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Cow Creek Band of Umpqua Tribe of Indians

The Year 2005 in Review

February 2006

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- Portland IHS Honors Cow Creek Health & Wellness Center for EHR System
- DPP Dinners deemed a great success
- Umpqua and the Rogue National Forests designates 9,461 acres as Huckleberry Patch Special Interest Area
- Funds are increased for Higher Education Tuition and JOM Program
- Family Preservation Programs hosts anger management luncheon
- Cow Creek Health & Wellness Center has Tribal Youth Drug Prevention Workshop on February 25

The year 2005 brought many new opportunities and benefits, as well as political disappointments, at the local, state, and national levels to the Cow Creek Band of Umpqua Tribe of Indians.

The Tribe was able to provide direct benefits and services in excess of \$6 million to the 1,375 Cow Creek tribal members through such programs as the Tribal Distribution Plan, the Nesika Health Group and several others. The Tribe's first housing development project, located in Tri City, Oregon, has been accepting applications from tribal members for the eighteen rental units. The Tribal Employee Development Program, administered through the Umpqua Indian Development Corporations Human Resources Department, has several tribal members enrolled.

During the past year, economic

Tribal Board of Directors to Travel to Washington State

The Tribal Board of Directors will travel to Washington state in March for their yearly informational meetings for tribal members in that area.

The meetings will be held at the following locations:

- Friday, March 3, 2006, in Woodland at the Oak Tree Restaurant at 7:00p.m. in the Columbia Room.
- Saturday, March 4, 2006, in Port Angeles at the Red Lion Hotel at 1:00p.m. in the Juan de Fuca Room.

growth of tribal businesses and the development of critical utilities and infrastructure continued to progress.

Umpqua Indian Foods has increased sales and was prominently marketed in the Roseburg Valley Mall during the holiday season. Efforts continue to attain the Small Business Administration's 8(a) certification for the Tribe to become a minority contractor. The goal for this effort is to obtain government contracts for Umpqua Indian Foods jerky sales to the U.S. military.

Rio Communications continues to build market share, as well as forging ahead with joint ventures with other tribal communication companies, such as the Coquille Tribe's ORCA Communications and the Umatilla Tribe.

Creative Images (C-I Media Group) has been busy developing award winning commercials and also focusing on building market share. C-I Media Group is deeply involved with the grassroots efforts of the Communities for Healthy Forest Initiatives and has produced a mini-documentary on the topic. In addition, considerable print media profiling the devastating fires in recent years in Southern Oregon have been developed.

The Creekside Development Project, consisting of two reservoirs, a sewage treatment (continued on pg. 6)

Important Tribal Events for 2006

Culture Camp-June 23, 24 & 25

POW WOW- July 15, 15 & 16

Huckleberry Gathering- August 12

Tribal Family Picnic- September 2

Indian Health Services Presents Award to Health & Wellness Center

On January 27, 2006, Dr. Cheryl Bittle, Director of the Office of Health Programs at Portland Area IHS, presented a Special Recognition Award to the Cow Creek Health & Wellness Center.

Cow Creek employees who were responsible for the award include: Dr. Lois Niska, Noreen Thompson, Carol Ferguson and Nathan McGlothen.

The award was presented in recognition of the Wellness Center's work on their Electronic Health Record (EHR) System. The Cow Creek Wellness Center made a decision some time ago to change from using paper patient charts to electronic charts.

All patient care records at the Cow Creek Health & Wellness Center have been on the EHR System since November 28, 2005.

The decision to change was motivated by the fact that a paper chart can only be in one place at one time; a paper chart is easily lost, damaged, or misfiled, and a paper, handwritten chart frequently isn't legible. In addition, some patients at the Wellness Center who receive

considerable care have records in several locations at the Center. A single, electronic record centralizes this information. Electronic records provide for more accuracy, safety and efficiency.

The paper medical records will continue to be maintained at the Clinic for as long as a patient receives care at the Cow Creek Health & Wellness Center.



From left to right: Dr. Lois Niska, Roselyn Tso (Planning Officer/EEO Mgr. at PAIHS), Carol Follett (standing in for Noreen Thompson), Dr. Cheryl Bittle (Director of the Office of Health Programs at PAIHS), Carol Ferguson, Nathan McGlothen, and Dr. Sharon Stanphill.

Diabetes Prevention Program Dinners Deemed a Great Success

Three dinners have now been held with members attending from all tribes that comprise the Southern Oregon Diabetes Prevention Consortium. The Southern Oregon Diabetes Prevention Consortium, a group consisting of the Coquille Indian Tribe, the Cow Creek Band of Umpqua Tribe of Indians and the Klamath Tribe, has received a \$2.2 million grant from the Department of Health and Human Services' Indian Health Service to implement a diabetes demonstration project. The goal of the Diabetes Prevention Program (DPP) is to prevent the incidence, through changes in diet and behavior, of type 2 diabetes within the three tribal populations.

Each participating tribe held an informational dinner to help tribal members become informed about Type 2 diabetes and to get volunteers to become part of the DPP. The Coquille Tribe's dinner was held on January 20 at the Mill Casino in Coos Bay; the Cow Creek dinner was held on January 27 at Seven Feathers Resort in Canyonville and the Klamath Tribe's dinner was held in the Blue Building at the Klamath County Fairgrounds on February 10. Each hosted dinner was well attended and had a full program of

motivational speakers.

The goal of getting tribal members to become involved with the DPP was achieved. In mid-March, eight to ten members from each tribe will become involved with the DPP's goal of changing diet and improving exercise levels. Meetings with coaches who will support the volunteers will occur on a weekly basis for the first six months. Then, volunteers will be advised on a monthly basis. Each six month period for the next three years will see eight new volunteers get involved in the DPP. Over a three-year period, almost 150 people will volunteer for the DPP.

At the end of the three years, results will be compiled and sent to the central office at the University of Colorado. Findings will be shared with all populations in the U.S. It is hoped these efforts will help decrease Type 2 diabetes in the general population.

Tribal members interested in volunteering for the DPP Program should contact the Cow Creek Health & Wellness Center at (541) 672-8533 or (800) 935-2649.

Huckleberry Patch Special Interest Area Designated

In January of 2004, staff members from the Umpqua National Forest met with the Cow Creek Band of Umpqua Tribe of Indians to discuss a plan to modify the Rogue and Umpqua National Forest Plans to classify over 9,000 acres of huckleberry patch as "Special Interest Area" (SIA). In January of 2005, the Umpqua National Forest initiated the designation process and became the lead coordinating agency. Public meetings were held in Roseburg on May 3rd, in Medford on May 10th and a field trip to the proposed Huckleberry Patch Special Interest Area on July 9th. Amy Amoroso, the Tribe's Natural Resource Director, participated in the Forest Service Inter-Disciplinary Team, comprised of staff from both the Umpqua and the Rogue National Forests, which worked toward designation.

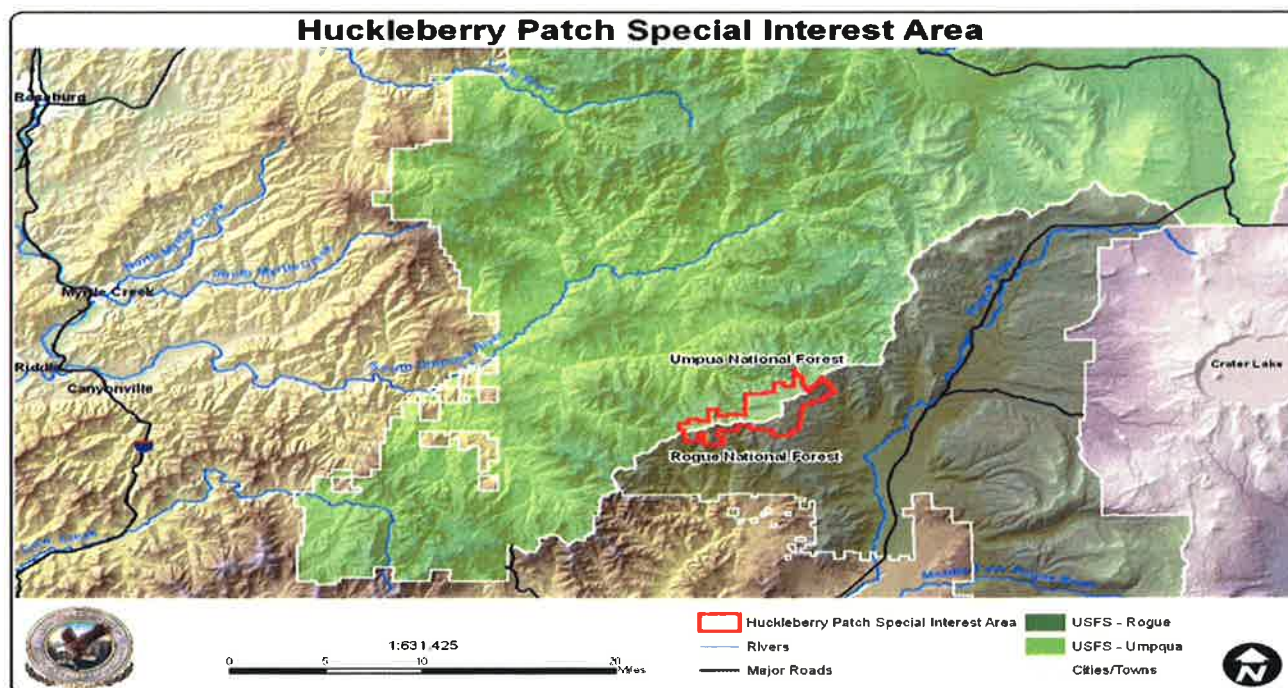
On January 24, 2006, the Supervisors of both the Umpqua and the Rogue National Forests issued their decision, designating 9,461 acres as the Huckleberry Patch Special Interest Area. (See attached map).

The designation recognizes the Huckleberry Patch Special Interest Area as a traditional cultural property of the Cow Creek Band of Umpqua Tribe of Indians. Sue Shaffer, Tribal Chairman, states: *"From time immemorial, the Huckleberry Patch has been a spiritual gathering place. This is the place where traditions, history and what it means to be Cow Creek were passed down from our elders. Families gathered every year from August until*

first frost to harvest and prepare berries, deer, poo-eat-sic and other traditional foods for the year. Today, the Huckleberry Patch continues to provide a place of quiet communion with nature and the Great Spirit; a place where Cow Creek families congregate; and a place for harvesting sustenance. The designation of a Huckleberry Patch Special Interest Area is important to the Cow Creek Tribe, memorializing our continued use of this area and ensuring future generations will experience this spiritual gathering place. This location, huckleberries and more, deserves distinct consideration in both the Rogue and the Umpqua National Forests management plans."

The designation will allow for the Forest Service to propose projects in the future that focus on maintaining and enhancing huckleberries, so that traditional, historic and present day uses may continue. No changes were proposed to the Northwest Forest Plan allocations or their associated standards and guidelines. Current and on-going uses will be maintained under the Special Interest Area designation. The Forest Service would be responsible for proposing, analyzing and implementing future management activities that are compatible with the designation and will consult with the tribe on all future actions.

For more information, contact Amy Amoroso at the Government Offices at (541)677-5575 or (800) 929-8229.





Higher Education Program Increases Tuition Cap Amounts

The Higher Education Program has increased tuition cap amounts for higher education students, and will become effective the 2006 spring quarter/semester. The two year programs have been increased from \$4,500 to \$ 5,000 per academic year, and the four year programs have been increased from \$6,500 to \$7,000 per academic year.

For questions regarding these increases, contact Kelly LaChance, Education Director, at (541)677-5575 or (800) 929-8229.

Higher Education Scholarship Guidelines & Deadlines for 2006

The following documentation/guidelines must be completed prior to the deadlines to qualify for the Higher Education Program:

- Higher Education Application
- Statement of educational goals and plans
- High School Diploma or GED
- College Transcript
- Financial Aid Award
- Be enrolled for twelve or more credits for the current term
- Maintain at least a 2.0 G.P.A.

Higher Education Scholarship Deadlines are as follows:

Spring - March 1, 2006

Summer—June 1, 2006

Fall - August 1, 2006

Winter—December 1, 2006

Completed applications, along with the financial aid award letter, need to be submitted to Kelly LaChance, Education Director, by the required deadline date.

Cow Creek Education Programs Available for Tribal Members

The Cow Creek Tribe has more than six education programs available for Cow Creek tribal members. The programs include Adult Education, Adult Vocational Training, Higher Education, Employment Enhancement, Lifetime Learning, Continuing Education and Distance Education.

Each education program has individual guidelines that determine eligibility.

For more information on these programs, contact Kelly LaChance, Education Director, at (541) 677-5575 or (800) 929-8229.

JOM Program Increases Parental Costs

The Johnson O'Malley Program recently increased the \$75 parental costs to \$100. The eligibility year for the \$100 is from January to December.

On the first Monday of each month, the JOM Parent Committee holds a meeting at the Cow Creek Government Office at 5:30pm. Parents, grandparents and other interested family members who have a Cow Creek tribal child from age 3 through the 12th grade and are interested in educational, and/or cultural activities, may attend.

The JOM Parent Committee has fun-filled activities planned throughout the year. Look for the JOM flyers on these events.

For more information on parental costs, or the JOM Committee, contact Kelly LaChance, Education Director, at (541) 677-5575 or (800) 929-8229.

Department of Energy Offers Summer Internships for Native American Students

The U.S. Department of Energy Tribal Energy Program is offering summer Internships to Native American students who are interested in renewable energy and who are currently college upper-classmen or graduate students. To be considered for the 2006 summer program, applications must be received by February 24, 2006.

For information, eligibility requirements, applications and instructions, see the following websites:

- www.eere.energy.gov/tribalenergy

For information on DOE's Tribal Energy Program:

- www.eere.energy.gov/tribalenergy

To view the new "Guide to Tribal Energy Development":

- www.eere.energy.gov/tribalenergy/guide

For questions or information, contact Sandra K. Begay-Campbell, Sandia National Laboratories, at (505) 844-5418 or skbegay@sandia.gov.

Harvard University Announces Free Tuition

Harvard University is offering free tuition for undergraduate students who are honor students graduating from high school and have a family income of less than \$40,000 per year. Undergraduate students from low-income families can attend Harvard University free of charge, with no tuition or student loans.

For more information about Harvard's free tuition for low-income families, contact the Financial Aid Office at (617) 495-1581 or visit Harvard University's Financial Aid website at: www.fao.fas.harvard.edu.

Family Preservation Program Hosts Luncheon

The Family Preservation Program will present a free informational luncheon on Saturday, March 18, 2006, from 10-2 in the Huckleberry Room at Seven Feathers Hotel and Casino Resort for Cow Creek tribal families.

The program will be presented by Victor Fejeran and will discuss how anger can affect our bodies, minds and behavior.

Spaces are limited and are being filled quickly. For more information, or to reserve a space, contact Rhonda Malone at the Cow Creek Government Office, (541) 677-5575 or (800) 929-8229.

Employment Options for Tribal Members

Cow Creek tribal members wishing to explore options for employment with the Tribe are invited to meet with Buffy Gillespie from Seven Feathers Hotel and Casino Resort Human Resources Department. Buffy will be at the Cow Creek Tribal Office in Roseburg the first Wednesday of each month from 3:00pm till 5:00pm.

Cow Creek tribal members interested in meeting with Buffy may contact Rhonda Malone at (541) 677-5575 or (800) 929-8229 to schedule an appointment.

Year 2005 Review Continued.....

lagoon and a one million gallon water tank are all progressing per construction schedule. This project is critical to the expansion of future tribal businesses and will provide the infrastructure for further economic diversification and tribal self-reliance. As would be expected, work has slowed somewhat for the winter season.

The Creekside Project is probably one of the largest projects of its kind in the Pacific Northwest and it has received national attention. Visitors have included Oregon Senator Ron Wyden, Congressman Patrick Kennedy, Oregon Congressman Peter DeFazio and former Oregon Congresswoman Elizabeth Furse.

During the last flood, when the City of Canyonville was unable to supply enough water for Canyonville residents and Seven Feathers Resort, the Tribe's water storage tank really proved its worth. City water officials were able to coordinate with tribal Creekside representatives and hook up to the Tribe's million gallon water storage tank to temporarily provide water to Canyonville, as well as to Seven Feathers Resort.

The Tribe's new 195 space RV park is near completion, with an opening scheduled for early summer. There are three bridges crossing Jordan Creek, and two of them are finished. Even the streetlights are in place. Approximately 80% of the paving for the RV park has been completed. The pool is still under construction, with a completion date of late spring. The RV park managers will move onto the property in April and will assist with the operation and final preparations for the grand opening of the park.

Several tribal members and their families have moved in the tribal housing community in Tri City, Oregon. Sixteen of the eighteen homes are completed. The remaining two will be done late spring. All homes in the development have three bedrooms, two baths and two car garages. Twelve homes are already occupied and two more will be soon.

The Tribe honored all veterans again on the Fourth of July, 2005. Local U.S. veterans were invited to an evening of entertainment and dinner at Seven Feathers. This event highlights the Tribe's commitment to our community and how we support veterans. Veterans of all U.S. wars and conflicts are welcome and look forward to this annual event.

Politically, this past year could have been kinder to Native America. On the national level, some Tribes have used poor judgment regarding their lobbying activities in Washing-

ton, D.C. These mistakes hurt all tribes. In Oregon, we now face the potential of an "off reservation" Indian casino near Portland. This potential brings even more negative attention to the already difficult process of "land-into-trust." As an example, the attention has spurred two businessmen from Lake Oswego to attempt to place a statewide ballot measure allowing them to open an exclusive private casino in Portland.

On the local level, two of Douglas County's commissioners have posed difficulties for the Cow Creek Tribe. For some time, there has been a movement by Commissioners' Dan Van Slyke and Marilyn Kittelman to gather support against the Tribe because of the "land-into trust" issue. With the county budget at risk, Van Slyke and Kittelman are exploiting the tax-exempt status of the Tribe and blaming the removal of tribal lands from the tax rolls as the reason for budget difficulties.

A report from the highly respected company analysis firm, ECONorthwest, was submitted to the Tribe on November 18, 2005. The report was very positive and indicated the overall payroll for Douglas County would have been \$40 million less if the Tribe were not active in the county.

Another area of tribal involvement has been the methamphetamine problem that is damaging lives within tribal communities as well as those in the community in general. Recently, the Tribe has hosted a series of meetings bringing together community leaders and professionals with the goal of addressing the devastating effects of meth use.

A program that was developed in Marion County was presented to the tribal working group on meth. This program dealt with prevention, law enforcement and treatment related to meth addiction and its devastating effects. Another result of the working group's efforts is an upcoming presentation by Marion County Judge Pamela Abernathy on the afternoon of February 28. There will also be an evening seminar by Dr. Jack Stump on February 28, 2006, at 7 p.m., at Roseburg High School.

An area of focus for 2006 for all tribes is the constitutional right of taking land into tribal ownership/trust. Cow Creek will continue to aggressively pursue trust status for tribal land purchases and will watch legislation that endangers tribal sovereignty and the "land-into-trust" process. These are very precarious times in Indian Country. They bear close scrutiny.

Cow Creek Health & Wellness Center Business Hours

Monday	8 a.m.— noon 1 p.m.— 5 p.m.
Tuesday	8 a.m.— noon 2 p.m.— 5 p.m.
Wednesday & Thursday	8 a.m.— noon 1 p.m.— 5 p.m.
Friday	8 a.m.— noon 1 p.m.— 4 p.m.

Call (541) 672-8533 or (800) 935-2649 to schedule an appointment.

Health & Wellness Center Hosts Tribal Youth Drug Prevention

Cow Creek Health and Wellness Center will present a Tribal Youth Drug Prevention Workshop on Saturday, February 25, in the Board Room at the Cow Creek Government Office.

Identification kits with visual samples of drugs and the different ways that they are abused, will be presented by Lee Van-Beuzekom, L.M.F.T., and Andrea Davis, C.H.R. The program is designed to educate youth and their families about the negative effects of alcohol, tobacco and other drugs.

The workshop includes a story, presentations and a video. Lunch from Subway will be served from 12:00 to 12:30.

For more information, please contact the Cow Creek Health and Wellness Center at (541) 677-5508 or (800) 935-2649.



Low-Income Homes Available for Rent in Tri-City

The Cow Creek Housing Program is accepting applications for the Tribe's new low-income rental homes located in Tri-City, Oregon. This program is federally funded through the Housing and Urban Development (HUD), Indian Housing Block Grant and is administered by the Tribe.

The program assists eligible tribal members currently living in or are willing to relocate to the seven county service area with low-income rental units. Priority is given to families with the greatest need in relation to income, disabilities, family size, age, etc.

These homes have been designated as smoke-free in an ongoing effort to reduce the effects of second-hand smoke.

To apply for a rental, contact Carol Ferguson, Housing Director, at the Cow Creek Government Office at (541) 677-5575 or (800) 929-8229.

Firewood Available to Tribal Families

The Cow Creek Tribe offers it's members the opportunity to purchase a maximum of four cords of firewood per tribal household every year.

Tribal members pay \$50.00 per cord, and payment must be made prior to removing firewood from the site. Elders may receive one free cord per year. Members are responsible for loading and unloading the firewood.

Supplies are limited and are on a first come, first served basis.



For additional information or to schedule an appointment, contact Rhonda Malone, at (541) 677-5575 or (800) 929-

2371 N.E. Stephens, Ste. 100
Roseburg, Oregon 97470



IMPORTANT NOTICES

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 Tribal 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 hear a pre-

recorded listing of openings. The 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 Tribal Government Office, please recommend that they 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.

Reminder:

**All Johnson O'Malley
functions are smoke free.**

