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Cow Creek Band of Umpqua Tribe of Indians



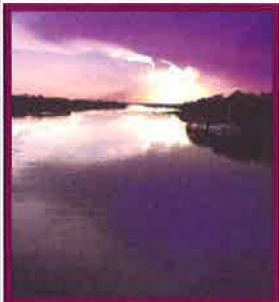
Tribal General Council Meetings Set for 09'

Special Points of Interest:

~ Jordan Creek Culvert project success

~ New Years Resolutions that work

~ Tribal Events for 2009



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Tribal General Council Meetings for 2009 have been scheduled as follows:

- ◆ February 8, 2009
- ◆ May 17, 2009 *
- ◆ August 9, 2009 **
- ◆ November 8, 2009

*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, OR.

The procedures for the nominations for the Tribal Board of Directors Election are as follows: Any registered voter of the Tribe present at the May meeting each year may nominate. Each person may nominate one individual for the election. When nominations are closed, no other nominations will be accepted. A nomination will be considered complete when the nominee has accepted the nomination in

writing. Nomination acceptance forms will be furnished to all candidates represented at the meeting.

For those nominees not present, forms will be mailed to them no later than (3) days following the Nominations Meeting and must be received in the Tribal Government Office no later than June 10 of each year. Candidate acceptance forms will be placed on the ballot in the order the nominations are made. Ballot packets including instructions, will be mailed out to registered voters of the Tribe from the Siletz Agency no later than July 17, 2009. Tribal members are encouraged to maintain an updated registration card including an updated signature.

If you are a registered voter and do not receive a ballot, you must contact the Government Office at 541-672-9405 or 800.929.8229.

Tribal Board of Directors To Washington

The Tribal Board of Directors will travel to Washington State in March for their annual informational meetings. The meetings will be held at the following locations:

~ Friday, March 13, 2009, in Woodland, WA at the Oak Tree Restaurant at 7:00 p.m. in the Columbia Room.

~ Saturday, March 14, 2009, in Port Angeles, WA at the Red Lion Hotel at 1:00 p.m. in the Peninsula Room.

For more information contact Carol McKinney at (800) 929-8229.

Fish Barrier Culverts Replaced on Jordan Creek

By Jay Walters

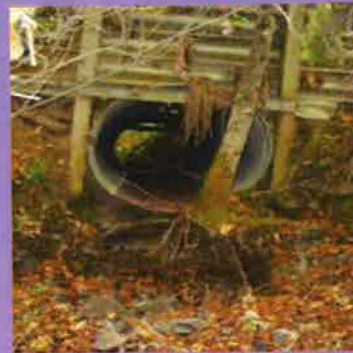
The warm, dry days of autumn saw the installation of eight fish-friendly culverts on Jordan and Alder creeks west of Canyonville. This stream restoration project, administered by the Partnership for the Umpqua Rivers watershed council with support from the tribe, was part of the opening efforts to restore salmon habitat in the Jordan-Alder Watershed.

The dysfunctional culverts were replaced with three-sided culverts open on the bottom. The culverts came in six-foot sections, with each stream crossing consisting of five or more sections set on concrete footings in the streambed. The sections were individually poured at the Wilsonville plant south of Portland, hauled to their destination on trucks, and set into place with a large crane like giant Lego blocks!



The Jordan-Alder Watershed Assessment, developed by the tribe in 2006, identified the old culverts as barriers to fish passage up the streams. The old corrugated metal pipe culverts were also greatly under-sized to handle a major storm event. In fact, the two smallest of the replaced culverts had washed out years ago, likely by streamflow in excess of the culverts' capacity. Further, several of the other culverts were starting to fail and had become safety issues.

The picture on the upper right, shows one of the old culverts on upper Jordan Creek, approximately one mile upstream of the Seven Feathers RV Resort. This picture was taken in October 2005, prior to the tribe's purchase of the property. The four-foot drop at the culvert outlet was not fish friendly.



Another culvert in the Jordan-Alder system— the Jordan Creek concrete box culvert under I-5, was also identified as a likely fish passage barrier in the 2006 watershed assessment. Oregon Department of Transportation installed weirs in this culvert in 2006 to reduce stream velocity and provide more room for fish passage.

The picture below is of the same Jordan Creek Site in late November 2008, after the installation of the new culvert.



The Jordan-Alder culvert replacement project is a great example of the tribe working together with partners to improve watershed health. Many thanks are due to the Partnership for the Umpqua Rivers, Oregon Department of Transportation, Douglas County, the many local landowners, and the Cow Creek Band of Umpqua Tribe of Indians for their contributions to a successful project.

Health Matters

Medicare Part B Reimbursement Program By Jennifer Boettcher

If at any time during the 2008 calendar year Medicare Part B premiums were withheld from your Social Security benefit, you may qualify for reimbursement from the Tribe. Tribal members aged 65 or those receiving disability payments are eligible for Medicare Part B insurance.

At the end of each calendar year the Social Security Administration (SSA) sends recipients an SSA-1099 form. The form is used for tax purposes and details the benefits received from the SSA. In order to expedite premium reimbursement, please mail a copy of the SSA-1099 to: Attention Jennifer, The Cow Creek Health & Wellness Center, 2371 NE Stephens, Ste. 200, Roseburg, OR 97470.

Reimbursement checks will be distributed upon

receipt of the 1099, beginning in January 2009. If Medicare Part B premiums were paid for you through a retirement account, pension fund, or by some other means, you may still be eligible for reimbursement. Please provide proof of payment.

Tribal Members also have the option of monthly reimbursement for Medicare Part B premiums. If you would like more information regarding this program or have questions, please contact Jennifer Boettcher at (541) 672-8533.



New Year's Resolutions That Work

With the New Year here, it is likely that many of us are considering making some New Year's Resolutions for 2009. It is also likely that we have made resolutions in the past only to lose our "resolve" after a week or two of lukewarm effort. However, don't let previous failures prevent you from trying again! The difference between successful people and those who fail is that successful people keep trying (usually with a new approach) until they succeed. Here are a few options you might consider for 2009:

Assess What You Eat and Drink: A simple way to do this is to write down everything that you eat or drink for a few days. Any old notebook will do. Look at the list and slowly eliminate the sources of empty calories. The likely offenders are things like desserts, sugared soda, bread, french fries and chips. Dietitians and weight loss programs also recommend writing down what you eat, because it makes you think twice before eating.

Eliminate Junk Food/Fast Food: Eliminating junk food/fast food may be all that you need to do if you are drinking regular soda along with eating burgers and fries (or some other variation of junk food). I often hear, "But I

don't eat much of it." However, the unwelcome truth is that just a little sugar and refined carbs can turn off your body's ability to lose weight. A good resolution is to cut out all the junk food/fast food for the month of January. That's it. Just do it for 30 days and if you are not happy with the results, then you can try something else.

Follow a Program: Lifestyle programs use many different approaches. It is okay to count calories, fat grams or carbohydrate grams to achieve a healthier lifestyle. For reasons too numerous to go into here, some programs work better for some folks than others. The point is to try something and stick with it long enough to give it a reasonable chance. Internet support groups, diet books, packaged food programs and work-site groups can all help (I don't know of any legitimate lifestyle program that promotes eating "junk food") Also, stay away from "fad" diets.

Finally, if any of these resolutions sound like something you would be interested in trying but you need more information like, "how do I figure out how many calories are in my food", "what program should I try", or, "what about exercise...how do I start?", give Bob Dunas, Health Educator for the Cow Creek Health and Wellness Center a call at 677-5575.

Money Talks

My Two Dollars

Thinking about making 2009 your “start-over” year and making your finances a priority? If so, it is a very important move to make. Sure, joining a gym and getting organized are usually top choices for New Year’s Resolutions, but tending to your financial plans should be a top choice as well. One of the things that people should think about doing is setting a budget and doing your best to stick to it - but this requires careful planning and knowing a lot of expenses ahead of time. To help try to save some money and know what kinds of things will be in your budget, here are a few pointers that are good to check out:

- **Get a fixed rate mortgage at today’s low rates.** If you have either a higher interest rate on your current fixed one or you have an adjustable about to come due, NOW is the time to secure a good rate and terms on your mortgage.
- **Check your property tax bill.** Most home values are down, meaning your house is worth less than it was the last time it was assessed - make sure you are only paying your fair share. My mom filed an appeal on her property taxes and got a reduction because the value of her home fell. Be sure to check yours.
- **As always, compare companies and rates on your home, life, and auto insurance.** Ask around at least once a year just to see if there are lower rates out there than what you are currently paying. I mention this all the time on the site because of how important it is - don’t pay more than you have to.
- **Make a grocery list and stick to it.** This is virtually

impossible for my wife and I do, yet we continue to try. We set aside a certain amount of money each month for groceries but we always manage to go over. Do your best to plan your meals, and only buy what you need to make those meals...and maybe a few cookies as well.

- **Do your own maintenance.** Shovel your own walk. Trim your own trees. **Wash your own car.** Sure, \$10 a pop for little things doesn’t seem like much, but do that 10 times a month and you just spent \$100. Watch where the little amounts go as well.
- **Use your rewards credit cards for all your purchases so you at least get something back.** We put everything on either our airline miles card or our cash back card in order to get a reward, even if it is only a little one. Over time, that spending can add up to some great things - but only if you pay your balance in full each month.
- **Remember to save.** Put as much of your monthly income into savings to build a nice nest egg for emergencies or small splurges down the line. Without money in savings, you will never feel safe - so this is vital to your financial health and planning!
- **Share big purchases with friends, family and neighbors.** This could be so important to your bottom line. Sharing large expenses with multiple people cuts your upfront costs, your maintenance costs, and cuts your storage needs. This is a definite must to help save money.

-Article compliments of Google Money Incorporated



Safety First

Flood Precautions By Lindsie Hicks

- **DO NOT WALK THROUGH FLOWING WATER**---Drowning is the number one cause of flood deaths. Most of these drownings occur during flash floods. Six inches of swiftly moving water can knock you off your feet. Use a pole or stick to make sure that the ground is still there while walking through a flooded area, even where the water is not flowing.
- **DO NOT DRIVE THROUGH A FLOODED AREA**---More people drown in their cars than anywhere else. Don't drive around road barriers. They are there for a reason. The road or bridge may be washed out.
- **STAY AWAY FROM POWER LINES AND ELECTRICAL WIRES**---Electrocution is also a major killer in floods. Electrical current can travel through water. Report downed power lines to your utility company or local emergency manager.
- **TURN OFF YOUR ELECTRICITY WHEN YOU RETURN HOME**---Some appliances, such as television sets, can shock you even after they have been unplugged. Don't use appliances or motors that have gotten wet until they have been taken apart, cleaned, and dried.
- **WATCH FOR ANIMALS, ESPECIALLY SNAKES**---Small wild animals that have been flooded out of their homes may seek shelter in yours. Use a pole or stick to poke and turn items over and scare away small creatures.
- **LOOK BEFORE YOU STEP**---After a flood, the ground and floors are covered with debris, including broken bottles and nails. Floors and stairs that have been covered with mud can be very slippery.
- **BE ALERT FOR GAS LEAKS**---Use a flashlight to inspect for damage. Don't smoke or use candles, lanterns, or open flames unless you are sure that the gas has been turned off and the area has been aired out.
- **CARBON MONOXIDE EXHAUST KILLS**---Use generators or other gasoline-powered machines outdoors only. The same goes for camping stoves. Fumes from charcoal are especially deadly; cook with charcoal outdoors only.
- **CLEAN EVERYTHING THAT GOT WET**---Floodwaters have picked up sewage and chemicals from roads, farms, factories, and storage buildings. Spoiled food and flooded cosmetics and medicines are health hazards. When in doubt, throw them out.
- **BE PREPARED FOR A ROUGH TIME**---Recovering from a flood is a big job. It is rough on both the body and the spirit. The after effects of a disaster on you and your family may last a long time. Consult a health professional on how to recognize and care for anxiety, stress and fatigue.



GATHERING OF OREGON'S FIRST NATIONS

Honoring Oregon's Sesquicentennial (150th) Birthday

January 31, 2009

Oregon State Fair & Expo Center

Salem Pavilion

2330 17th Street NE, Salem, OR

Schedule of events

10 a.m. Exhibits and demonstrations

1 p.m. Powwow Grand Entry

5 p.m. Grand Entry – Powwow Resumes

Featuring Tribal information booths, exhibits,
vendors and cultural demonstrations

Vendor contact: Mona @ 541-444-8230

**Host hotel is the Salem
Red Lion Inn**

This event is sponsored
by the sovereign governments of



Pavilion provided by State of Oregon

Powwow contact: Bob Tom at 503-393-3566 or rptom60@hotmail.com

Tribal Announcements

2009 Important Tribal Events

Culture Camp - June 19-21

Pow Wow - July 17-19

Tribal Family Picnic - September 5



Photo taken by Keith Wedoe



New Drum Classes Offered

Coming in February, to the Block House in Canyonville, OR, Terry Hansen and Del Ansures will be teaching a drumming class for Tribal members and their families. For more information call Stacy Dompier at the Cow Creek Government Office at 541-677-5575.

Grins & Giggles

By Lindsie Hicks

~ Laughing is good exercise. It's like jogging on the inside.

Swinging dog

A blind man, with a seeing eye dog at his side, walks into his local grocery store. He walks to the middle of the store, picks up the dog by the tail, and starts swinging the dog around in circles over his head. The store manager, who up until this point thought he had seen it all, thinks this is quite strange. So he decides to find out what's going on. The store manager approaches the blind man swinging the dog and asks, "Pardon me. May I help you with something?"

The blind man replies, "No thanks. I'm just looking around."



2371 NE Stephens St., Ste
100, Roseburg, OR 97470
Direct: 541-672-9405
Toll Free: 800-929-8229



COW CREEK BAND OF UMPQUA TRIBE OF

Reminder:

All Johnson O'Malley
functions are smoke
free.

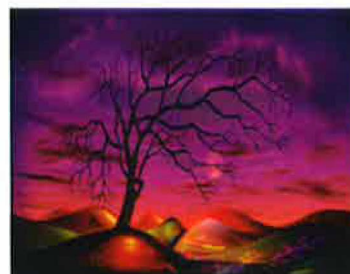


TRIBAL IDENTIFICATION CARDS

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.

TRIBAL JOBS WEBSITE

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



Apply for jobs online at UIDCHR.com