

COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

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Mark Bilton-Smith, General Manager, Rio Networks

Rio has had a great year in 2009, especially considering the economic depression in Oregon. Given these circumstances, Rio decided to take this as a challenge and we have met and are also exceeding our goals. We still have much work to do this year, but we are in a great place for finishing 2009 on budget for expenses, and exceeding our Revenue goals.

Some examples of our success include revenue being up 6% from the projected budget, and 16% from 2008. Wages have decreased by 57% from 2008. There was a 16% billing increase. Agent sales have increased by an average of 166% each month. With all of these changes taking place our reputation is improving daily.

We have launched several new products to entice our Business customers, who are our focus. We are expanding our business service area by moving into Salem and adding WiMax wireless service to cater to the rural customers in need. Tier 1 internet service has just been turned up, which means better internet for our business customers. Rio has increased its service redundancy meaning less down time for Customers. The cost saving projects Rio has taken on are continuing to yield great savings. We are continuing to make processes more time effective as well as cost effective.

Thank you for your support, please be assured Rio is in good hands and we proudly serve the Cow Creek Band of Umpqua Tribe of Indians.



**Superior Services, Support and Reliability**

**ANTI-SMOKING LAW UPDATE** by Michael Rondeau

The debate over Oregon's Clean Air Act and its applicability in Tribal Casino's is heating up. The anti-smoking legislation, approved by Oregon Voters in 2007, requires all indoor workplaces to be smoke-free. This law came into effect on January 1, 2009 and includes establishments such as bars and taverns, including bar areas of restaurants, bowling centers, bingo halls, employee break rooms, truck stops, movie theatres and indoor entertainment venues, and 75% of hotel and motel sleeping rooms.

The law also prohibits smoking within 10 feet of entrances, exits, windows that open, and ventilation intakes and outtakes of workplaces or public places.

While the law does not reference businesses located on tribal lands such as tribal casinos, some argue that the existing State/Tribal Compacts include language that require tribes to address public safety issues.

Currently all nine tribal casinos in Oregon allow smoking within their facilities, however, non-smoking areas have been designated. In addition to these non-smoking areas, Cow Creek's Seven Feathers Resort has made tremendous efforts to be cognizant of air quality issues within the casinos and has invested heavily in smoke handling ventilation throughout the facility. While these air filtration systems may not be enough to keep the opposition at bay, tribal leaders are investigating possible alternatives for customers who insist on smoking when visiting the resort.

Inside this issue:	
Tribal Announcements	2
Youth Outdoor Recreation Program	3
Name Change Reminder/OTC Reminder	3
2009 CCH&WC K9 Classic	4
Fed Student Aid Info/Available Tribal Positions	5
Cold Weather Walking Tips	6
Article on Need For Vitamin D	7

Many bars, taverns and other entertainment venues have been hit hard by the ban on smoking. Some have reported significant loss of revenue due to customer decline.

Tribal leaders are set to meet with Governor Ted Kulongoski in November to discuss the issue.

## Tribal Announcements

### ANNUAL TRIBAL ELDERS HONOR DINNER

The Tribal Elders Honor Dinner is scheduled for November 7, 2009 at Seven Feathers Hotel and Casino Resort. Please call Rhonda Malone at 1-800-929-8229 or 541-677-5575 to make reservations. There are a limited number of rooms available. Room reservations made through Rhonda Malone will be paid through the Elders program.

### THUNDERING WATER DRUM CLASSES

Thundering Water drum classes have begun. They are on Fridays at 7:00 p.m. at the Block House behind Seven Feathers Casino. Classes will be held every Friday with the third week being pot luck starting at 6:00 p.m. Please feel free to bring any regalia projects, stories and good conversation to share. Everyone is welcome! Please call Teri Hansen at 541-677-5586 for more information.

### ENERGY ASSISTANCE PROGRAM

The Low income Home Energy Assistance Program is currently accepting applications from Tribal Elders and disabled Tribal members who live in the seven county service area of Lane, Douglas, Deschutes,

Klamath, Coos, Josephine and Jackson. This program assists Tribal families, who are income eligible, with payment of heating bills.

Elders and disabled Tribal members can call Janet at 1-800-929-8229 or 541-677-5575 to request an application. General Tribal membership may begin applying November 1, 2009. All applications must be returned to Rhonda Malone. If you have any questions please call Rhonda at 541-677-5575 ext 5513.

### TRIBAL CHILD CARE PROGRAM

The program is currently at full capacity. To qualify for this program you must live in the seven county service area, be within program income guidelines, working, attending school or a training program and the children must be enrolled with the Tribe. All Tribal families that qualify will be put on a waiting list until an available position opens. If you would like to apply for services you can do so by calling Reggi at 1-800-929-8229 to request an application.

### PROJECT WARMTH

Project Warmth is a pilot project intended to help families provide coats and shoes for Tribal children ages newborn through 16 by reimbursement. There are no service

area requirements. Tribal children must be enrolled in this Tribe and be between the ages of 0-16 to receive reimbursement of up to \$25.00 per pair of shoes and \$25.00 per coat. Each child can use this program one time per year and may get both items. This program works on a first come, first serve basis. Please call Rhonda Malone @ 1-800-929-8229 for further information or pre-approval.

### FIRE WOOD

The fire wood that is available at the Canyonville site is ready for its last Hooo-raaaaah on Saturday, November 14<sup>th</sup> from 10-2 p.m. This is a one time deal. The wood that day is free. The wood that is remaining after that date will no longer be available. Please keep in mind that the wood currently on the property has been in this location for several years. If you are interested in getting free wood and are planning to participate that day please call Rhonda Malone at 541-677-5575 ext 5513.





## Youth Outdoor Recreation Program



*By Don Gilbert, A&D Counselor and Justin Mathison, Outdoor Recreation Program Assistant*

The Bowling and Pizza Night at Ten Down Bowling & Entertainment was a great success. There was a large turnout for the event with a lot of new faces.

We are now asking our youth and families to assist us with the November activity. This month we

will be cutting and delivering firewood to our elders. This event is open to



YORP Ropes Event: L to R: Don Gilbert, Taft Mathison, Justin Mathison, Lucas Erickson, Carissa Erickson, Jesse Malone, Cougar Buschmann, Levi Rondeau, Pamela Erickson, Shawn Erickson, and Jay Buschmann

youth and families of all ages. So come out and join us for a day of gratifying work and opportunity to

give back. Please contact Reggi at 541-677-5575 to express your interest. We will be contacting you to confirm the time, date, and place, depending on weather conditions. We look forward to seeing you there.



YORP Ropes Event, climbing the rock wall: Taft Mathison, Lucas Erickson, and Levi Rondeau

## Name Change Reminder

*By Jackie Miller*

This is a reminder to all Tribal members regarding name changes. If your name should change due to marriage, divorce, adoption, or any other reason, please notify the Tribal Government Office and the Social Security Office as soon as possible with this information.

Your name must match the name on your social security card in order to receive your Tribal Distribution check.

The accounts payable department can only issue checks in the Tribal member's name that matches the name appearing on your social

security card. This is the name we must list on the form 1099 per IRS requirements.



## Over-The-Counter Purchase Order Deadline

*By Tamara Robinson*

All requests for the Over-the-Counter Program (OTC) must be received by **November 15, 2009**.

The only exceptions to this date will be for members enrolled after November 15 and members

requesting reimbursement for self-pay. OTC receipts for 2009 reimbursement must be received by **January 15, 2010**.

Enrolled Tribal Members will be able to access the Over-the-Counter Pro-

gram again on January 4, 2010. If you have any questions, please contact Tamara Robinson at CCHWC 541.672.8533 option 2, 1-800.935.2649 or at [trobinson@cowcreek.com](mailto:trobinson@cowcreek.com).

## 2009 CCH&WC Diabetes Program 2nd Annual K9 Classic

By Tricia Hedges, Registered Dietician, CDE

The morning of October 3<sup>rd</sup> dawned with a low lying fog and a definite chill in the air but no rain in the forecast. A small group of devoted Cow Creek Health & Wellness Center staff and their families gathered at the Stewart Park Pavilion, in Roseburg, Oregon to prepare for the much anticipated CCH&WC Diabetes Program's 2<sup>nd</sup> Annual K9 Classic.



Tricia Hedges with Cheyenne, Maci Brock with Sydney and Alana and Atrays with Charlotte during the poker walk

Don Gilbert, Tribal A&D Counselor, designed and assembled obstacles for the K9 obstacle course. New this year; a hoop jump, a retro free jump, a free standing bridge, and see saw. This class tested the sheer bravery and skill of even the most seasoned event participants. As each dog and handler made their way through the course it became apparent that this wasn't an event for the meek. The

competitors were focused and adrenaline was high.

Bob Dunas, personal trainer and exercise counselor, was on hand to assist. Bob is a great hand and provided animal/crowd control as deemed necessary. He also manned one of the Poker Walk Stations after setting up the course.



Quinn Cooper with Gigi during the dog/owner look alike contest

There were three arbiters of justice (Judges).

Two of the Judges were returning from last year's event; Janet Cooper, front desk receptionist, graced us with yet another stellar job of unbiased opinion and Jessica Borchart, a Tribal member, returned for an encore this year. Jessica has so much fun that it creates a ripple effect. She is much loved and traveled 100 miles to be an arbiter.

New to the arbiters bench this year was Lee Van Beuzekom, Family Therapist. Lee performed her newly appointed duties with the same class and clarity that she demonstrates on a daily basis.



Front kneeling: Liz McCullough with Sadie. Standing L/R: Maci Brock, Janice Brock, Dylan Slater, Tricia Hedges, Dakota Rich, Cody Cooper, and Quinn Cooper

Through Poker Walk, Costume Class, Dog/Owner Look A-Like Class, Best Trick Class, and Obstacle Course, one thing is for sure; A Good Time Was Had by All!



Cody Cooper with Joey and Dylan Slater with Chill along the poker walk



## File Early For 2010 Federal Student Aid

By Kelly LaChance, Education Director

### Urgent News: File the FAFSA (Free Application for Federal Student Aid) early for 2010.

With the increasing amount of students attending college each year and especially for the 2009-2010 academic year, financial aid offices have had an increased work load in processing financial aid award letters. It is imperative for students attending Winter 2010 quarter/ semester or Spring 2010 quarter/

semester to file now. The deadline for Higher Education scholarships for Winter quarter is December 1<sup>st</sup> and for Spring quarter is March 1<sup>st</sup>.

Typically it takes 6 to 8 weeks for financial aid to be processed but because of the higher number of students attending due to the economic changes and loss of jobs this process has slowed considerably. To plan ahead for the 2010-2011 academic year current and new students are strongly recommended to apply for the FAFSA between

January 1<sup>st</sup> and February 1<sup>st</sup> in 2010. Applying between those dates will ensure that students are in the priority status for receiving awards in a timely manner.

Please record these dates on your calendar and remind the students in your home or other students you know who are planning to attend next year. If you have any questions, please contact Kelly LaChance at 1-800-929-8229 or 541-677-5575.

## UIDC Human Resources Information

### UIDC Human Resources Looking for a career with an UIDC business?

### Look no further than your computer

The UIDC Human Resource Department is recruiting central for all of the UIDC businesses. We have multiple openings spanning a variety of industries and positions. Currently we are seeking both full time and part employees.

**Full Time** openings include: Keno Runner, Keno Writer, Gift Gallery Sales Associate, Assistant Cage Super-

visor, Sales Rep (Rio), Riverside Lodge On-Site Manager, Maintenance II and Director of Table Games.

**Part Time** openings include: IS Technician II, Purchasing Clerk, Buffet Steward, and an On Call Table Games Dealer.

You can visit us on the web at [www.uidchr.com](http://www.uidchr.com) to view all of the current openings. On the home page of the web site click the "find a career now" button, then from the search page click the "search" button. This will bring up all the current openings. Each job title can be clicked on to view the entire job description. Once you find a posi-

tion that you are interested in, at the bottom of the job description click the "apply for this position" button. Or you are welcome to stop by the Canyonville office for assistance. For more information you may contact **Human Resources at 541.839.1221.**



## Cold Weather Walking Tips

By Bob Dunas, Health Educator  
CCH&WC

It may seem premature to be talking about exercising in cold weather because everyone wants summer to last as long as possible. However much we may dread it, it is going to get cooler outside as the seasons change. Staying consistent with your exercise routine or starting a new one now is one of the best ways to boost your chances of starting the new year a size smaller.

Research shows that people who lose weight and keep it off do so by exercising the equivalent of walking 3 to 4 miles a day. No matter what the weather, they find a way—and you can too. We'll show you how to easily transition from fall to winter so that you can slim down—even during the holidays. You'll look fantastic come spring, your bones will stay strong, and your walking muscles won't be screaming when you head out for your first warm-weather jaunt.

### Baby, It's Great Outside

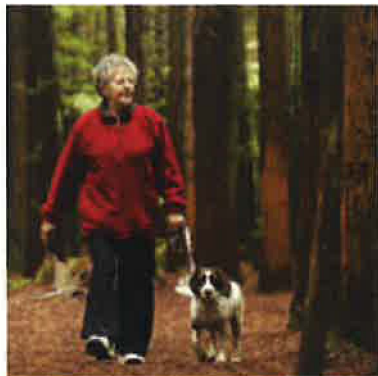
Walking in the winter offers you a refreshing change of pace. The invigorating cold air can clear your mind and reduce stress, which can be helpful for weight loss. Research shows that stress can increase levels of cortisol, a hormone that may increase appetite and promote fat storage. Getting outside during daylight hours also increases levels of serotonin, a hormone that helps calm cravings. Even if you have to walk slower because of the weather, you may be burning more calories.

### Boldly Into the Cold

Leave that old college sweatshirt in your closet. Instead, treat yourself to something new and fleecy. High-tech synthetic fabrics make a big difference in comfort; they're worth the investment. You'll be much happier and more energized if you're warm and dry instead of sweaty and chilled.

Winter weather requires some special preparation. Keep these tips in mind:

- Allow at least 10 minutes to warm up. When it's cold, your heart and muscles need more time to get ready.



Wear a scarf or mask loosely over your nose and mouth to prevent the sting of icy cold air when you inhale. This is especially important if you have asthma or heart problems.

- Choose shoes with lugged soles for traction, and buy an inexpensive pair of ski or walking poles to help keep your balance. (The poles will also help you burn extra calories because your upper body is getting a workout too.)

### Dress for Success

When you step outside, you should feel slightly chilled but not cold. During your workout, you want to feel warm, not hot and sweaty. That means you need to dress in layers so that you can take them off or put more on as needed. Here are the basics of layering:

- An inner layer made of synthetic fabric such as CoolMax to wick sweat away so you stay dry;
- A middle, or insulating, layer (or two) of light-weight fleece fabric such as Polartec to keep you warm;
- An outer layer of waterproof, breathable fabric such as Gore-Tex to buffer you from the elements and let sweat escape; and
- Don't forget a hat, gloves, and sunscreen!

### Don't Let the Cold Stop You

Use the Rule of 5. Tell yourself you can quit after 5 minutes. Chances are good that when you're bundled up and out there, you'll keep going. (If you still want to quit, go ahead—at least you did something.)

If you could use some help getting started with a plan for exercise, feel free to contact Bob Dunas, Health Educator for the Cow Creek Health and Wellness Center at 677-5575.



## Vitamin D — What's The Big Deal?

By Mary Hagood, FNP, CCH&WC

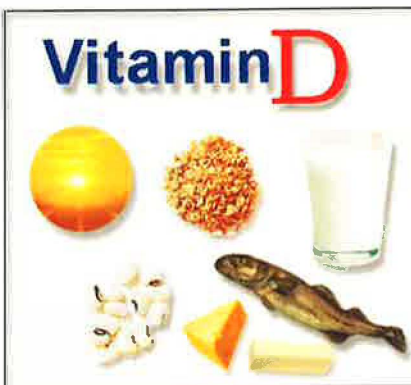
We've known for a long time about Vitamin D3 being important in preventing childhood rickets (weak, poor bones). Vitamin D3 is not just a vitamin but also a hormone that is crucial in the intestinal absorption of dietary calcium, and, ***did you know that it has now been found to be important in protecting the body from a wide range of diseases including the FLU!***

Diseases linked with vitamin D3 deficiency include, but are not limited to, stroke, cardiovascular disease, osteoporosis, many forms of cancer, some autoimmune diseases such as multiple sclerosis, rheumatoid arthritis and type I diabetes, even type 2 diabetes, all types of gut problems, depression, and schizophrenia.

**\*\*\*1 research study showed that optimizing vitamin D3 levels would improve insulin sensitivity by 60 percent, which is a greater increase than many anti-diabetic medications.\*\*\***

Until recently, we have underestimated the importance and the value that Vitamin D3 plays in keeping our bodies up to optimum performance. We've known that Vitamin D3 was important for helping with dreary winters to avoid seasonal affective

disorder. Dreary winters are infamous for inducing depression. But being starved for sunlight, and low in vitamin D3, can do more than kick you into dull drums. A growing body of evidence suggests it can raise your risk of cancer and increase susceptibility to heart attack, diabetes, multiple sclerosis and other health problems.



Vitamin D3 is an essential nutrient produced by skin exposed to the sun's rays. Long dismissed as being important mainly for strong bones, the so-called sunshine vitamin is now recognized as a key player throughout the body, including the immune system. Eighty percent of people living in Oregon are found to have low Vitamin D3 levels when tested. Your Vitamin D3 level can be checked by your provider with a simple blood test. Your vitamin D3 level should be a minimum of 32, and is optimal when above 50 especially

if you have any health problems.

### WHO IS AT RISK?

- \*The elderly, \*dark-skinned people,
- \*people with limited sun-exposure,
- \* people living in Oregon,
- \* muscle/joint pain sufferers,
- \*diabetics, \*overweight people,
- \*people with any type of disease...

The RDA value of 400 IU for Vit D has now ***been recognized as much too low*** for optimum health. Most of us could benefit from a daily intake of 2-5,000 IU per day of Vitamin D3 for our health. Ask your provider about your individual Vitamin D requirements.

Vitamin D3 status is an important screening test. Deficiency may be present even when there are no symptoms. It is simple to test for and treat. Talk with your health care provider about your Vitamin D3 status and you'll be on your way to improving your health.

Here to help you achieve optimal health,

The Staff at Cow Creek Health & Wellness Clinic



Cow Creek Band of  
Umpqua Tribe of Indians  
2371 NE Stephens St.  
Suite 100  
Roseburg, OR 97470  
Phone: 541-672-9405  
Toll Free: 800-929-8229  
Fax: 541-673-0432



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**Reminder:**

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



**ONLINE JOBS.. GO TO: [uidchr.com](http://uidchr.com)**

### TRIBAL IDENTIFICATION CARDS

Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact Reggi Johnson 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.

### 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 Office. 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 800-929-8229.

## River Rock Spa

at Seven Feathers Casino Resort

Come visit the River Rock Spa and enjoy a one-time 50% discount on a service of your choice.

To schedule your appointment call 541.839.1111 x 7721

Must present this coupon and your tribal card to redeem this offer.

Not valid with any other offer / Services are subject to availability / Coupon is non-transferable.

*We are on the web at  
[cowcreek.com](http://cowcreek.com)*