



Cow Creek Band of Umpqua Tribe of Indians

February 2007

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- February 18-24 is The Great American Spit Out & Threw with Chew Week. It is a chance to decrease the use of spit tobacco and increase the awareness of its harmful affects.
- The Diabetes Prevention Program is currently in the process of looking for people interested in signing up.
- This month's artifact is an elk horn purse that was used by men.

Tribal General Council Meetings Set for 2007

Tribal General Council Meetings for 2007 have been scheduled as follows:

- February 11, 2007
- May 20, 2007 *
- August 12, 2007 **
- November 11, 2007

*Nominations Meeting**

*Annual Election Meeting ***

All General Council Meetings will be held at 10:00 a.m. at the Cow Creek Tribal

Government Offices located at 2371 N.E. Stephens Street, Roseburg, Oregon.

The procedures for the nominations are as follows:

- Each person may nominate one individual for the election. When nominations are closed, no other nominations will be accepted.
- Any registered voter of the Tribe present at the May meeting each year may nominate.

(see nominations page 5)

Volunteer Campground Stewards Needed on Tiller Ranger District

Two campground stewards are needed at the Threehorn and Devil's Flat campgrounds on the Tiller Ranger District from May 15 through September 15. This new volunteer opportunity is similar to being a campground host but without the need to stay at the campground overnight.

The volunteer positions are responsible for providing basic campground service at the site once a week. For the Devil's Flat Campground, this includes trail patrol, cleaning the restroom, litter pickup, cleaning out fireplaces, emptying garbage containers, and transporting garbage to a designated location. The steward is responsible for some vegetation maintenance, including brushing and grass trimming at both the campground and Guard Station, as needed. The steward position for the Threehorn Campground includes cleaning the restroom, litter pickup, cleaning out fireplaces, emptying garbage containers, and transporting garbage to the Tiller Ranger Station. The steward is also responsible for some vegetation maintenance, including brushing and grass trimming, as needed.

The Devil's Flat Campground is located 18 miles east of Azalea on County Road 36 and about 10 miles east of Galesville Reservoir. The site includes three campsites with picnic tables and fireplaces, accessible vault toilet, two short loop trails, and a historic cabin and barn.

The Threehorn Campground is located 13 miles south of Tiller and 38 miles southeast of Canyonville on County Road 1; it's also 15 miles north of Shady Cove on State Highway 227, which becomes County Road 1. The site has five campsites with picnic tables and fireplaces and an accessible vault toilet.

Each campground steward will be reimbursed roundtrip for mileage from their residence. The reimbursement rate is negotiated on a case-by-case basis. Cleaning supplies and equipment will be provided by the Forest Service.

For more information, contact Lori Depew at the Tiller Ranger District at 825-3201 or ldepew@fs.fed.us.



Announcements

Nesika uses Kroger Prescription Plan (KPP) to Administer Pharmacy Benefits.

KPP selected a new claims technology provider, SXC Healthcare Solutions, to manage their prescription claims. This change became effective on January 1, 2007. However, this transition was not uneventful and many members encountered problems. Some examples of problems included:

- Members dropped from the system
- Members informed they no longer had pharmacy benefits
- Members being told their prescriptions were not covered by the plan.
- Changes in co-pays

Nesika is continuing to work very closely with KPP to ensure that eligible members are in the system correctly and that all medications covered have the proper co-pay attached.

No changes were made to the pharmacy benefits in 2007.

All members have been changed from using their social security numbers to a unique identification number. New cards will be issued once the problems are straightened out.

DRUG FACTS



The Tribe's new Alcohol and Drug counselor, Mark MacDonald, will be placing "DRUG FACTS" in the newsletter monthly.

Taking **prescription drugs** without a doctor's approval and supervision can be a dangerous, even deadly decision.

Due to the internet, **prescription drug abuse** is increasing faster than most people realize. The latest data

shows that **prescription drug abuse** is growing faster than any of the drugs abused in the United States.

For more information, or to set up a confidential meeting, contact Mark MacDonald, Alcohol & Drug Counselor for the Cow Creek Health & Wellness Center, at 672-8533 or 800-935-2649.

Bullying Reaches to New National Proportion Problem Levels

Are you tired of seeing and hearing about others being **bullied**?

As part of the National Education Association (NEA) Bullying Awareness Campaign, on Saturday, March 10th, a class will be held from 10-2 at the Seven Feathers Hotel and Casino for any Tribal Family/ Individuals that want to learn more about **what you can do** to help eliminate this growing epidemic.

Students who are the targets of repeated bullying behavior can, and often do, experience extreme fear and stress such as:

- Fear of going to school
- Fear of using the bathroom
- Fear of the bus ride to and from school
- Physical symptoms of illness
- Diminished ability to learn

Lunch will be provided. For more information or to sign up for the class, please contact Rhonda Malone no later than March 6th, at 677-5513 or 800-929-8229.



The Great American Spit Out & Threw with Chew Week

February 18-24 is The Great American Spit Out & Threw with Chew Week. It is a chance to decrease the use of spit tobacco and increase the awareness of its harmful affects. The Great American Spit Out is marked every year by activities that educate about the health risks associated with using spit tobacco.

Many believe chewing tobacco is a safe alternative to smoking cigarettes. It isn't! Spit tobacco (also know as chew, shredded tobacco or snuff) , contains cancer-causing agents and can significantly increase the risk of mouth cancer, which is very painful and difficult to treat. It also results in other mouth, gum and tooth disease. Most spit tobacco contains the same amount of nicotine found in cigarettes.

The campaign was inspired by a high school student from Oklahoma who chose to use spit tobacco over smoking because he thought it was safer. He developed oral cancer and had part of his tongue and jaw bone removed. He died at the age of 19.

For information about quitting spit tobacco or cigarettes, call Cow Creek Health & Wellness Center at 672-8533 or Oregon's tobacco quit line at 877-270- STOP (7867).



The Education Department offers many education opportunities for adult Tribal learners. For more information on the listed programs, contact the Education Director, Kelly LaChance at 800-929-6229 or 677-5575 or klachance@cowcreek.com.

Upcoming Events

Saturday, March 24th— An Elder's Luncheon will be held from 11-2 at Seven Feathers Hotel & Casino Resort. To make reservations, please contact Rhonda Malone at 677-5575 or 800-929-8229.

American Indian Graduate Scholarship

The American Indian Graduate Center (AIGC) announces the availability of graduate fellowships for 2007-2008. Applicants must be pursuing a master's or doctoral degree as a full-time student at an accredited graduate school in the United States. Students need to demonstrate a financial need and be an enrolled member of a federally recognized American Indian Tribe or Alaskan Native group, or possess one fourth degree federally recognized Indian blood. The deadline for applications is June 1, 2007. Applications can be down loaded at www.aigcs.org or contact the AIGC at 505-881-4584.

Indian Health Service Scholarship

The Indian Health Service (IHS) Scholarship packets for 2007-2008 are available. Students interested in health related preparatory and professional academic programs are eligible to apply. A complete listing of priority programs funded is listed with the packet information. Applications must be postmarked on or by February 28th.

Adult Education Program is available for Cow Creek Tribal members who live within the 7-county service area. The Adult Education Program assistance is intended for employment enhancement classes, GED preparation classes and GED testing fees. Applications need to be submitted two weeks in advance for assistance.

Adult Vocational Training Program (AVT) is available for Cow Creek Tribal members who live within the 7-county service area. The AVT assistance is intended for vocational training programs that will complete within 2 years. Applicants need to file for financial aid and submit applications along with required documentation by the following dates. For fall August 1st, winter December 1st, and spring March 1st.

Continuing and Distance Education Program is available for Cow Creek Tribal members regardless of where they live. The Continuing and Distance Education Program is intended for the completion of a certificate program, 2-year degree, 4-year degree, master's degree or doctoral degree. Students must take 1-7 credits each quarter/semester and be working towards one of the defined degree programs. Applicants need to submit applications along with required documentation one month before the program starts.

Higher Education Program is available for Cow Creek Tribal members regardless of where they live. The Higher Education Program assistance is intended for obtaining a 4-year degree from a college or university and for pursuing a master's degree or doctoral degree program. Applicants need to file for financial aid and submit applications along with required documentation by the following dates. For fall quarter August 1st, winter quarter/spring semester December 1st, spring quarter March 1st, and summer quarter June 1st.

Life Time Learning Program is available for Cow Creek Tribal members regardless of where they live. The Life Time Learning Program encompasses classes approved by the Tribal Board of Directors. Applicants need to submit applications along with required documentation one month before the program starts.

Tribal Education Program is intended for Cow Creek Tribal members who reside outside of the 7-county service area. This is for Tribal members who are interested in taking a vocational training program that will complete within 2 years. Applicants need to file for financial aid and submit applications along with required documentation by the following dates. For fall August 1st, winter December 1st, and spring March 1st.

Tribal Employment Enhancement is available for Cow Creek outside of the 7-county service area. This is for Tribal members to use when they would like to take employment enhancement classes, GED preparation classes and need assistance with GED testing fees. Applications need to be submitted three weeks in advance for assistance.

Tribal Internship Program is available for Cow Creek Tribal members regardless of where they live. This program is for Higher Education students only who are juniors and seniors and have been accepted and/or working in an internship program. Applicants need to submit applications along with the required documentation one month in advance to be considered for funding.

Johnson O'Malley Program – is a federally funded program for Cow Creek Tribal members residing within the 7-county service area. Students must be attending school in order to receive services such as tutoring and assistance with parental costs. The JOM Parent Committee also provides educational, recreational and cultural activities for JOM students in the 7-county service area. Applicants need to submit applications 2 weeks in advance for assistance.

For JOM students that live outside of the 7-county tribal service area they are eligible for parental costs only and are funded from non-federal funds. Applicants need to submit applications 3 weeks in advance for assistance.

JOM "Parental Costs" provides financial assistance to parents for approved expenses up to \$100.00 per student annually (January to December each year) for costs associated with activities, lessons, school fees, etc.

The Education Department also offers education programs for Cow Creek Tribal youth who are 3 years old and attending pre-school through the 12th grade.

New Year's Resolutions, Losing Weight and the Diabetes Prevention Program

Let's face it, losing weight is hard. If you made a New Year's resolution to lose weight and get in better shape, chances are that after a month, that resolution is history, just like it was last year. Once again, you end up feeling guilty and depressed, a failure.

If you are one of those people who can not seem to lose weight on your own, here's the good news- you don't have to! The Diabetes Prevention Program can come to the rescue! It's a great opportunity to lose weight, learn how to eat healthier, and prevent a serious disease all at the same time! Not only will you learn how to make the changes, more importantly you will receive the support and encouragement to help you get on track and stay on track as you move towards a healthier, fitter, and lighter you!

The Diabetes Prevention Program is currently in the process of looking for people interested in signing up. Although the primary goal of the program is to prevent diabetes, losing weight is the number one way that is accomplished. While you are focusing on losing weight by eating healthier and becoming more active, you are also stopping diabetes dead in its tracks!

The classes are available each week either in Roseburg or Canyonville, daytime or evening, depending on what works best for each class. The program is free of charge and all materials and supplies are provided. In addition, there are many other benefits such as vouchers, which allow participants to shop at a local supermarket or using "DPP Bucks", which you earn by coming to class, to "shop" at our own health and fitness "store".

This really is "an offer you can't refuse"...the chance to be slimmer by summer, the opportunity to avoid a devastating disease and the support, supplies and encouragement you need at no cost to you!

For more information about the classes or how to get started, call Bob Dunas, Health Educator for the Cow Creek Health and Wellness Center at 677-5575 or be sure to ask the clinic staff about the program when you come in for a visit.



Recovery the Native American Way

Recovery is far more than just stopping drinking or using. This month, we will review recovery/healing the Native American way. .

Native American's have resisted the devastating effects of alcohol for hundreds of years. Native societies began their struggle against alcohol early in the European arrival on Turtle Island. The words from the tribal leaders go back to the 1600's and 1700's about the great harm that alcohol causes Native people. Close to the year 1800, Handsome Lake, a Seneca from the area that is now known as New York, began to teach about alcohol recovery. Handsome Lake shared his successful story of sobriety and recovery from the effects of alcohol abuse, the Native American way, and is something that all Native Americans should be proud of.

Native American recovery and sobriety began to take shape during the late 1960's and early 1970's. The Native American recovery movement became more visible around 1985 as more Native people, not only attained sobriety, but also worked on their recovery on a regular basis. Early in the sobriety movement, Native people used mainstream

A.A. along with their own cultural traditions to attain sobriety, while others began blending the 12- steps originally compiled by Alcoholics Anonymous. According to many Native Elders, the 12- steps have much in common with traditional Native ways.

Native Americans formed the first recovery support groups nearly 200 years before the founding of A.A. Addiction was an alien disease that was injected into the Native cultures. As early as the mid 1700's, recovery circles began to grow from the Native American religious and cultural movements. To break the cycle of addiction that often accompanies historical oppression and trauma, we need to be open to the ways of the Elders.

Education is the first step in recovery. No one method will work for everyone. This is why our A&D treatment department does not take the "cookie cutter" approach, and is designed to meet individual needs.

For a confidential meeting, call Mark MacDonald, Alcohol & Drug Counselor for the Cow Creek Health & Wellness Center, at 672-8533.

(Parts of this article are from the White Bison Organization)



The North Umpqua Trail

If you are interested in getting outdoors in Douglas County this spring or summer, the North Umpqua Trail is a great option. The North Umpqua Trail provides a place for many recreational pursuits including hiking, horse-back riding, mountain biking, photography, fishing, and sightseeing, along one of the most beautiful rivers found in the Pacific Northwest. The Umpqua National Forest, Roseburg District Bureau of Land Management, Douglas County Park Department, and many dedicated volunteers cooperated to build the trail. Construction started in 1978 and finished in 1996.

Beginning near the town of Glide, the trail runs alongside to the North Umpqua River for most of its 79 miles. Divided into eleven segments, three to sixteen miles in length, the trail heads high into the Cascade Mountains near Maidu Lake and connects with the Pacific Crest National Scenic Trail. Trail segments range from moderate to easy for much of its length. Several side trails lead to waterfalls, fishing holes, campsites, and "outdoor classrooms," where plants and wildlife can be observed.

The higher elevations of the trail have snow during winter months, while the lower segments are clear for most of the year. Check current weather conditions before planning your trip. You can contact the Umpqua National Forest with questions at 672-6601 or pick up a trail guide at any local Forest Service or Bureau of Land Management offices in the Roseburg area. The guide can be viewed online at:

<http://www.fs.fed.us/r6/umpqua/publications/north-umpqua-trail-brochure.pdf>. Copies of the trail guide are also available at the Cow Creek Band of Umpqua Tribe of Indians' Government offices front desk.



A hiker on the Mott section of the North Umpqua Trail.

Tribal Logo Beanies for Sale

The Tribal Logo-ski beanies are going fast! There are only 7 grey and 7 yellow beanies remaining! The Tribal logo is embroidered on the front and in color and are \$12.00 each.

If you are interested in purchasing a beanie, please contact Rhonda Malone or Amy Layfield at the Government Offices-South Program Building at 2371 NE Stephens, Roseburg, Oregon 97470.



Logo Ski Beanie

Nominations Continued from page 1

- ◆ A nomination will only be considered complete when the nominee has accepted the nomination in writing.
- Nomination acceptance forms will be furnished to all nominees represented at the meeting.

For those nominees not present, forms will be mailed to them no later than three days following the Nominations Meeting and must be received in the Tribal Government Office no later than June 10th of each year. Candidate acceptance forms will be placed on the ballot in the order the nominations are received. Ballot packets including instructions, will be mailed out to registered voters of the Tribe from the B.I.A. Siletz Agency no later than July 15, 2007. Tribal members are encouraged to maintain an updated registration card including an updated signature.

Tribal members not registered to vote or members that do not receive a ballot should contact the Government Office at 672-9405 or 800- 929-8229.

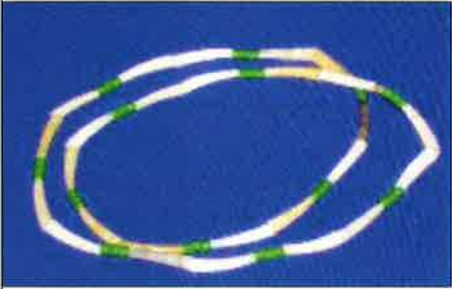
Artifact of the Month

This month's artifact is an elk horn purse that was used by men. Made from a hollowed out elk horn, the purse has a long rectangular door that is held in place with a buck skin thong. The ends are embossed with a sharp tooth design and a lightening design can be seen on either side of the door. The decorations are created by cutting designs into the horn and coloring them with pitch and charcoal paint. Elk horn purses could vary in size and length depending on the owner and how much money he possessed. This particular purse is about 7 inches long and 2 inches wide with a slight taper to one end. The

item was purchased for the Tribe by Louis LaChance.

The beads are an example of the money that would have been kept in an elk horn purse. They are made of a strand of dentalia shells and green whiteheart beads. These were used to purchase many items, including tools and canoes.

This artifact and many others can be seen in the artifact cases at the Tribal Government offices.



Shell Money Beads



Elk Horn Purse

Housing Assistance Available to Tribal Members

Cow Creek Low Income Rental Housing

The Cow Creek Housing Program is continuing to accept applications for the Tribes 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. This program can assist eligible tribal members whom are currently living or are willing to relocate to the seven county service area with low-income rental units. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc. In an ongoing effort to promote a smoke free environment and reduce the risk of second-hand smoke, these homes have been designated as smoke-free homes.

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 must be ineligible for the BIA HIP program.

Indian Health Service Sanitation Assistance

The Indian Health Service Sanitation Program can assist tribal members living with in the seven county service area with sanitation needs such as, installation of septic systems, installations of wells, pressure systems and hook-ups to community services.

BIA Housing Improvement Program (HIP)

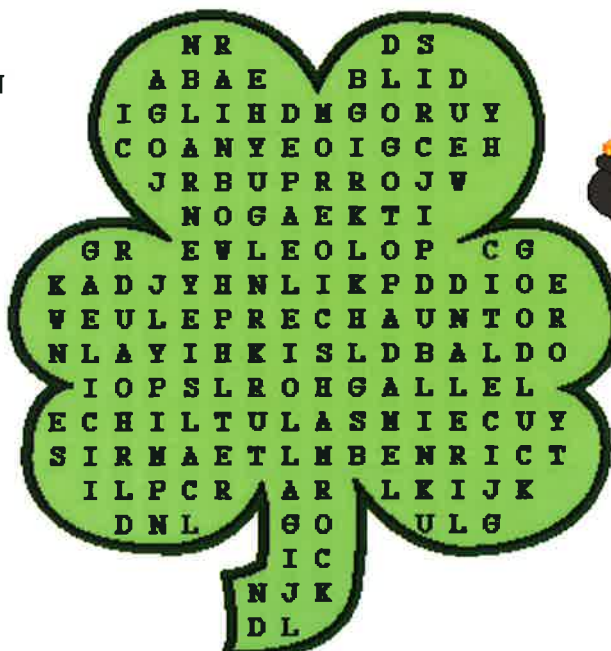
The Housing Improvement program (HIP) is accepting applications for housing assistance. The HIP program is a Bureau of Indians Affairs (BIA) federally funded program contracted and administered by the Tribe. This program can assist eligible tribal members living with in the seven county service area with housing needs such as: repairs, rehabilitation (roof, weatherization, windows, doors, structural repairs, electrical, plumbing, etc.) or replacement housing. Priority is given to families with the greatest needs in relation to income, family size, age, disabilities, etc.

For more information regarding the above programs please contact Carol Ferguson, Housing Director, at 677-5575 or 800-929-8229.



SHAMROCK WORD SEARCH

LEPRECHAUN
 IRELAND
 IRISH
 DUBLIN
 JIG
 RAINBOW
 POTO GOLD
 SHAMROCK
 GOODLUCK
 BLARNEY
 GAELIC
 PATRICK
 GREEN
 CELTIC



Sweet Shamrocks

Ingredients

Canned refrigerator breadstick dough

Colored Sugar

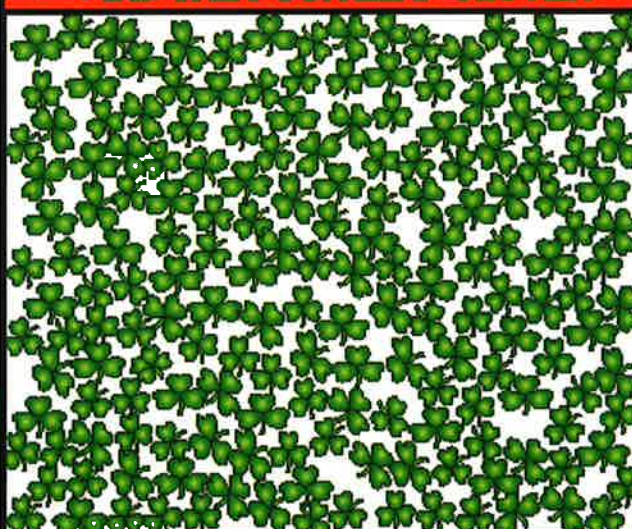
Cinnamon

1. Line a cookie sheet with aluminum foil and lightly coat it with cooking spray.

2. To create the clover shape, mold 3 sections of bread sticks into hearts and press them together as shown. Attach a small stem, decorate, bake according to the package directions and serve them up to your lucky guests.



FIND THE FOUR LEAF CLOVER



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



IMPORANT 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 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 Gov-

ernment 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 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.**

