



Volume 18 Issue 3

March 2008

Inside this issue:

Announcements	2
Year in Review Cont. from pg. 1	3
Upcoming Events	3
Contract Health News	4
Nesika Partners with RESTAT	5
UIDC Employment	6
Kids Corner	7

Free Salmon

There is a limited amount of left-over frozen salmon from the 2007 Cow Creek Tribal Pow-wow. They will be given out on a first come first serve basis and will be limited to **ONE** per family/household.

Persons interested in receiving a fish **MUST** be 18 and complete a form. To have a form mailed to you, contact Tammy Woodruff at 672-3861.

The fish will be available for pick up at Seven Feathers Casino Monday through Friday. Contact Nicole Linton at 839-1280 to schedule a time for pick-up.

KIUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians

2007 Year in Review

In 2007, the Cow Creek Tribal Government Office administered more than 45 federal, state and tribal contracts and grants for the benefit of the tribal membership. The following information summarizes many of the various programs administered by the Tribal Government Office.

The Annual Tribal Distribution Plan, the Elders Monthly Distribution Program, Minor Trust payouts and the Medicare Part B Program were programs that made cash disbursements directly to individual tribal members or tribal minor's trust fund accounts totaling \$1,448,365.60 for the 2007 year.

Nesika Health Group was another division that paid out significant dollars in insurance claims for the benefit of tribal members and their covered dependants. A total of \$1,361,514.00 was paid out in patient claims for 257 tribal member enrollees with 488 dependents. Dental & Vision claims totaled \$179,587.00 and prescription benefits added up to an additional \$341,025.00.

Tribal members enrolled the Nesika Health Group Plan paid premiums between \$50.00 and \$150 per month depending on their number of dependents. For 2007, the Tribe subsidized these premiums by kicking in an additional \$1.5 million to offset the cost of the insurance.

The Tribe assisted 52 tribal members in the Education Programs with books, tuition, materials, testing fees and other expenses related to their training. During the year, four tribal students graduated obtaining certificates in facial technology and truck driving as well as bachelor's degrees in nursing and environmental science/biology. Grants provided to tribal students by the Tribal Education Programs totaled \$218,364.19 during 2007.

The Over-the-Counter Medication program has proven to be extremely helpful to tribal families with the expense of approved non-prescription health items related to first aid, general nutrition supplements and other health related items for a total of \$80,987.00. (\$41,322.87 for in-service area and \$39,664.13 for out-of-service area)



A new playground has been installed at the Tribal Housing Site on Taylor Street in Myrtle Creek.

The Cow Creek Natural Resources Program staff, in 2007, continued restoration efforts of Jordan Creek on Tribal lands by planting native plants, (cont. on pg. 2)

Announcements

Steelhead Release Date

Winter steelhead smolts will be released near Seven Feathers Hotel and Casino on the 1st and 25th of April. Tribal members are encouraged to attend. Please contact Jay Walters at 677-5575 for additional information.

Umpqua National Forest Passes Available

The Umpqua National Forest and the Cow Creek Band of Umpqua Tribe of Indians have a Memorandum of Understanding that authorizes the Tribe to issue passes for its membership that waive fees at campgrounds and trail-heads. The pass is valid only in the Umpqua National Forest and Tribal members must request a new pass every year.

The passes are available at the Cow Creek Government Main Office. Upon receipt of your Day Pass, sign it and display it on the dashboard of your vehicle whenever you are parking or camping in the Umpqua National Forest. Do not loan your pass to others and follow all campground rules.

To obtain a pass, Tribal members may apply in person at the Tribal Government Offices or call 672-9405.

Nike Shoes for Native Americans

A new walking shoe has been developed and available through the Nike Company for Native Americans.

The Nike Air Native N7 is the result of nearly two years of collaborative research, development and fit testing in partnership with the Native American community. This first-of-a-kind performance shoe is built on a new and unique last created to address the specific fit and width requirements for the Native American foot.

For more information on how to order a pair of the new Nike performance shoes, contact Bob Dunas, Health Educator and Fitness Specialist at the Cow Creek Health and Wellness Center at 672-8533.

Education News

Higher Education Honor Dinner

The Higher Education Honor Dinner is scheduled for May 17, 2008. The program starts at 6:30 pm and will be held at the Seven Feathers Convention Center. If you are a 2007 or 2008 graduate, please contact Kelly LaChance, Education Director at 541-677-5575. Graduates from a GED program, high school, college, certificate or vocational program will be honored.

2007 Review Cont. from Page 1

clearing invasive species in more sections and conducting general maintenance on in-stream structures. Tribal staff also worked with the Oregon Department of Fish and Wildlife and the Umpqua Fisherman's Association to acclimate steelhead to the South Umpqua River.

The Cow Creek Cultural Resources staff continued cataloging and archiving all cultural items in the tribal inventory. Staff maintained interaction with Forest Service, Bureau of Land Management and the Oregon Department of Transportation archaeologists to address tribal concerns regarding on-going or future cultural resource projects.

The Library Service Grant for 2007 was utilized to again purchase books and tapes for the Tribal Library. The library is equipped with computer systems that can be used by the tribal membership on an appointment basis. During 2007, the Library Services Grant expended \$4,720.00.

The Child Care Assistance Program has provided safe and quality child care for low-income families within the service area who otherwise could not afford to pay for child care while working, training or in school. Funding for this program was utilized to assist ?? tribal families with child-care assistance.

The Tribal Housing Program in 2007 awarded grants to 17 tribal families. 8 tribal families received \$16,042.18 for repairs, while 9 tribal families received \$31,500.00 for down payment assistance for a total of \$47,542.18. Of the tribal families served, 7 were within the seven county Tribal Service Areas, while 10 families resided outside the Tribal Service Area.

The Tobacco Prevention Grant has been utilized to assist with expenses for the health staff to educate tribal membership on the dangers of tobacco usage. Total expenditures for 2007 were \$10,869.36.

The total amount of funds expended during 2007 for the benefit of tribal individuals and their families from all tribal programs is in excess of \$6.1 million dollars.

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 541-677-5575.



Logo Ski Beanie

Kittelman, Again Targets Tribe

In an attempt to hold on to office, first term commissioner for Douglas County, Marilyn Kittelman, has again made the Cow Creek Tribe a target in her 2008 campaign. The recent attack on the tribe comes on the heels of a trip to Washington, DC to attend the National Association of Counties Conference (NACo), where Kittelman volunteers on a sub-committee dealing with Native American affairs. Commissioner Kittelman takes credit for a resolution passed by NACo encouraging Congress to amend the Indian Gaming Regulatory (IGRA). The resolution passed by the full board of NACo ***"seeks an amendment to IGRA to require [tribes to engage in] consultation with, and mitigation of, identified impact on affected local governments and accountability procedures to be implemented"*** [for properties being taken into trust.]

Following the trip to DC, Kittelman and "advisor," David Jaques, were guests on a radical radio program called "The Power Hour". On this program, both Kittelman and Jaques criticized the Tribe for acquiring lands along I-5 and the South Umpqua River to be placed into trust arguing that the Tribe has an unfair advantage over non-Indian businesses and that trust lands reduce the county tax rolls. Other criticisms included making outrageous accusations about the tribe's legitimacy regarding tribal ancestry as well as lawlessness and unsafe conditions on tribal lands and in the structures located on tribal lands. Kittelman also made far-fetched declarations about tribal benefits and claimed to have received numerous calls from tribal members who support her position. This tactic of tearing down Tribal Government while pretending to protect tribal member's rights is right out of the ONE NATION UNITED playbook.

In an attempt to engage the Tribe in debate, Kittelman continues her disapproval of the Tribe at political candidate forums throughout Douglas County, as well as through the weekly Board of Commissioner meetings. By attempting to engage the Tribe in a public battle, Kittelman hopes to gain support for her re-election campaign by making the Tribe look like an unfair bully, draining the community of tax revenue.

Despite the fact that the Tribe provides employment for nearly 1300 tax payers that rent and own homes, buy new cars, and shop for merchandise in Douglas County, Kittelman continues her caustic efforts to find fault with the Tribe. At the March 5, 2008 Board of Commissioners meeting, during a

Discussion regarding limited remaining space at the Douglas County landfill and the dwindling finances to keep it in operation, Kittelman blamed the Cow Creek Tribe's Seven Feathers Resort for filling up the county landfill too quickly. Kittelman, again, also criticized the Tribe for not contributing to the tax base.

Commissioner Kittelman, you may recall, was overheard saying in a Rice Hill restaurant in 2006, "I'm goin' Indian Huntin', anyone want to join me" (while simulating cocking a shot gun in the air). Her actions were observed by several people, three of whom signed affidavits attesting to the fact.

Commissioner Kittelman is no stranger to controversy, having been in the news throughout her 3 ½ year political career, beginning with her mishandling of a personnel action regarding the Museum Director and costing the county nearly \$700,000, her unrelenting efforts to build a dam near her home in Yoncalla and spending nearly \$500,000 in consulting fees to create a lake that would be tainted with mercury. Other blunders by Kittelman include the botched effort to secretly sell county property at the fairgrounds to a private developer without competitive bid, hiding her campaign managers involvement as a broker in the deal, sabotaging efforts by the county to renew the safety net by openly criticizing Oregon Senator Smith, giving her campaign manager and advisor, David Jaques, complete and unsupervised use of her county computer to conduct personal business and many more issues proving her inability to be an effective leader.

Upcoming Events

Tuesday, April 1st– Winter steelhead smolts will be released near Seven Feathers Hotel and Casino. Tribal members are encouraged to attend.

Friday, April 25th– Winter steelhead smolts will be released near Seven Feathers Hotel and Casino. Tribal members are encouraged to attend. Please contact Jay Walters at 677-5575 for additional information

Saturday, April 26th– will be the next Elder activity. Breakfast will be served at Seven Feathers Hotel and Resort and then a property tour with Mike Rondeau as a guide will follow. Space is limited so Elders must RSVP to Rhonda Malone at 677-5575 by April 24th.

Saturday, April 26th - The 29th Annual South Umpqua Pow-wow will be held at South Umpqua High School in Myrtle Creek. Doors open at 12:00 p.m. The public is invited and there is no charge for the event. For information call 863-3272 or 863-6252.

Contract Health News



CHS would like to remind you to submit your 2008 applications if you haven't turned them in. No PO#'s will be issued until the applications are received per regulations.

Please call at least one week in advance for any non emergent surgeries, physical therapy, MRI's, bone density testing. These items require approval through the Resource Meeting Committee (RMC) and they meet once a week.

ER visits are for Emergencies only. Please utilize the Urgent Care Clinics as much as possible for after hours and non emergent urgent health. If you visit an urgent care center on the weekend or evening you will still have 72 hrs to notify the CHS office for a PO number for urgent care.

PO's are required prior to your visits and you must have one for each date of service.

Gardasil Vaccines Available at Health & Wellness Center

The staff at Cow Creek Health and Wellness Center are concerned with the health of tribal members and are happy to inform you of the availability of the vaccine, GARDASIL (to protect against the Human Papillomavirus), for girls and women ages 11-26 years.

We would like to encourage this vaccine for all age appropriate females. The vaccine is given as a three-dose series. Please call 672-8533, option 0 to schedule an appointment to see one of our providers for this important vaccine.

For further information on this vaccine, check out the internet site:

<http://www.gardasil.com/index.html>

***** Munch on Mini Meals

"Eating small meals frequently throughout the day — every 3 to 4 hours — helps keep your blood sugars regulated, so you don't experience energy crashes or get so ravenous that you overeat," explains Kathy McManus, RD, director of the Department of Nutrition at Brigham and Women's Hospital in Boston. Each meal should have some carbohydrate, protein, and healthy monounsaturated fat — like a salad topped with 4 ounces of chicken and drizzled with olive oil. One meal never to skip? Breakfast. Studies show that not only are breakfast eaters more alert, but they tend to lose more weight when dieting than breakfast skippers.

New Providers at Cow Creek Health & Wellness Center



Please stop by the Clinic and meet our new Providers and ask about our new programs!

MARY HAGOOD, FNP has been working in the Clinic since November and is providing direct patient care while initiating a brand new Well Woman Clinic, part of which is providing innovative pre-menopausal hormone therapy treatment. Mary's background is varied, and includes emergency room experience, Naturopathic interests and family medicine. She is well qualified, and brings a great attitude of wellness to our staff!

DR. HUGH HENDERSON, MD, will be providing psychiatric services to patients one day a month, beginning in February. Dr. Henderson has been practicing in Roseburg for over 20

years, and brings a wealth of experience in the Behavioral Health field, and truly rounds out our BH Department, joining our Family Therapist to provide high quality care to all.

ELAINE CALLAHAN, MD, will begin to see patients in March. Dr. Callahan is a specialist in Internal Medicine, and will provide in-depth medical expertise for our family practice Clinic. Her background in the VA system as well as over 20 years in Indian Health Service, in both Arizona and Alaska, will offer key insight to each patient's whole wellness.

Please stay tuned for more news from Health & Wellness! Recruitment efforts continue for an additional full-time Family Practitioner, to compliment our team!

For an appointment, please call (541) 672-8533, or (800) 935-2649.

Nesika Health Group Partners with RESTAT

On January 1, 2008 Nesika Health Group partnered with RESTAT to administer pharmacy benefits for the plan. RESTAT is a prescription benefit manager (PBM) which provides cost-effective prescription benefit services. With this partnership some changes in Nesika Health Group pharmacy benefits did occur that may affect the "90 day" or maintenance medication option.

Maintenance medications are prescription drugs that are specifically manufactured for long term usage, usually treating such issues as high blood pressure, high cholesterol or hormone replacement therapy. All of these maintenance medications are manufactured to be taken on a daily basis for long term therapy of the prescribed condition. The medications are available under the plan for a "90 day" option as long as your physician authorizes you to receive that quantity.

Medications such as antibiotics, pain medications and most allergy medications are not considered a maintenance

medication and therefore are not eligible under the "90 day" option, even if your physician writes the prescription for a 90 day supply. The reason for this is that these types of medications are not manufactured for long term usage. There may be a few cases of persons taking a medication for a longer period of time than what the drug was originally intended, however, it still will only be available for a 30 day supply as is the national standard for that particular medication.

For any questions regarding the "90 day" supply option, please call RESTAT at (800)248-1062. RESTAT representatives will be more than happy to let you know if you can receive a 90 day supply for a specific medication.

As always, Nesika Health Group is available at (800) 284-9917 to answer questions about any of the insurance benefits.

April is Sexual Assault Awareness Month



The local chapter of Battered Persons' Advocacy offers Sexual Assault Services to Victims in Douglas County. They offer emergency services (crisis intervention, information, honor victim's rights, assist with logistics and needs, support through law enforcement and medical treatment, and long-term support), shelter services, transitional housing, legal advocacy, sexual assault intervention, and community education and outreach. In 2006 they received 6,358 phone crisis line calls, 302 sexual assault crisis calls, 295 sexual assault clients assisted, and 31 sexual assault hospital respondings.

Sexual assault includes: fondling, child sexual abuse, incest, marital sexual assault, non-stranger sexual assault, stranger sexual assault, rape (vaginal penetration), and sexual harassment. Victims of sexual assault include: children and adolescents, people with developmental disorders, people with communication impairments, those who suffer with mental illnesses, dependent people, and institutionalized people. They, also, include: non-English speaking people, the poor – especially the homeless, ones on the fringes of crime, physical disabilities, ones who are drunk, high, or isolated, Native American women, others from oppressed groups, and the average person.

Every minute a forcible rape occurs in the US. 1 in 6 women are raped some time in their lifetime. 1 in 5-7 men are sexually assaulted some time in their lives. 1 in 3 female children will be sexually assaulted before age 18. 1 in 7 male children will be sexually assaulted before age 18. 80% of sexual assaults are perpetrated by someone the victim knows. The highest risk group for sexual violence is 15-24 years of age. National statistics are that 13% of adult women have been victims of completed rapes during their lifetime. Oregon statistics are that 17.5% of adult women have been victims of rape in their lifetime.

Sexual assault happens to many people. A common emotional response is shame and guilt, even though the victim did nothing wrong.

There is NO excuse, and NEVER an invitation to RAPE!

Victims, please, contact Battered Persons Advocacy Sexual Assault Program Intervention Team at 541-673-7867 or 800-464-6543. The services are free and confidential. It is not necessary for police to be involved if the victim doesn't wish for them to be in order to receive services. If you have any questions, please contact Lee VanBeuzekom, LMFT at Cow Creek Health and Wellness Behavioral Health Program at 672-8533.



The Cow Creek Tribal Board of Directors again made their annual voyage to Woodland and Port Angeles, Washington. Meetings at both locations were well attended. Among the topics discussed during the meetings were updates on the Creekside Development Project, the 2007 tribal benefits results, tribal land acquisition program and the concerns regarding a privately owned casino in Portland area and what that could mean to the Oregon gaming landscape.

Also unveiled were sample boards and renderings of the Hotel/Restaurant/Spa expansion project at Seven Feathers.

UIDC Employment Opportunities

UIDC's Human Resource Department is committed to the development of tribal membership through the wide range of employment opportunities that have been created through the business development made by the tribe. We are there to assist our tribal members to find employment within our businesses, ensure that members are aware and involved in all the benefits that are offered to them. We continue to insure that everyone has a safe place to work through our safety programs. We build strong and solid relationships through our employee relations programs. We also are here for our members with tribal development guidance and offer numerous training and educational programs.

The Human Resource Department is currently in the planning stages of a Recruiting Open House. We are preparing for one event in late spring and then again in late summer or early fall. We will be informing our tribal members of the dates and personally invite each and every one of you to attend and research what types of careers are available right here in your own community. We also encourage and welcome our tribal members that are still in school or about to graduate to attend. There are numerous career fields that are offered and want to reach out and touch as many members as possible.

UIDC is the main sponsor for this year's Douglas County Employer Council's, Employer Expo-Job Fair. UIDC along with other community businesses will be at the Douglas County Fairgrounds on March 18th from 12:00 until 6:00 for all of your employment needs and questions. Come by and apply for a job and meet our recruiting staff. We know that we are only as successful as our tribal members and our employees. We invite all of our tribal

members to engage themselves and find out what is available.

You can visit us on the web at www.uidchr.com or come visit us in person at our Canyonville office or Roseburg location.



Ally and Scott VanNorman at from the JOM Ski Trip to Willamette Pass on February 23, 2008.



LIARP

			4	22

RDSIB

			11	

SUDB

13			12

COORLLUF

	23			3	21	

FOSRELW

	5		24	25		27

SAGRS

		1	

RENGE

17		10		16

MHRAC

				7

MYA

18		20

BANIWRO

	14		15			8

NIRPSG

	2		26		

NUS

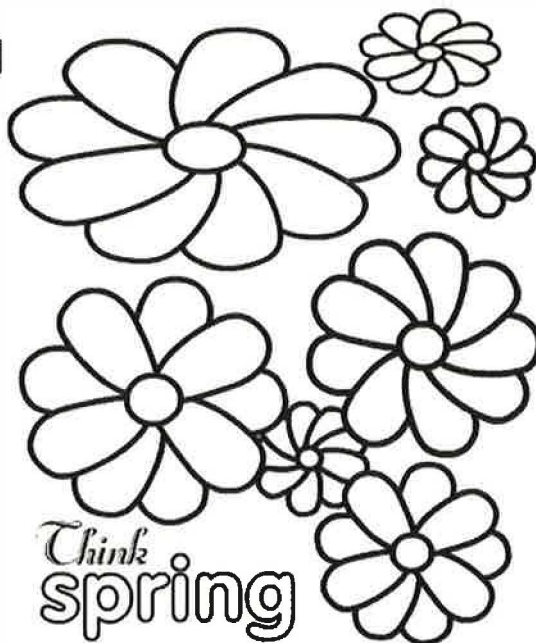
	6	

MARW

	9	19	

SPRINGTIME

Unscramble each of the words on the right side of this page, then copy the letters from the numbered boxes to the boxes below to find the hidden phrase.



POPULAR SPRINGTIME PHRASE



1	2	3	4	5	6	7	8	9	10	11	12			
13	14	15	16	17	18	19	20	21	22	23	24	25	26	27



Egg Carton Flowers

Supplies:

- ★ Egg carton
- ★ Scissors
- ★ Tempera paints and paint brushes
- ★ Chenille stems (pipe cleaners)
- ★ Glue

Instructions:

- ★ Using the scissors, separate the individual cups from the egg carton (small kids will need help with this)
- ★ Cut "petals" in cups
- ★ Paint the cups (use your favorite colors)
- ★ Attach the chenille stem to the back of the cup using glue or:
- ★ Poke a hole through the middle of the "flower" and push the chenille stem through it. Make a knot in the end of the stem so it won't move
- ★ Shape leaves out of the chenille stem



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

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.

are not living in their households also should make sure their children's updated addresses are on file with the Tribal Government Offices.

Reminder:

All Johnson O'Malley
functions are smoke free.

