diego with a rank of Private First Class. He completed Combat Training at Camp Pendleton and is now in Pensacola, Florida. Steven is the son of Rebecca Costella and grandson of John Leroy Kenyon.

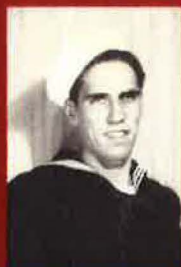
"After all these generations, we are still warriors." - Steven John Cole



# THANK YOU TRIBAL VETERANS



Vernie Lerwill



Wallace Rondeau, Jr.



Damien Crispin



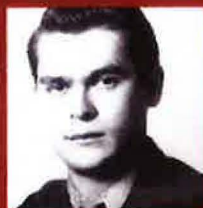
Albert Davis



Harold Bochart



Ellis Buschmann



Delbert Rainville



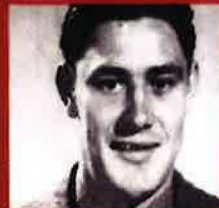
John Denny



Ben Rondeau



Leland Van Norman



Walt Lerwill



James Rainville



Maebelle Rainville



Marvin Lerwill



Robert Van Norman



Dwight Deardorff



Ernie Volkman



Dan Courtney



Dick Volkman



Tim Ron-



Robert Ledford



Albert Fosteer



Sean Rondeau

Cow Creek Tribal Member, PVC2 Nick Bell, 22, is enlisted in the US Army stationed in Baghdad, Iraq where he works security and drives a Bradley Tank. Nick enlisted in the Army National Guard in 2002 and was stationed in Alaska prior to beginning a 12 month tour in Iraq where he serves in the US Army's 1st/161st division under the 81st Brigade. Nick is the son of Tribal member Marci Carroll and the Grandson of Rose and Mike Gosslin.



Tribal members are requested to submit photos of Cow Creek Tribal members who have, or are serving the military. Photos may be sent to the Tribal Government Office or emailed to [mrondreau@cowcreek.com](mailto:mrondreau@cowcreek.com).

## Douglas County Commissioner Critical of Indian Rights and Cow Creeks

In a recent story by the News-Review, entitled the "Changing Face of Cow Creek", (April 12, 2004) Douglas County Commissioner Dan Van Slyke said American Indians should not receive privileges based on race and "I don't believe special interest groups should have special rights."

Unfortunately, what the Commissioner does not understand is that Indian Tribes are constitutionally recognized governments, not "special interest groups" and their privileges are actually **inherent rights**.

Further, in a guest column printed in the April 15, 2004 edition of the News-Review, Commissioner Van Slyke again refers to tribes as "special interest groups." The column was titled "Commissioner Against Tribal Land Swap Plan" and was referring to the Confederated Tribes of Coos, Lower Umpqua and Siuslaw's attempt to acquire 63,000 acres of land from the Siuslaw National Forest. In this column, Van Slyke took the opportunity to express concern over the Cow Creek Band of Umpqua Tribe of Indian's land acquisition program. He states that "This is a trend that is of great concern to me and may have huge implications down the road for our county." He also states that the "small bingo hall has turned into a vast empire of tax-free tribal real estate."

In an unsolicited editorial by the News-Review, Commissioner Van Slyke's comments were rebutted.

The following editorial is printed by permission from the News-Review.

Serving Douglas County, Oregon

# The News-Review

www.newsreview.info

April 19, 2004

## Cow Creeks' worth outweighs their tax breaks

We can't disagree more with the opinions expressed by County Commissioner Dan Van Slyke

in a guest column on this page Thursday where he lamented the Cow Creek Band of Umpqua Tribe of Indians' "...vast empire of tax-free real estate holdings throughout our county."

Unfortunately, his complaining about the Tribe's tax-free status has a ready audience among some who can't imagine another reason why the Tribe has achieved such success.

There are many businesses in the county who have received tax breaks to expand and grow employment. None have been the job machine that the Tribe has been.

In little more time than our Douglas County commissioners boast of helping to create nearly a thousand jobs in the county, the Tribe has created more. More than 1,000 of our neighbors are employed today because of Tribal employment growth. A great many of these hard-working people pay income tax and property tax as a result.

Yes, the county has lost some taxable land, and with it the taxes that were paid upon that land. The same federal laws that provide for autonomous tribal government in many areas of the country are benefiting us here, an area known for its troubled economy and outrageously high jobless numbers.

This year alone, the Cow Creeks gave about \$510,000 to local charities and nonprofit groups. It is a rare month, if any, when the tribe is not either publicly or quietly contributing to the public good, including contributions to local schools, districts and communities. The range of charitable giving is as broad as the depth of the need in Douglas County. Few in need have not in some way been assisted by tribal charity, far be-



## News-Review Editorial (cont.)

yond what was ever agreed to in the compact with the state.

If the tribe had paid that same amount as property taxes they would be in the top five Douglas County property taxpayers in 2003. Their capital investments are the kind our commissioners should be fighting to bring to the county. Besides payroll, the Cow Creek businesses purchase an enormous amount of goods in the county. In addition, other businesses have the opportunity to benefit from the extra visitor traffic the casino draws here.

Tribal leadership has seen opportunities and capitalized on them. They have grown businesses, added employment, given to the community, and provided quality goods and services.

They have done it with the advantages that come from being a federally recognized Tribe - a fact that will not change. While Commissioner Van Slyke and others are unhappy that they have been given a tax advantage, it wasn't many years ago when all surviving American Indians were uprooted and their ancestral lands were taken from them.

The tax advantages they have gotten in recent years do not even come close to tipping the balance compared to what they lost.

We don't expect the Cow Creeks to walk away from their opportunities any faster than their employees should be expected to give up their jobs or the recipients of charitable contributions to hand them over to the county.

The tribe's contributions to Douglas County have thus far outweighed the cost. Many counties in

Oregon would be delighted to have such an employer within their boundaries. Our greater concern should be continuing this mutually beneficial relationship.

*Printed with permission from the News Review.*

## TRIBE'S HELP REQUESTED BY COMMUNITY

As a result of the devastating fires in Southern Oregon during last year's fire season and years of improperly managed forests, thousands of acres of timber were damaged or destroyed. Current policies under the Northwest Timber Plan do not address the process for timely reforestation of fire damaged area. Much of the dead or dying timber is salvageable, however, only minor efforts for reforestation have been made.

In an effort to find solutions to this "lack of process", several community members have organized a grassroots effort to address this issue. Representatives from county government, tribal government, local businesses, the education sector and Chambers of Commerce make up the Communities for Healthy Forests. The mission statement of the organization is "To realize the prompt restoration and recovery of the conifer forest in the aftermath of fire and other catastrophic events, ensuring the presence and vitality of forest lands for future generations."

Recently, Cow Creek Tribal Chairman, Sue Shaffer, was approached by Douglas County Commissioner, Doug Robertson and Javier Goirigolzarri, to travel to Washington, D.C. to educate various key political leaders in both the US House and Senate on the important work.

## Cow Creek's Cheyenne Mellin Continues Racing Career



Tribal member, Cheyenne Mellin, (left) has continued her racing career to become the 2003/2004 Southern Oregon Outlaw Kart 5 Horse Open Class Points Champion. Winning three main events, 4 trophy dashes, Cheyenne has continued to be undefeated at the Winter National Event for 3 years in a row at Douglas County Indoor Track.

Cheyenne recently had the opportunity to attend a National Hot Rod Association Drag Race in Phoenix, Arizona, where she met



many famous professional race car drivers. Cheyenne was congratulated on her win by John Force, 12 Time Top Fuel Champion. (right). She also met Don "The Snake" Prudhomme and Gary Scelzi who are both well known professional race car drivers.



Cheyenne enjoyed hearing the drivers tell stories of how they began their racing careers by racing karts when they were her age.

Pictured at left is Cheyenne and her grandfather/Crew Chief Randy Ferguson following her championship win.

## CHILD CARE HELP AVAILABLE

The Cow Creek Child Care Program currently has openings for child care assistance for 3 additional tribal families. Applicants must 1) reside within the seven county service area 2) be income eligible and 3) the child must be enrolled in the Cow Creek Tribe. For an application or for further information, you may contact Rhonda Malone at 541.672.9405 or by emailing [rmalone@cowcreek.com](mailto:rmalone@cowcreek.com).

## ELDERS TO GATHER AT RODEO

The Cow Creek Tribal Elders outing for September will be the Seven Feathers Fall Classic Rodeo. The rodeo will be held on September 18 & 19, 2004 in the lower parking lot behind Seven Feathers Hotel and Casino Resort. A block of 15 rooms has been reserved, so space is limited. Please call Rhonda Malone to reserve your room and for more information.

## ELDERS PROGRAM—Cow Creek Elders Have a Busy Spring

In March, the Cow Creek Tribal Elders traveled to the Coos Bay Area for the "Honoring Our Elders Day,"



sponsored by the Coquille Tribe and the Coos, Lower Umpqua and Siuslaw Tribe. During this trip, the elders visited Shore Acres Botanical Gardens, Simpsons Reef and Vista

Point on Cape Arago Hwy near Charleston, Oregon.

In May, the Tribal Elders traveled by Northstar Coachways to the Cascade Locks on the Columbia River and had Champagne Brunch on the Stern Wheeler paddle wheel boat. The 2 hour tour was

narrated by the Ship's Captain and focused on area history, as well as wildlife and the Lewis and Clark voyage.



Later in May the Tribal Elders toured the Cow Creek tribal properties. The tour began in Roseburg with a stop for lunch at Bare Park. The day



ended up at the Creekside Development Project in Canyonville, with a tour of the construction site.



www.cowcreek.com

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Roseburg, Oregon 97470

2371 N.E. Stephens, Ste. 200

*Cow Creek Band of Umpqua Tribe of  
Indians & Wellness Center*



## Back Page Story Headline

### TRIBAL IDENTIFICATION CARDS

Tribal Identification Cards are available to all tribal members 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 which you should fill out and sign. Enclose a photo and mail the material back to the Tribal Government Offices for processing.

Properly filled out applications will be processed with the Tribal Chairman's signature and mailed back to you.

### TRIBAL JOBS LINE

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

recorded listing of openings. The Tribal Government Office, Tribal Jobs line is updated on a weekly basis and provides instructions as to where and how to apply.

### ADDRESS UPDATES

Tribal members are encouraged to maintain a current address at the Cow Creek Tribal Government Offices. Those who have minor children who are not living in their

households also should make sure their children's updated addresses are on file with the Tribal Government Offices.

If you know of any Tribal members who have not been receiving correspondence from the

call the toll free number (1-800-929-8229) or write to the Cow Creek Tribal Government Office, 2371 NE Stephens Street, Suite 100, Roseburg, Oregon 97470.

Check out the Cow  
Creek website at  
[cowcreek.com](http://cowcreek.com)





# HEALTH & WELLNESS CENTER NEWS

VOLUME 1, ISSUE 1

SUMMER 2004

## WHAT YOU NEED TO KNOW ABOUT CONTRACT HEALTH SERVICES

### What is Contract Health Services?

Contract Health Services (CHS) is a federally funded program regulated by Indian Health Services. CHS funds are used to supplement and complement other health care resources available to eligible Indian people.

### How is CHS Regulated?

Basic policies and procedures have been set forth by IHS & the Cow Creek Tribe, to establish direction and control of funds available and to ensure an equitable share of funds among eligible tribal members.

### What Are the Regulations?

Federal regulations require that all alternate resources, such as the Oregon Health Plan (OHP) or private insurance benefits, be exhausted prior to CHS payment. CHS is not an insurance company; it is a payer of last resort and cannot be responsible for or authorize payment for anyone eligible for alternate resources.

### How To Know If You Are Eligible.

In order to be eligible for CHS, you must follow these criteria:

1. Be an enrolled member of the Cow Creek Band of Umpqua Tribe of Indians.
2. Reside within the counties of Douglas, Jackson, Josephine, Lane, Deschutes,

Coos or Klamath.

3. Have a current Health Application on file each year for each family member.

4. Utilize all other alternate resources, that you are eligible for to pay for your care (Medicare, Medicaid, private insurance, veterans programs, & state programs).

If you have questions regarding the eligibility of you and/or your family, do not hesitate to call the CHS Representative at (541) 672-8533, or toll free at 800-935-2649.

Staff is available during regular office hours 8:30 a.m. - 5:00 p.m. Monday thru Thursday and Friday 8:30 p.m.—4:00 p.m.

## CLINIC HOURS

Office hours are Monday thru Thursday:

8:00 a.m.—12:00 p.m. &  
1:00 p.m.—5:00 p.m.

Friday:

8:00 a.m.—12:00 p.m. &  
1:00 p.m.—4:00 p.m.

Please call (541) 672-8533 to schedule an appointment with Dr. James Daskalos or Dr. Lois Niska.

## HOW TO USE CONTRACT HEALTH SERVICES

All services must be **pre-authorized** before the appointment. Emergency cases, such as ER visits which constitute a "life or limb" situation, must be reported within 72 hours after the beginning of treatment. Please have the following information readily

available when speaking to the CHS Representative:

- \* Name, address & phone number of provider.
- \* The date & time of appointment.
- \* Reason for seeking medical treatment.

Be ready to update your personal information. This includes insurance, address, phone number, etc.

Please note any support services that may be an outcome of the visit, such as: follow-up care, referrals, labs or x-rays.

### INSIDE THIS ISSUE:

CONTRACT HEALTH SERVICES

HOW TO USE CONTRACT HEALTH SERVICES

OHP INFORMATION

TOBACCO CESSATION CLASSES OF WOMEN'S HEALTH

HEALTHY EATING

## HOW TO USE CHS (CONT. FROM PAGE 1)

At the time of approval you will be given a purchase order number (P.O.) for each doctor appointment. Please write this number down and refer to it when inquiring about the billing. Purchase order numbers will not be issued to the doctor's office, only directly to the patient. Requests for a P.O. may not be left on voice mail. During regular business hours you will be able to speak with a CHS Representative. If the date of your appointment

changes, even if it is rescheduled by the physician's office, you must call the CHS Office to report the change. Purchase orders are needed for every visit. No-Show charges are not paid by CHS.

In some cases, purchase orders will not be issued immediately, as they need to be reviewed by the Resource Management Committee (RMC). The RMC has been established in order to ensure appropriated CHS funds are

adequate and services are warranted. The Committee will review such cases weekly, and consider the following criteria:

1. Care must be within medical priorities (set forth by the Committee).
2. Funds must be available.
3. The patient must be CHS eligible.
4. Emergency cases shall be verified as an emergency situation.

If a person is denied payment for care, the Health Director issues a denial letter to both the patient and the provider. A letter of denial states the reasons for the denial and explains the rights of appeal. A person has 30 days from receipt of this letter to make a written appeal to the CEO for reconsideration. An appeal must contain additional information not previously submitted. If the appeal is upheld an additional appeal be made to the Tribal Board of Directors.

**COME MEET  
THE CCH&WC  
STAFF AT  
POW WOW  
SATURDAY,  
JULY 17, 2004**

### THE OREGON HEALTH PLAN MAY BE FOR YOU

The Oregon Health Plan (OHP) offers health care to its members at little or no cost. The level of coverage (benefit package) you receive is based on your income, age, and physical or mental condition. For example, eligible pregnant women, the disabled, and children under age 19 receive the highest level of coverage. For an OHP application packet, call (1-800-

359-9517).

Call the local Department of Human Services (DHS) for Seniors and People with Disabilities, or the local Area Agency on Aging, for more information about OHP if you are 60 or older, disabled or receive Medicare.

If you are currently covered by OHP, be careful not to allow your coverage to lapse.

It may be difficult for you to re-enroll, or you may be placed on a waiting list, which will result in suspension from CHS.

CCH&WC Staff are also available to assist with completing OHP application packets. Please, call (541) 672-8533 during regular office hours to schedule an appointment.

### TOBACCO CESSATION SUPPORT OFFERED



Tobacco is the second major cause of death in the world. It's never too late to quit tobacco use. Within the first 24 hours of quitting, a smoker's carbon monoxide level can drop to normal, breathing becomes easier and circulation improves. Not only can a smoker help themselves by quitting, but they also help the ones they love, including

their children or partner, that breathes second hand smoke.

Smoking Cessation Support is organized and offered by the Tribe's Community Health Representative. Please call Andrea Davis at (541) 672-8533 ext. 5533 for an appointment or for more information.

A good support system is

essential when attempting to quit smoking. Let Andrea help; it may be the beginning of whole new you!



## NATIONAL WOMEN'S HEALTH AWARENESS

Since 2000, American women have celebrated the extraordinary progress in women's health care during National Women's Health Awareness Week. Although the week is commemorated during the week in May that begins with Mother's Day, the CCH&WC encourages women to acknowledge their health and take simple steps to improve it everyday.

The Clinic Staff want to remind all women to schedule

regular check ups with their physician. Health tests, such as mammograms, that detect disease in early stages, are vital.

The CCH&WC offers information on helping to prevent serious illnesses such as heart disease, diabetes, tobacco related illness, stress and sexually transmitted diseases.

Contact the CCH&WC to get more information on Well Woman Programs offered, or

to schedule a physical exam with a provider today.

Article by Carol Follett, Community Health Nurse.



## HEALTHY EATING PAYS OFF IN A BIG WAY

Summer is a great time for us to stop and think about how well we stack up nutritionally. Scientific research continues to determine that there is a direct relationship between what we eat and our health.

Today, eating well powers us with needed energy, contributes to good looks, and helps us maintain a healthful weight. Eating healthy also helps prevent annoying problems, such as irregularity, which can slow us down.

A lifetime of good eating helps prevent or delay a number of illnesses that can rob us of our zest for life or result in premature death. Poor eating habits contribute to contracting heart disease, cancer, stroke and diabetes—four of the ten leading causes of death in the United States.

The best part of all is that it's easy to eat well. Summer is a great time to start eating lots of grains, vegetables and fruits. These foods supply important nutrients and fiber. When eaten as part of a balanced, low-fat diet, they may very well reduce our risk for heart disease and some types of cancer. We also should eat only lean meats, and limit sweets and added fats such as regular salad dressings, sour cream, cream cheese, margarine, and butter. Start cooking from "scratch" using more unprocessed ingredients, such as whole grain flours and brown rice. We also need to limit or avoid fast foods, and take the time to make healthier food choices when we are eating away from home.

We shouldn't forget the other components of good health; regular exercise, getting

plenty of rest and drinking plenty of water. Improving our health can begin with making small changes and building upon those changes.

We have many factors that influence our health that are beyond our control—getting older, for example, or a family history of a particular disease. But, many factors are well within our control. Among them are whether or not we smoke, how much alcohol we drink, how physically active we are and THE FOODS WE EAT!

Article by Tricia Hedges, Dietician/Diabetes Educator.



### The Fact is...

A mere two percent drop in body water can trigger fuzzy short-term memory trouble with basic math problems and difficulty focusing.

75% of the U.S. population are chronically dehydrated.