

COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

# KIUYUM-ID

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## Nice Jackets

Cow Creek Band of Umpqua Tribe of Indians jackets are available for sale. There are various colors and sizes to choose from.

For more information or to order, contact Rhonda Malone at 541-677-5575 or 800-929-8229.



## Economic Downturn: A Concern for Tribal Leaders

By Mike Rondeau

**As the national economy continues its turbulent ride with financial bail outs, large retailer bankruptcies and 401 (k)'s and savings accounts plummeting, anxiety among tribal leaders is escalating as commercial, state and tribal gaming operations experience the challenges of a recession.**

**For years, casino's in Las Vegas and Atlantic City had one constant; *when the economy was good profits were good, when the economy was bad -profits were still good.***

However, over the last 15 years, growth in the gaming industry has had an effect. While state lotteries have expanded across the US and Las Vegas casinos grew with tremendous success, Indian gaming operations experienced a dramatic increase as well. In 2006, 225 sovereign tribal governments operated 423 tribal casinos that brought in nearly \$26 billion, cutting into the commercial operations that pulled in another \$36 billion. Increased competition, coupled with the severity of the current recession, has caused the gaming industry, once considered to be "recession proof," to in fact be experiencing a decline.

Tribes throughout the nation continue to struggle with the bad news of the economy and some have been forced to deal with delaying expansion projects, reduced budgets and ultimately layoffs. On the east coast, Connecticut's Foxwoods, one of the largest casinos in the world, and the Mohegan Sun Resorts have scaled back their staffs and expansion plans due to decreased business. In New York, three of the Seneca Indian Nation's Casinos have cut more than 200 jobs.

Regionally, as tribes grapple with the bleak economic news, various cost saving measures have been implemented here in Oregon as well. In North Bend, the Coquille Tribe has experienced layoffs at their Mill Casino. East of the Cascades Mountains, the Klamath Tribe has scrapped their expansion plans for the time being. To the north, Spirit Mountain Casino has seen a sustained dip in revenue for the first time in their 13 years of operation.

(Article continued on page three)



## Boulevard Completed and Named

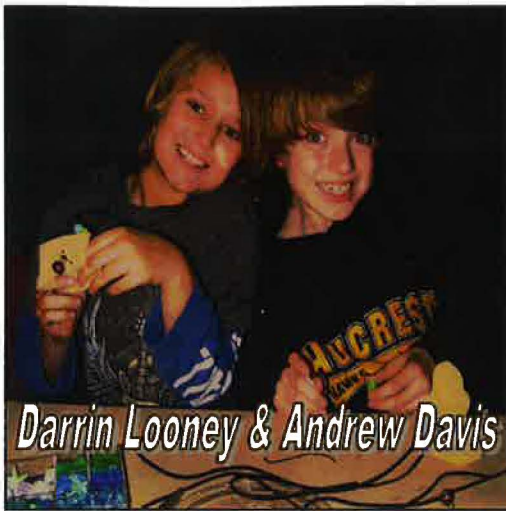


In October, construction crews completed the main entrance into the Creekside Development Project and to the Seven Feathers RV Resort. This new entrance is located at the southbound exit 99 of I-5 and has been given the name "Quintioosa Boulevard."

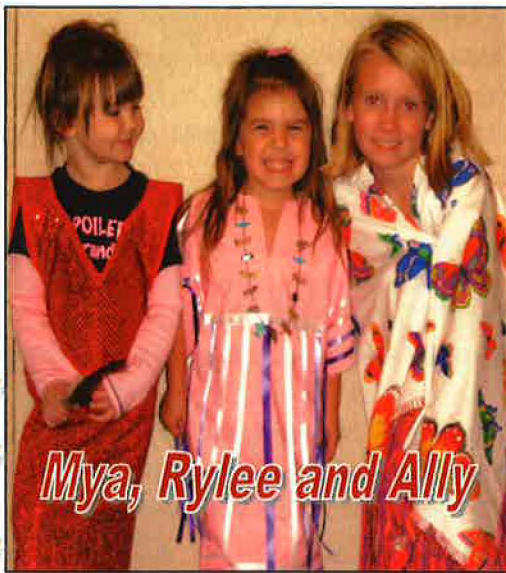
Quintioosa joins other historic Cow Creek leaders including Chief Miwaleta and Wartahoo whose names appear on the tribal road system.



# The JOM Holiday Pow-wow



*Darrin Looney & Andrew Davis*



*Mya, Rylee and Ally*



From left to right: Jay Buschmann, Taylor Rondeau, Brittney Malone, Cougar Buschmann, Jesse Malone, Ally Van Norman, Rylee Ramsey Rondeau, Mya Malone, Luke VanNorman and baby Joseph Malone

The Johnson O'Malley (JOM) Parent Committee hosted a JOM Holiday Pow-wow at the Seven Feathers Convention Center on November 22, 2008. Starting in the afternoon JOM students and parents made Christmas decorations and crafts followed by the mini pow-wow starting at 6:00 pm.

The mini pow-wow hosted three drums: Cow Creek Drum - Little Eagle, Soaring Hawk from Eugene, OR and West Coast Boys from Grand Ronde and Siletz. Bob Tom was the master of ceremonies and did a wonderful job. Thank you to all that attended and supported this event.

(Article continued from cover)

Currently, Seven Feathers Resort has been actively engaged in cost saving efforts to meet the challenge. As of this month, no layoffs have occurred, however, a hiring freeze has been instituted and open positions are not being filled. As the economy continues to worsen, analysts continue to search for cost savings throughout all departments, as marketing efforts are underway to stave off further decline in revenue.



# Health Matters

## Contract Health News

### Precertification

What is precertification?

When a physician orders a procedure, like MRI, CT scan or surgery, your insurance company requires authorization prior to these tests or surgeries. Failure to contact your primary insurance may mean that they will pay at a much lower rate and you may be responsible for a large co-pay. For Example:

Surgery cost is	\$5,000.00
Precertification ins payment	<u>-4,000.00</u> (80%)
Patient responsibility	\$1,000.00
CHS pays with PO# and precert	\$1,000.00 patient balance \$0



Same Surgery not pre certified -	\$5,000.00
insurance pays 80% of ½ of surgery	<u>\$2,000.00</u>
Patient responsibility	\$3,000.00
CHS pays with PO# and no precert	\$500.00 patient balance \$2,500.00

If you have a PO# from Contract Health (CHS) and precertification from the primary insurance, CHS can consider payment for the patient portion.

If you have a PO# and no precertification, CHS would only be able to pay up to the insurance approved amount (50%). So, each and every time you go to the hospital, radiology department, or outpatient surgi-center for a procedure, be sure to ask about pre-authorization by your insurance company. Call 541-677-5575 for any additional questions.

Each day more than three children die as a result of abuse or neglect in the home. On average, a child abuse report is made every ten seconds—a total of approximately three million child abuse reports annually. Childhelp has developed the following child abuse prevention guidelines to help keep your child—or a child you care for—from becoming a statistic.

#### Child Abuse Prevention Guidelines

- Never discipline your child when your anger is out of control.
- Participate in your child's activities and get to know your child's friends.

### Child Abuse Prevention

- Never leave your child unattended, especially in the car.
- Teach your child the difference between "good touches," "bad touches" and "confusing touches."
- Ask questions; for example, when your child tells you he or she doesn't want to be with someone, this could be a red flag.
- Listen to them and believe what they say.
- Be aware of changes in your child's behavior or attitude, and inquire into it.
- Teach your child what to do if you and your child become separated while away from home.
- Teach your child the correct names of his/her private parts.
- Be alert for any talk that reveals premature sexual understanding.
- Pay attention when someone shows greater than normal interest in your child.
- Make certain your child's school or day care center will release him/her only to you or someone you officially designate. To learn more, call the Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD® (1-800-422-4453). The 24-hour hotline is staffed with professional counselors who offer information about child abuse prevention as well as crisis intervention, social service and support resources. Contact Lee VanBeuzekom, LMFT at CCH&WC ~ 672-8533.



# Money Talks

## Christmas on a Budget

Between high grocery prices and consumers' fears of a financial squeeze, many people assert a nice Christmas is out of the picture this year. But I say "not so!" Here are a few ideas to help make Christmas memorable without breaking the bank!

- \* **Go Potluck! You buy the turkey** -- Have everyone else bring the side dishes and drinks. Turkeys in our area are .39/lb this time of year. If you buy just the turkey, it will only cost about \$5-\$10 to feed everyone for a large family gathering.
- \* **Celebrate Christmas the week after Christmas.** Take advantage of the after Christmas sales and plan your large extended family gathering for the week after Christmas. Besides being less expensive, it is unlikely to interfere with anyone else's Christmas plans.
- \* **Don't give gifts or give inexpensive gifts to hairstylists, babysitters, teachers and others.** I found several wonderful small scented jar candles on clearance for .25 each. I will put three of them in a small basket (purchased at the thrift store for .25) with some tissue paper, ribbon and nice note. A great gift for \$1.25!
- \* **Break up gift sets.** If you find an item that comes in a gift set at Christmas, give parts of it to different recipients. This is great for bath or perfume sets.
- \* **Yard sales and thrift stores equal great savings.** You can find a lot of new or nearly new items for pennies on the dollar. For our son, we found a working telescope in the box. It cost \$1.00, so we saved \$24! He got what he wanted and we didn't have to take out a home equity loan!
- \* **Make memories, not more junk.** Most kids get more than plenty for Christmas from grandparents, aunts and uncles. If you can only afford one gift for your child, make it a memory! Wrap a note in a box with instructions for a treasure hunt. Send your child all over the house with clues and then have the real gift sitting under the tree when they return. Simple, but a great memory for them!

"Christmas can be stressful when you are not organized. Get in the rhythm of things with these helpful budget ideas."



# Safety First

## Christmas Tree Tips

For many people, decorating the Christmas tree is a favorite part of the holiday. The National Safety Council offers some safety tips to make sure a mishap doesn't spoil your holiday season.

- ~ A real tree can add to the spirit of Christmas by filling your home with beauty and the scent of pine. But a real tree can also pose a fire hazard. Each year, more than 400 residential fires involve Christmas trees and tragically nearly 40 deaths and 100 injuries result from those fires.
- ~ Try to select a fresh tree by looking for one that is green. The needles of pines and spruces should bend and not break and should be hard to pull off the branches. On fir species, a needle pulled from a fresh tree will snap when bent, much like a fresh carrot. Also, look for a trunk sticky with sap.
- ~ Cut off about two inches of the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly.
- ~ Stand your tree away from fireplaces, radiators and other heat sources. Make sure the tree does not block foot traffic or doorways.
- ~ If you use an artificial tree, choose one that tested and labeled as fire resistant. Artificial trees with built-in electrical systems should have the Underwriters Laboratory (UL) label.
- ~ Only use indoor lights indoors (and outdoor lights only outdoors). Look for the UL label. Check lights for broken or cracked sockets, frayed or bare wires, or loose connections. Replace or repair any damaged light sets.
- ~ Also, use no more than three light sets on any one extension cord. Extension cords should be placed against the wall to avoid tripping hazards, but do not run cords under rugs.
- ~ Turn off all lights on trees and decorations when you go to bed or leave the house.



**"Remember to unplug all Christmas lights before going to bed each night."**



## Traditional Facts

This is an example of a peeled ponderosa pine tree similar to those documented within the traditional use range of the Cow Creek Tribe. This is one of the many plant species utilized by Native peoples within this region. The inner bark, or cambium, was gathered by the Cow Creek families for food and medicine. Cambium is rich in carbohydrates and protein, which would have been essential during years when game was scarce or the snow pack was slow to melt. The cambium bark, which was eaten raw, also provided relief for bronchial and lung ailments as well as intestinal illnesses.

The pitch of the ponderosa pine was also utilized for medicinal purposes. Dried pitch gathered in tree cuts, which has a consistency similar to gum, can be chewed to treat sore throats, mouth sores, and even worm infestations.



## Tribal Announcements

### Low Income Home Energy Assistance

The Low Income Home Energy Assistance Program is available to tribal members living within the seven county service area of Coos, Lane, Douglas, Josephine, Jackson, Klamath and Deschutes. This will be available to tribal elders and disabled tribal members beginning November 3, 2008 and

to the general tribal membership beginning December 1, 2008. Please call Janet Cooper for an application at 541-677-5575 or 1-800-929-8229 ext. 5575. Completed applications will need to be returned to Rhonda Malone at 2371 NE Stephens, Roseburg, Oregon 97470.

# Save the Date!

## "GATHERING OF OREGON'S FIRST NATIONS"

Honoring Oregon's Sesquicentennial Birthday

January 31, 2009

Oregon State Fair & Expo Center  
Salem Pavilion

2330 17th Street NE, Salem, OR

Event details to come

Featuring educational booths,  
Native craft demonstrations,  
cultural drumming & dancing

This event is sponsored  
by the sovereign governments of



Pavilion provided by State of Oregon





**2371 NE Stephens St.,  
Ste 100, Roseburg, OR  
Direct: 541-672-9405  
Toll Free: 800-929-8229**



## Apply for jobs online at [UIDCHR.com](http://UIDCHR.com)



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



### TRIBAL IDENTIFICATION CARDS

Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact Janet Cooper at the Cow Creek Government Offices at 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 will be mailed back to you.

### TRIBAL JOBS WEBSITE

Tribal members interested in employment opportunities at any of the tribal businesses may go online at [www.uidchr.com](http://www.uidchr.com). On that site you may fill out an application online and search job listings that are available.