



KIUYUM-ID

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Robert Van Norman carries Cow Creek Tribal Flag in Grand Entry

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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.

Oregon's 150 Birthday Celebration

By Mike Rondeau

In early 2007, to initiate planning efforts for Oregon's Sesquicentennial year of 2009, Governor Ted Kulongoski appointed a committee to create opportunities for Oregonians throughout the state to celebrate and commemorate Oregon's 150th birthday.

This committee consisted of two tribal chairmen, Cow Creek's Sue Shaffer and Umatilla's Antoin Minthorn, several state leaders, including U.S. Senator's Wyden and Smith, as well as State Senator's Merkley (now US Senator) and Ferrioli. Also, Congressmen Wu, Blumenauer, Walden and Hooley, former Governor Barbara Roberts and many other Oregonians.

In addition to their community efforts, Governor Kulongoski asked that Chairman Shaffer and Chairman Minthorn organize the tribes in each of their areas (Shaffer for the Western Oregon tribes and Minthorn for the Eastern Oregon Tribes) with any efforts they would make to celebrate the Sesquicentennial.

The first planning meeting of the five western Oregon Tribes was held in April of 2007, at the Cow Creek Tribal Government Offices, to determine in what manner to celebrate the last 150 years that included the good, the bad and the ugly of this period in history. It was decided to produce a video about the western Oregon tribes and to have a kick-off event.

The event, billed as the "Gathering of Oregon's First Nations" pow-wow, was sponsored by the five Western Oregon tribes as a tribute to Oregon's first 150 years of existence. More than

5,000 people filled the Oregon State Fairgrounds Pavilion in Salem on Saturday, January 31st, culminating nearly two years of work to celebrate Oregon's Sesquicentennial Anniversary. Tribal members from all nine federally recognized tribes of Oregon's were invited to participate in an event that featured arts, crafts, demonstrations, dancing and drumming. Over 20 drumming groups, including Cow Creek's own Thundering Water Drum group, participated in the day-long event.

The event was also the location for the premier showing of "*First Oregonians; West of the Cascades*" a video developed by all five western Oregon tribes and produced by Cow Creek's very own Creative Images in honor of Oregon's Sesquicentennial.

The video production is distinctively unique in describing the termination era of the mid 1950's experienced by the Confederated Tribes of Siletz, the Confederated Tribes of Grand Ronde, the Coquille Indian Tribe, the Coos, Lower Umpqua and Siuslaw and the Cow Creek Band of Umpqua Tribe of Indians. Each tribe provided their own historical material and featured speakers.

There is a general information portion at both the beginning and end of the video that emphasizes the importance of recognizing tribal sovereignty and the governmental status of recognized Indian tribes.

(OR 150 photos on page 3 and 7)

Tribal News

Back to Jordan Creek By Steven Rondeau

In 1853, the Cow Creek Tribe signed a treaty ceding its homelands to the United States Government. Around that time, The Donation Land Claim Act of 1850 was signed prompting European settlers to immigrate to this area and take claim of the Cow Creek's once pristine lands. Included in the land grab was the contributing basin to Jordan Creek. Soon, a majority of the lands were used for timber production, gold mining and agriculture. In those days, industrial land uses were often done without regard to the effect on the environment.

For nearly a century following European settlement, these lands were exploited for their resources; so poorly managed that Jordan Creek, once a perennial stream, ceased to flow year round. In 1958, during the construction of I-5, an impassable culvert was placed in lower reaches of the stream permanently cutting off miles of fish habitat from the South Umpqua River. The combined loss of year-round flow and connectivity to the South Umpqua River left the stream void of any fish for decades.

In 1999, only a short time after Tribal leaders fought to re-gain federal recognition of our people, sound economic decisions made possible the purchase of critical lands within the watershed, known as the Creekside property. The Tribe immediately initiated efforts toward

restoring its streams to pre-European conditions, forming partnerships with key federal, state and private groups to assist.

Over the past few years, we have been informed of the countless hours and millions of dollars commissioned to remove man-made fish passage barriers, restore stream integrity and co-manage a population of hatchery fish, and although restoration efforts will continue far into the future, benefits are already evident.

More than a dozen Coho Salmon have navigated the Umpqua River from the Pacific Ocean and into Jordan Creek. The return of salmon to the stream has generated much excitement from tribal leaders and the environmental community, for good reason. Not only have the salmon returned, but they have come in spawning pairs. Their return is a major indicator that the vast restoration efforts have been effective.

Even though the stream had been badly disregarded in its storied past, the vision of tribal leaders to restore the stream and its vital processes have not. From re-establishing hydrologic function, to beautifying the water's edge, it's showing signs of a complete recovery, and the greatest sign as of yet, is the return of the Coho. For Jordan Creek, not only have the fish returned, so has the renewed spirit of its people.



Tribal News

Economic Struggles By Michael Rondeau

Having been faced with the national economic downturn in 2008, Seven Feathers and the Umpqua Indian Development Corporation (UIDC) entered the new-year with a reduced workforce. As previously reported, tribal management has been reviewing plans and implementing cost saving measures to ensure the protection of tribal businesses. One cost saving measure implemented during 2008 was a reduction in workforce by attrition, meaning when an employee left their job, management did not re-fill the position and simply integrated those duties into another employee's position.

Unfortunately, the continuing calamity with

the economy has triggered further measures to be implemented. In early January, Seven Feathers and UIDC businesses initiated a series of lay-offs. Efforts to assist the laid off employees were provided by the UIDC Human Resource Department. Meetings with both the Employment Department and Umpqua Training and Employment for job placement were held in the Convention Center.

There is no certainty as to when the economy will stabilize, but every effort to protect tribal resources for the security of future generations is being made.



Gathering of Oregon's First Nation's
Event Photos

Pictured left: Tribal members and families attending OR 150 Pow-wow



WWW.OREGON150.ORG

On right: Tribal Board of Directors at the State Capitol during the Governor's Proclamation signing.



Contract Health News

Remember that 2009 applications are now due. To be eligible for services with CHS, a current 2009 application must be on file; this is Federally Mandated. If you live within the seven county service area and have not received an application, please contact CHS at 541-672-8533.

Members are responsible for calling CHS for PO#'s Call at least one week in advance for non emergent surgeries, physical therapy, MRI, bone density testing as these items require pre-authorization (see below). If approved by RMC, the member is required to obtain a separate Purchase Order (PO#) for each appointment. If an appointment is canceled or rescheduled, a new PO# must be issued or the claim will be denied. Purchase Orders are only valid for the date they were originally issued for. Members are required to call Contract Health Services before going to appointments to get a PO#; it is not the responsibility of the physician's office to call CHS.

What is Pre-authorization? Pre-authorization is a procedure used to review and assess the medical necessity and appropriateness of elective hospital admissions and non-emergency outpatient services by the Resource Management Committee (RMC) before benefits by Contract Health Services (CHS) are approved. The referring physician must provide CHS with Chart notes and records stating the medical necessity of the procedure, medication or device. Once RMC has made a decision, the

tribal member and referring doctor's office will be contacted by CHS with either an approval or denial of the requested procedure or visit.

ER visits are for emergencies only. Utilize urgent care clinics as much as possible for after hours and non-emergent health care. If you visit an urgent care center on the week-end or evening you have 72 hrs to notify the CHS office for a PO#.

Some examples of emergencies might include the loss of:

- ~ Life
- ~ Limb
- ~ Eyesight
- ~ Hearing
- ~ Emergency Inpatient Care
- ~ Difficulty breathing
- ~ Fractures due to accidents or trauma

Insurance

CHS would like to remind everyone to list all insurances when going to the doctor. CHS is always the last payer and failure to remind a physician's office to bill the primary insurance or CHS may result in balances that are the patient's responsibility. Contract Health Service is required per Federal Regulations to pay **only** if CHS receives an explanation of benefits from all other insurances stating what was paid or if a claim was denied.

We are here to help in any way possible. Call CHS if you have any questions regarding any of the CHS protocols.

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.

Health Matters

Over-The-Counter Program

By Tamara Robinson



Effective January 1, 2009 the yearly allowance for over-the-counter (OTC) preventative products changed. \$100.00 will remain in effect for the enrolled tribal head of household beginning at age 18 with all other tribal members receiving \$50.00 each.

Sonicare toothbrushes and replacement heads are no longer available through Cow Creek Health and Wellness Center (CCHWC) but will still be allowed to be purchased with OTC funds as will lice products.

All requests for Over-the-Counter must be received by November 15, 2009. The only exceptions to this

date will be for members enrolled after November 15th and members requesting reimbursements for self-pay. OTC receipts for 2009 reimbursement must be received at CCHWC by January 15, 2010.

If you have any questions, contact Tamara Robinson at CCHWC 541-672-8533 option 2 or 800-935-2649. Email trobinson@cowcreek.com.

Personal Growth

Enrich Your Personal Life With a Pet

Did you know that pets can decrease your blood pressure, cholesterol levels, triglyceride levels, and feelings of loneliness? Other good news:

Pets can increase your opportunities for exercise, outdoor activities, and socialization.

—The Centers for Disease Control and Prevention



A Day-by-Day Guide To Confidence By Lindsie Hicks

Want to feel better about yourself? It could be as easy as buying a big calendar and a felt-tipped marker. Each day, write down one goal that you want to accomplish. It can be something easy, like buying a new pair of shoes, writing in a journal, or going to your child's play. Whatever it is that you want or need to get done. When you get to the end of the day and you've accomplished your goal, mark it off your calendar. Do this for three to four weeks. The confidence you gain from accomplishing so many simple goals will help you face the more challenging situations in your life.



Earthly Matters

Clean Up the Environment By Cleaning Up Your Diet

Could turning down a second helping and ordering an organic salad instead of French fries save the world? It might just help.

A new study has found that if Americans started eating healthier foods, reduced their intake, and returned to traditional farming, the energy consumption used by the U.S. food system could be reduced by 50 percent. It's estimated that 19 percent of total energy use in the United States is used for food production and supply, say Cornell University researchers. Individuals can help cut food energy costs in a number of ways. Here are some suggestions from the scientists:

- **Eat less.** The average American consumes 3,747 calories daily—that's 1,200 to 1,500 more than recommended. Caloric intake is high because American diets tend to be high in animal products and highly processed foods. These types

of food take more energy to produce than staple foods such as potatoes, rice, fruits, and vegetables. The researchers believe that by reducing the amount of junk foods and animal products consumed, the average American could have a huge impact on fuel consumption—while improving his or her own health.

- **Buy organic.** Current farming methods of producing meat and dairy products are energy intensive. Organic farming improves energy efficiency through the use of fewer pesticides, more manure, and crop rotations.

- **Buy locally.** This would reduce the costs of food processing and distribution. Food travels an average of 1,491 miles in the United States before it is consumed.

The findings of the study were originally published in the journal *Human Ecology*.

Food facts:

There are 250,000 known plant species in the world, but only 20 of the species provide 90% of our food.

—The Eden Foundation

Grins and Giggles

When Dreams Come True

A young woman awoke from a deep sleep. She told her husband, "I just dreamed you gave me a diamond necklace for Valentine's Day. What do you think it means?"

"You'll know tonight," he said.

That evening the man arrived home with a small package for his wife. She was so excited; she trembled as she unwrapped it—only to find a book called *The Meaning of Dreams*.

Gone Fishin'

A young boy was taking care of his baby sister while his parents went shopping in town. He wanted to go fishing, and decided to take his little sister with him.

When he got home, he complained to his mother. "I'm never taking Jill with me again. She wouldn't behave and I didn't catch a thing!"

"Mike," his mother said, "don't be that way about your little sister. I'm sure she'll be quieter the next time and won't scare the fish away."

"It wasn't that," said Mike. "She ate all my bait!"

Tribal Announcements



Kris, Melissa, Rhonda, Janet Quinn and Jakub



Mike Rondeau and Teri Hansen

JOM 2009 Schedule of Events

- 2/21/09 Willamette Pass Ski Trip
- 4/18/09 Regalia Making Class
- 6/20/09-6/22/09 Cow Creek Culture Camp
- 7/18/09 Cow Creek Pow-wow
- 8/8/09 OMSI trip
- 10/10/09 Storytelling
- 11/21/09 JOM Holiday Pow-wow
- 12/5/09 Teddy Bear Picnic
- 12/19/09 Festival of Lights Trolley Ride

Meeting Scheduled

There will be a Pow-wow meeting on Thursday, February 26th @ 5:30 PM in the south building at the Tribal offices located at 2371 NE Stephens Street, Roseburg, OR. RSVP Rhonda Malone at 541-677-5575 if you would like to attend.



Tyrel Hoodie

Upcoming Event

The Cow Creek Tribe will host an OR 150 Tribal video presentation titled "First Oregonians; West of the Cascades" on Saturday, April 11, 2009 at Seven Feathers Hotel and Casino Resort Convention Center at 7 PM. The event is free and open to the public. Please join us to be a part of this once in a lifetime event.

SUSTAIN THE SPIRIT

WWW.OREGON150.ORG

Get On The List

Any tribal member who owns a business and would like to have their company appear on the tribal vendor list for the government offices, submit a business card to Stacy Dompier at 2371 NE Stephens Suite 100, Roseburg, OR or call 541-677-5574 or 800-929-8229.

Direct: 541-672-9405
Toll Free: 800-929-8229

2371 NE Stephens St., Ste
100 Roseburg, OR 97470



Cow Creek Band of Umpqua
Tribe of Indians

Cow Creek Band of Umpqua Tribe of Indians

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 mailed back to you.

Reminder:

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



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.