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Cow Creek Band of Umpqua Tribe of Indians

Tribal Election 2007

August 2007

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- The Eighth Annual Tribal Family Picnic will be held at the K-Bar Ranch Bare Park on Saturday, September 1st..
- Senator Gordon Smith attended a luncheon at the Cow Creek government Offices on Tuesday, August 7th.
- Parents of students need to supply Nesika Health Group with documentation for the children or students that are between the ages of 19 and 23 that are enrolled on your policy.

Cow Creek Tribal Election Committee Chairperson, Rhonda Malone, announced the results of the 2007 Tribal Board of Directors Election at the Annual Election Meeting held on Sunday, August 12, 2007. There were three positions voted on in this year's election. The following individuals were elected to 4 year terms of office:

- ◆ Kelly Rondeau
- ◆ George T. Rondeau
- ◆ Roy "Steve" Jackson

The committee, consisting of Tammy Woodruff, Michael Rondeau, Andrea Davis, Shirley Roane, and Rhonda Malone would like to thank the Cow Creek tribal voters for their participation in this year's election.

30th Annual Cow Creek Pow-wow

The 30th annual Tribal Pow-Wow was held on July 20, 21 & 22 at the South Umpqua Falls. As usual, it was another great success! We had a great attendance with a lot of people attending both the Tribal and Inter-Tribal Pow-wow. The Tribal dinner on Friday saw more than four hundred people enjoying the great salmon and all the wonderful dishes brought by families! Saturday night had a great turn out for dancing, by both participants and spectators alike. The Pow-wow wrapped up on Sunday with a very successful raffle.

This year, two very special guests in attendance were two of the Tribe's three eldest Tribal members. Emily Rose Krantz, at 92 years and Rena May Cox, at 90 years. It was such a great pleasure to see these two wonderful women make the journey to our special celebration.

A **GREAT BIG THANK YOU** to the Tribal Board, Umpqua National Forest Service, Douglas County Sheriff's Office, Seven Feathers Hotel and Casino Resort, UIDC Maintenance, set-up & clean up crews, fry bread crew, fish crew, raffle crew, wood crew, security crew and everyone in between for all of the time and effort put forth!



Tribal Elder Tooter Ansures with his beautiful granddaughters Heather Hansen and Crystal Ansures.

Announcements

Over-the-Counter Claim Deadline

All requests for the Over-the-Counter Program must be received by November 15, 2007. The only exceptions to this date will be for Sonicare toothbrushes, which are available through the Health Clinic, members enrolled after November 15, 2007 and members requesting reimbursement for self-pay. Enrolled tribal members will be able to access the Over-the-Counter program again on January 2, 2008.

For questions, please contact Tamara Robinson, at 672-8533 or (800) 935-2649.

Address Change Deadline for Annual Distribution Checks

Address changes for the annual distribution checks must be received by November 25, 2007.

All Tribal members are encouraged to maintain a current address at the Tribal Government Offices. Tribal members who have minor children who are not living in their household also must make sure their children's updated addresses are on file.

To update your address, call 677-5575 or 800-929-8229.

Education News

School Supply Giveaway

The JOM Committee is sponsoring a school supply giveaway for JOM students on August 23rd & 24th at the Cow Creek Government Office. Parents may come in any time during the hours of 8:30 to 4:00.

JOM "Parental Cost" provides financial assistance to parents for approved expense up to \$100.00 per student annually for costs associated with activities, lessons, school fees, etc. Applications can be downloaded at www.cowcreek.com or call Kelly LaChance at 677-5575.

Education Department Added to Cow Creek Website

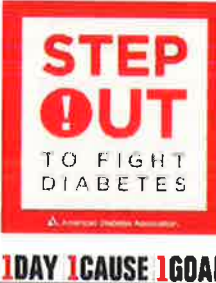
The Cow Creek Band of Umpqua Tribe of Indians has added the Cow Creek Education Programs to its website. Go to www.cowcreek.com for information on available education programs, along with downloadable forms.

Annual Family Picnic September 1st

The Eighth Annual Tribal Family Picnic will be held at the K-Bar Ranch Bare Park on Saturday, September 1st. The Tribal Family Picnic is a special time for all tribal families to get together, visit and have fun.

The picnic starts at 11:00 and lunch is provided. In order to plan for adequate staffing and food, please RSVP by Wednesday, August 29th, at (541)672-9405 or (800)929-8229.

Directions from Roseburg: go south on I-5. Take exit 113 and turn right at the stop sign. Continue for a few feet and you will come to another stop sign at a T intersection. Take a left and proceed .7 miles from the stop sign to the K-Bar Ranch sign. Take a right onto the dirt road by the sign, go over the train tracks and between the barns. Follow the dirt road to Bare Park. If you are heading north on I-5, take exit 113 and take a left at the stop sign. After that, all directions are the same as above.



1 DAY 1 CAUSE 1 GOAL

The American Diabetes Association will have its 7th Annual Step Out to Fight Diabetes Walk in Roseburg on Saturday, October 20th.

The walk will be 1-5 miles long. Check in time is at 9:00 a.m. at Stewart Park Pavilion with

the walk beginning at 10:00 a.m. The route features an abundance of natural beauty along the bike paths that follow the Umpqua River and several city streets of Roseburg.

Family, friends, co-workers and anyone that lives with diabetes is encouraged to participate in this premier walking event to benefit diabetes research.

The Cow Creek Band of Umpqua Indians is proud to be a sponsor in the Step Out to Fight Diabetes Walk. To sign up for this event and join our team, please contact Tricia Hedges, at 677-5575 or (800)935-2649.

Drug Facts

GHB

GHB (gamma hydroxybutyrate) is a depressant that is a clear liquid and looks like water. It can be mistaken for water because it is usually found in a small, clear plastic bottle. It is also found as a white powder, although it's not as common. Initially used by body builders to stimulate muscle growth, it has become popular as a recreational drug among club kids and partygoers

GHB is usually tasteless and odorless. GHB has been involved in poisonings, overdoses, date rapes, and deaths. Coma and seizures can occur following use of GHB. Combining with other drugs such as alcohol can result in nausea and breathing difficulties.

For more information call Mark, Alcohol & Drug Counselor, at (541)672-8533. Consultations, interventions and treatment is free for all Tribal members and their families.



Upcoming Events

Thursday & Friday, August 23rd & 24th-

The JOM Committee will be giving away school supplies at the Cow Creek Government Office. Parents may come in any time during the hours of 8:30 to 4:00.

Saturday, Sept 1st-

The Eighth Annual Tribal Family Picnic starts at 11:00 and will be held at the K-Bar Ranch's Bare Park.

Lunch will be provided. In order to plan for adequate staffing and food, call the Cow Creek Government at 677-5575 or (800)929-8229 to RSVP by Wednesday, August 29th.

Friday-Saturday, September 7th & 8th -

The Elder's Gold Beach Mailboat Trip will leave on Friday and return on Saturday.

For more information or to reserve a space, please call Rhonda Malone by September 5th at 677-5575 or (800)929-8229.

Senator Gordon Smith Attends Luncheon at Government Office

On Tuesday, August 7th, Senator Gordon Smith attended a luncheon at the Cow Creek Band of Umpqua Indians government offices with approximately 100 attendees.

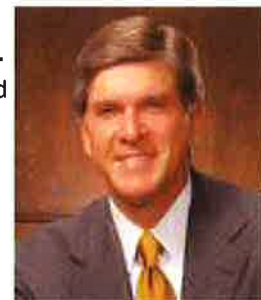
Smith spoke about the war in Iraq, domestic health issues and the Safety Net funding to include the reauthorization of the one year. He also said that Congress has support for the program to be reauthorized for four years, although there are a lot of stipulations.

Cow Creek Tribal Chair Sue Shaffer introduced Smith.

"I am very proud of both our Senators Ron Wyden and Gordon Smith for reaching across the political aisle

and grabbing hold of each other and working together and doing what is best for Oregon," said Shaffer.

Smith is part of the federal committee on Indian affairs and said he is pleased to be a part of that committee. He said that he was very proud of the fact that all nine of the recognized Native American tribes in Oregon wanted him on the committee and that we needed to take care of the true Native Americans.



Senator Gordon Smith

POW-WOW



Left: Terri Hansen dances with Dale Ansures

Right: Salmon waits to be cooked at the 30th Annual Cow Creek Pow-wow at South Umpqua Falls.



The Annual Huckleberry Picnic was held on August 11th near the Rogue/Umpqua Divide and was attended by several tribal families.

Below left: Brooke and Tyrel Hoodie share huckleberries with their new friend Mya Malone.

Below right: Elila O'Dell and Stacy Dompier.

Huckleberry Patch



Contract Health News

Generic Prescription Plan

Did you know many prescription drugs can be purchased at a huge savings to you?

Wal-Mart and K-Mart both offer similar Generic Prescription Plans.

If you have any questions call Elizabeth at Contract Health (541) 672-8533 option 1.



Wal-Mart

Wal-Mart offers a 30 day supply for \$4.00 on select Generics

Wal-Mart has the generic list on line at Wal-Mart \$4

Savings:

Example:

| | |
|---|---------|
| Metformin x 3 mo at your local pharmacy | \$90.00 |
| Insurance pays | \$70.00 |
| Your co- pay is: | \$20.00 |

Wal-Mart Generic Plan

| | |
|--------------------------------|---------|
| Metformin x 3 mo \$4 per month | \$12.00 |
| Insurance pays; | \$0 |
| You Pay | \$12.00 |



CHS Eligible will reimburse your \$12.00

K-mart

K-Mart offers a 90 day supply for \$15.00 on select Generics

K-Mart has a list of Generics at the pharmacy

K-MART Plan is comparable except it is \$15/prescription x 3

If you are eligible for Contract Health, the \$12.00 can be reimbursed by submitting the receipt from the pharmacy, showing the patient name, date, drug name and amount paid to the CHS office.

Cow Creek Band of Umpqua Tribe of Indians Tribal Member Contractors List

| <u>Company</u> | <u>Phone #</u> | <u>Experience</u> | <u>Specialization</u> |
|---------------------------|----------------|-------------------|----------------------------------|
| Bet'r Built Homes | (541)672-0136 | 19 yrs | Home Builder/Contractor |
| BOULDERS Rock Landscapes | (541)496-3570 | 2+ | Water Feature and Landscaping |
| Caldwell Construction Co. | (541)673-4341 | 23 yrs | Contractor/Concrete Homes |
| Gardening Angel | (541)496-3570 | 5+ | Outdoor Décor |
| Goslin Trucking | (541)457-4178 | | Trucking Company/Long Haul |
| Jackson Bros. Corp. | (541)825-3831 | 23 yrs | Logging Equipment Operator |
| Jerry A. Ledford | (541)672-3277 | | Excavation/Culverts/Site Prep |
| Timber Wolf Logging | (541)496-0521 | 10 yrs | CAT, Backhoe, Dump truck, Septic |

Tribal members that own a contracting business may call the main office at 672-9405 to have their name and business added to the contractors list.

Nesika Enrollment Information for Students

Parents of students need to supply Nesika Health Group with documentation for the children or students that are between the ages of 19 and 23 that are enrolled on your policy. Students from the age of 19 to 23 can remain on Nesika Health Group as long as they meet the following requirements:

- ◆ An unmarried student age of 19 but less than 23, if such child meets the requirements of a dependent, and is in full-time school attendance at a qualified educational institution.
- ◆ Full time school attendance means 12 hours or more per semester except for a proprietary school. In a proprietary school, "full-time school attendance" shall mean a minimum of 25 hours of classroom attendance per week on a five-day schedule.
- ◆ Documentation from the school stating that the children/students are enrolled full-time and showing the credit hours in attendance.
- ◆ Cessation of full-time school attendance shall terminate dependent status with respect to the student.

If Nesika does not receive this documentation in a timely manner, there may be a delay in paying claims, denial of claims, or the student may be terminated from the plan.

For more information contact Nesika Health Group at 677-5508 or (800) 284-9917.

Facts About Diabetes

There are about 21 million diabetics in the U.S. and approximately 56 million pre-diabetics. Pre-diabetics are people with elevated blood sugars who will most likely develop diabetes in the future without some form of intervention.

More than 1,500,000 new cases of Type 2 Diabetes are diagnosed each year!

The results of diabetes are severe!

Diabetes is the leading cause of non-traumatic amputations. More than 224 lower limb amputations each day occur in people with diabetes!

More than 20,000 people a year or 60 each day develop blindness as a result of diabetes.

One in three people born in the United States in 2000 are projected to develop Type 2 Diabetes in their lifetime!

The incidence of Type 2 Diabetes in children and adolescents has increased significantly over the past 20 years.

Native Americans are, on average, two to three times as likely to develop diabetes.

Diabetics are two to four times more likely than non-diabetics to suffer a fatal heart attack or stroke.

At least one third (7 million) of the people with diabetes do not know that they are diabetic.

Many more of the 56 million pre-diabetics are unaware that they are on their way to developing full blown diabetes or that it is preventable.

Here's the good news!

Lifestyle changes (eating healthy, getting a moderate amount of exercise) are much more effective than medication in the prevention of diabetes.

The Cow Creek Health and Wellness Center has a program in place specifically to help Cow Creek tribal members and other Native Americans prevent diabetes.

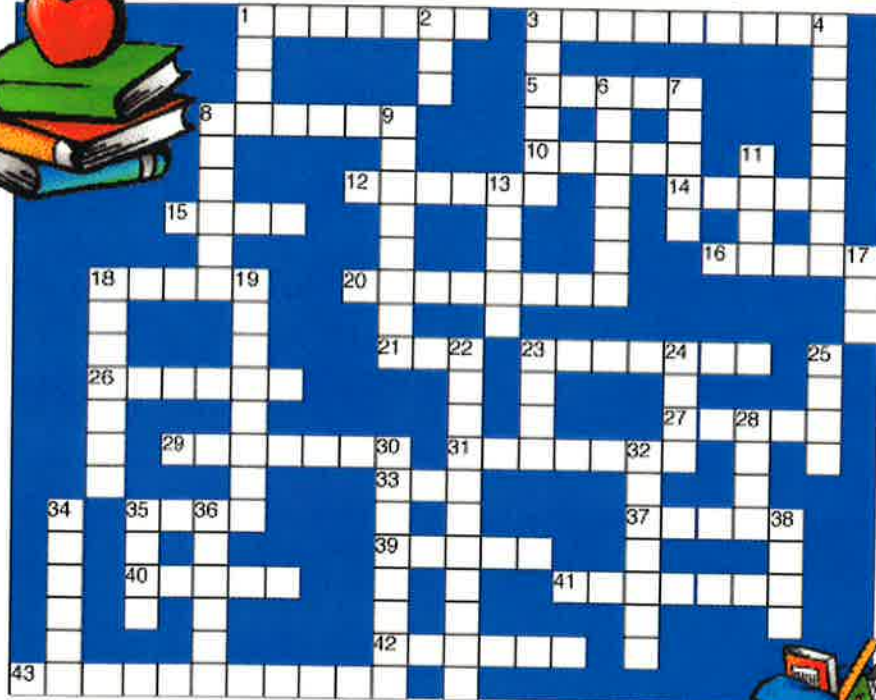
The program is free and includes screening to see if you are pre-diabetic, classes, materials (notebooks, pedometers, scales, etc.) and other benefits.

You will have your own coach/personal trainer to support, encourage and train you as you make the lifestyle changes necessary to prevent this devastating disease.

For more information on the classes or to be screened to find out if you are pre-diabetic, please contact Bob Dunas, Health Educator at the Cow Creek Health and Wellness Center, 677-5575.



Back to School Crossword



Across

- 1 Study of the universe and everything in it
- 3 Your mother might do this at your school
- 5 You spell these
- 8 Long written reports
- 10 Gain knowledge
- 12 Play time
- 14 Estimate
- 15 Short form of September
- 18 You get this from experience
- 19 Opposite of stale
- 20 You do this in math
- 21 Where you play sports in school
- 23 A cafeteria has one of these
- 26 It takes away a mistake
- 27 Same as 10 across
- 29 A long report on a subject
- 31 Subject about the past
- 33 Female sheep

- 35 Chore job
- 37 Book of maps
- 39 Teachers write with this
- 40 You do this before cursive writing
- 41 Cursive _____
- 42 Copy
- 43 Progress report to parents

Down

- 1 Totals
- 2 Small bed
- 3 A,E,I,O,U
- 4 Turnabout
- 6 _____ and writing
- 7 You sing these
- 8 Artists use these
- 9 _____ test, with words
- 11 Computers go on one of these
- 13 Prepare for a test
- 17 Short form of laboratory

- 18. Your playmates
- 19. School work you do at home
- 22. Adding and subtracting, etc.
- 23. Schools are full of these
- 24. The _____ Bible
- 25. A summer month
- 28. Width times length
- 30. Instructors
- 32. She was _____ a book
- 34. The principal's room
- 35. Do this on a keyboard
- 36. A ghost
- 38. Exit _____



Blackberry Milkshake

Ingredients:

- 2 ice cubes
- 1 cup blackberries
- 2 tablespoons sugar
- 4 scoops vanilla ice cream
- 1/2 cup milk



Directions:

1. Crush ice in blender.
2. Add berries and sugar and blend until smooth.
3. Add ice-cream and milk and blend until smooth.
4. Pour into glasses and garnish with blackberry.
5. Serve immediately.



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 Amy Layfield 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 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:

Cow Creek Government Office,
2371 NE Stephens St., Ste 100,
Roseburg, Oregon 97470.

Reminder:

All Johnson O'Malley
functions are smoke free.

