



KIUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians

March 2009 Volume 19 Issue 3

Special points of interest:

- Child Abuse of Native Americans
- Being respectful to others
- Career Fair coming for people interested in working at the new spa and buffet at Seven Feathers

2008 ANNUAL PROGRAMS REPORT PART 1

By Michael Rondeau

During 2008, the Cow Creek Band of Umpqua Tribe of Indians administered several programs for the benefit of tribal membership. In addition to this edition of KIUYMID, a three part summary of these programs will be reported in the next two editions of the newsletter. Part I will focus on governmental programs that include Aid to Tribal Government, Adult Vocational Training, Housing Improvement, Adult Education, Higher Education, Human Services/ICWA, Johnson O'Malley, Cultural Enhancement, Natural Resources and Archaeologist.

Aid to Tribal Government -(ATG)

The ATG program was utilized mainly for planning, realty services (land into trust), tribal enrollment, elections and inventory. The ATG staff was utilized to plan, forecast and coordinate activities to develop and maintain tribal properties as well as to coordinate efforts for land acquisition and all necessary related projects of the "land into trust" process. Currently the tribe has 4,677 acres of land. Of that amount, 1,542.01 acres are in trust (reservations) with an additional 2,467.09 acres in the trust process. During 2008, 36.69 acres were taken into trust by the US Government. Accomplishments this year include soil mapping for various tribal properties and demographic mapping of tribal members to assist with development of programs. Solar radiation analysis was conducted for analyzing and mapping solar annual radiation for research into possible solar energy development on some tribal properties.

BIA Housing Improvement Program- (HIP)

Eligibility restrictions have increased for the Bureau of Indian Affairs Housing

Improvement Program (HIP). The Housing Department has faced more challenges in identifying qualified applicants because of the increased restrictions and during 2008 there was no activity as there were no tribal members who met the criteria for this program.

Education Programs -(Adult Vocational Training, Adult Education, Higher Education and Johnson O'Malley)

During 2008, twenty-one (21) adult tribal members were assisted with funding from the BIA Education Programs. Areas of study include Aerospace Engineering, biology, chemistry, computer science, computer systems engineering, communications, Digital Systems Technology, English Literature, environmental sciences, Entomology, general engineering, general studies, graphic arts/design, history, journalism management, nursing, organismal biology, and zoology. Four (4) students were assisted in the Adult Vocational Training Program. One (1) student was served under Employment Assistance. An average of 77 tribal students received direct services from the JOM Program which included tutoring and parental costs assistance. Group activities provided were the Culture Camp, Pow-Wow, and classes including regalia making and native youth wellness activities such as a Ski trip, the Shakespeare Festival,

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a Disney Musical on Ice, the JOM Holiday Pow-wow and the Festival of Trees Teddy Bear Event.

The Human Services Department provided assistance to tribal members through home, hospital and agency visits. Referrals to other programs for additional resources were provided for more than 50 tribal members and families. Tribal Human Services Staff provided liaison services between tribal families and outer agencies.

The Indian Child Welfare Act is a law to protect the interests of Indian children when subject to state child welfare issues. There were 21 Tribal Indian Child Welfare Cases (ICWA) in 2008 throughout Washington, Oregon, Nevada and Georgia. Eight (8) children were placed in adoptive homes, six (6) in relative foster placements, one (1) turned 18 years old and aged out of the system. Two (2) children were transferred to the Oregon Youth Authority, two (2) were placed with a guardian, and nine (9) were placed with non-relative foster parents.

Many of these children were provided beds, dressers, clothing and bedding through a program called System of Care.

Low Income Home Energy Assistance Program (LIHEAP)

In 2008, forty-three (43) families received LIHEAP assistance for energy assistance. In addition to the financial assistance, information packets including budgeting tools were provided to individuals and families in an effort to help them take control of their own possible energy crisis situations.

Child Care Assistance Program

Last year, twenty (20) families received assistance through the Child Care Program. Recipients utilized this program that provided quality child care while attending work, specialized training, or college. This program provides assistance on a structure payment scale dependent upon the family's income.

Also provided through this program is assistance for the child care providers of tribal children to attain CPR and First Aid certification.

Social Service Block Grant Program (SSBG) - Parenting Program

Funds derived from the SSBG program were utilized in 2008 to provide parenting packet information and presentations to tribal families via the Family Outdoor Recreation and Fishing Day held at Diamond Lake, OR and the Summer Time Movie Club held in Roseburg, OR. Approximately twenty-five (25) families were assisted through these activities.

Family Preservation and Support Services (FPSS)

Funds from the FPSS program were used to augment the SSBG program to provide parenting class costs. Also covered under this program was crisis transitional housing for one tribal family.

Cultural Development Program

During 2008, continued efforts were placed on further expanding cultural educational opportunities. During the annual Cow Creek Culture Camp, a traditional salmon ceremony was held in addition to demonstrations and instruction given to tribal families on traditional preparation of salmon.

Collection of baskets, regalia, hunting and fishing gear are continuing and being developed as a living display housed in the Cow Creek Government Office. This display is being utilized to teach tribal children and the community the hunting and subsistence methods of the tribe. Many of these items have been taken to local schools for cultural education presentations. Efforts continue to acquire and expand authentic and replicated artifacts as well as arts and crafts to be displayed. The culture staff also participated in the Halle Ford Museum's "The Art of the Ceremony" project as well as the Oregon historical Society's "Oregon is Indian Country".

Tribal cultural staff have also started a drumming and singing group that meet on a bi-weekly basis.

Natural Resources Program

In 2008 the natural resources program continued restoration of Jordan Creek tribal property by maintenance of planted native vegetation, preparation for new native vegetation plantings, control of invasive weeds, and maintenance on in stream structures. Bureau of Indian Affairs Wildland Urban Interface funds were used for fuel reduction of 54 acres and the development of a tribal burn plan. Natural Resources staff has undergone the National Environmental Protection Agency process to modify the Tribe's existing Forest Management Plan working toward forest improvement timber harvest. Water quality testing to further build tribal capacity continued throughout 2008. NR staff worked with Oregon Department of Fish and Wildlife and Umpqua Fisherman's Association to acclimate steelhead smolt on tribal property, and their release into the South Umpqua River. NR Staff consulted with Oregon Department of Transportation, Oregon Department of Fish and Wildlife, Roseburg and Medford Bureau of Land Management, Umpqua National Forest on projects affecting tribal lands.

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HEALTH MATTERS

Cultural Impact: Abused Native Americans are twice as likely to abuse alcohol.

Recent research suggests that tribal members who were abused are more likely to have problems with alcohol later in life. Physical neglect and abuse were the most widely reported negative childhood experiences.

What you can do: Teach children their addresses and phone numbers, to never go anywhere alone, to yell, run, and tell if they are frightened, not to keep bad secrets and that they own their body and their private parts *and* they don't have to touch anyone else's.

Report bruises, cuts, and odd explanations for these. Teach children that they have a right to be safe and mean it. And in honor of April Child Abuse Prevention Month, tie a blue ribbon on your car's antenna and make our intent and force of numbers known; *we will protect our children.*

When? Child Abuse Prevention Presentation is being offered at Cow Creek Health and Wellness Center – Clinic Classroom on April 10th at 12:30 by Lee VanBeuzekom, LMFT, RSVP at 541-672-8533.



Which is the Key to Weight Loss: Diet or Exercise?

If you watch the news closely you may have seen this headline: Diet - not exercise - is the key to weight loss, according to a Loyola University Health System study.

But, if you think that gives you an excuse to sit around all day, think again.

The problem lies in the words 'weight loss'. Our goal should be to keep or increase the amount of muscle we have while at the same time lose body fat. This approach stimulates the metabolism and creates a healthy functioning system. Our society is too focused on the scale and not on a complete approach to health and fitness.

Although diet may play a crucial role in weight loss, you should combine diet with a proven fitness program for the best results. Focusing on diet alone will help you lost weight - but you will also lose valuable muscle.

For example, person A reduces calories and does not exercise. They subsequently lose 15 pounds, but those 15 pounds might be water, fat and muscle. In addition, they've done nothing to increase their

energy level and may even appear less firm.

And what about the person who diets and exercises regularly?

Person B reduces calories to an appropriate amount and loses fat and water weight. However, this person also gains or retains muscle from exercising and increases their energy level as well... the key is removing ourselves from the term 'weight loss' and shifting our perspective to fat loss and muscle gain/retention.

Developing a holistic approach to your health doesn't have to be hard. The Cow Creek Health and Wellness Center offers the services of trained and experienced health professionals to help you eat healthier and make exercise part of your life.

When you consider a holistic health approach, it's important to follow an effective nutrition program, exercise based on one's current capacity, expert advice, quality information and readily available support.

So what are you waiting for? Check out how the Cow Creek Health and Wellness Center staff can help you by calling Bob Dunas, Health Educator and Lifestyle Coach at 677-5575.

HEALTH MATTERS

Over-the Counter Program

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 trobenson@cowcreek.com.

EDUCATION ENTHUSIAST

Native American Applicants Sought For Hatfield Fellowship

DEADLINE April 24, 2009

Grand Ronde, OR – The Confederated Tribes of Grand Ronde announce that applications for the Mark O. Hatfield Congressional Fellowship are now available. Each year, a Hatfield Fellow serves as an intern for a member of Oregon's Congressional delegation.

The Hatfield Fellow is selected from adult Native American applicants, who are enrolled members of a federally recognized Tribe in Oregon. If there are no qualified applicants from Oregon, enrolled members of federally recognized Tribes in Washington, Idaho, and Montana will be considered.

The candidate will intern in Washington, D.C. for nine months and will receive a monthly stipend, relocation and travel expenses, and tuition for the American Political Science Association orientation.

New for 2009, fellowship applications will be completed and submitted via the internet.

Deadline for applications is 5:00 pm April 24, 2009. Applicants will then be notified if they qualify for interviews. Late applications will

not be accepted. To access the new online application process please visit: www.thecommunityfund.com. For additional questions, please contact Louis King at Spirit Mountain Community Fund (503) 879-1462, email at louis.king@thecommunityfund.com or by mail at 9615 Grand Ronde Road, Grand Ronde, OR 97347. The Fellowship honors Mark Hatfield for his accomplishments as a United States Senator, a former Governor of Oregon, and for his mentorship of many leaders in their own communities.

Spirit Mountain Community Fund
9615 Grand Ronde Road
Grand Ronde, OR 97347
(503) 879-1400
www.thecommunityfund.com

"Education
Imagination is
more important
than knowledge.
Knowledge is
limited.
Imagination
encircles the
world." - Albert
Einstein

SAFETY FIRST

Beware of Work-at-Home Scams

"Earn thousands of dollars a month from your home!" We've all seen these types of ads posted on telephone poles and the internet. It sounds great, but the Federal Trade Commission recommends exercising caution when it comes to work-at-home opportunities. Many of these companies don't deliver on their promises, warns the FTC.

What many of these ads don't disclose is that you may have to work many hours without pay or front the money for the materials needed to accomplish the job, such as envelopes, paper, stamps, or other supplies. Many consumers have lost thousands of dollars to companies like these—not to mention their time and energy, says the FTC.

Before you accept a work-at-home job, ask questions like these to determine the legitimacy of the offer and the appropriateness of it for you:

- What does the job entail? Can you describe the process step by step?

- How is the compensation determined: Is it a salary? Piecework? Commission?

- Who will pay me?

- When may I expect my first paycheck? What is the total cost of the work-at-home program, including supplies, equipment, and membership fees? And what will I get for my money?

- article by Federal Trade Commission



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NR Staff worked with Umpqua National Forest developing a management plan for the Huckleberry Patch Special Interest area. NR Staff consulted with Environmental Protection Agency on the cleanup process for the Formosa Superfund Site. NR staff is using existing invasive weeds inventory to develop an invasive weeds management plan. Our Natural Resources Director represented the Tribe on the local watershed board, Partnership for Umpqua River's board of directors.

NR staff participated in the Natural Resources Working Group government to government relation quarterly meetings to facilitate better consultation between tribes and state agencies.

Archaeology

Archaeological staff has been scanning site files for a data share agreement with the Bureau of Land Management.

There have been numerous site evaluations and excavations that have taken place in 2008. These sites are also being monitored when construction activities are in progress. Staff continues to maintain close relationships with the Oregon Department of Transportation, The Army Corps of Engineers and the Forest Service as related to the archaeological concerns.



Purpose at Work

By Jon Gordon,

I recently watched Oprah as she told the story of a man who walked away from making millions at Microsoft in order to build libraries and distribute books around the developing world. Other people featured on the show told Oprah how they left their jobs to find their purpose. The show was very inspirational. But it also troubled me because I thought about all the people I meet around the world who don't plan on leaving their jobs and yet they are burned out, tired and purpose-less.

In fact, in a recent Harris Interactive poll 42% said they were burned out. Only 15% were energized by their jobs.

I believe these numbers are perpetuated by a misconception that in order to live a life of purpose we have to leave our jobs and go solve world hunger, or feed the homeless or move to Africa or start a charity. While these are all noble causes and there are people called to do this, for many of us our bigger purpose can be found in the here and now, in the jobs we have, right under our noses. When we find and live this purpose it will provide the ultimate fuel for a meaningful life.

After all, we can eat all the avocado, drink all the water and do all the exercise we want but unless we live and work with purpose we'll never be fully energized. Research shows that people who apply their strengths towards a bigger purpose beyond themselves are happier and more energized.

You may not build libraries around the world but you can find the bigger purpose in reading to your children. You may not feed the homeless every day but you can nourish your employees and customers with a smile, kind word and care. And while you may not start your own non-profit organization you can begin a charity initiative at work. After all Charity means "love in action." You can make a difference every day and touch the lives of everyone you meet. While these people may not be starving because of a lack of food, you can provide them with a different kind of nourishment that will feed their souls and feed your own in the process.

I heard of a Janitor who worked at NASA and felt his bigger purpose was to put a man on the moon. I met a Bus Driver who knows his purpose is to help kids stay

off drugs. I met a hairstylist who saves lives. I met an administrative assistant who has become the Chief Energy Officer of her company. I heard of a grocery store bagger who inspires his customers with positive notes in their bags. I know a Popeye's Chicken employee named Edith in the Atlanta Airport who makes millions of air traveler's smile.

Ordinary people with an extra-ordinary purpose.

In any job our purpose waits for us to find it and live. It's not the job we have but the energy and purpose we bring to it that matters.

I can't tell you what your purpose should be but I can tell you that everyone of us can find a bigger purpose in the job we have. I can tell you that we can find the excitement in the mundane, the passion in the every day and the extraordinary in the ordinary. I can tell you that every job no matter how glorious or boring it may seem will get mundane if we let it. Purpose keeps it fresh and when we are filled with purpose, we never run out of gas.

Don't wait until you go to Africa to start living with a mission. Don't wait until the weekend to feed people who are hungry. Start feeding yourself with purpose today and nourish others in the process.



* Jon Gordon is a speaker, consultant and author of the international best seller *The Energy Bus: 10 Rules to Fuel Your Life, Work and Team with Positive Energy* and *The No Complaining Rule: Positive Ways to Deal with Negativity at Work*. Jon's next book, *Training Camp: What the Best do Better than Everyone Else*, will release in May of 2009.

TRIBAL ANNOUNCEMENTS

Career Fair

When : April 15, 2009

Where: Seven Feathers Casino Resort

The UIDC Human Resource Department has begun recruiting for our buffet, spa and Hotel expansion at Seven Feathers Casino Resort. The buffet will open at the end of April followed by the spa and hotel opening the end of May.

We would like to invite all tribal members to attend our Career Fair on April 15, 2009 from 11am – 6pm at Seven Feathers Casino Resort, in the Azalea Room in the convention center. We will have computers available for use to fill out an online application. This will be open to the public as well.

You can visit us on the web at www.uidchr.com or come visit us in person at our Canyonville office or Roseburg location. For more information you may contact Human Resources at 541.839.1221.

Child Care Applications Available

The Cow Creek Tribal Child Care Program is currently accepting applications. This program serves enrolled tribal children living with in the seven county service area of Douglas, Lane, Coos, Josephine, Jackson, Deschutes and Klamath counties. If you would like to apply contact Janet Cooper for an application @ 541-677-5575. All completed applications must be returned to Rhonda Malone.



Drumming Fun



For any and all Tribal families! The next scheduled activities for drumming are March 20 and 27, April 10 and 24 from 6:30-9:00 p.m. and will be at the Block House in Canyonville behind the casino near employee parking. All of these dates are POT LUCK and free of charge. Parents must attend with their children. You are encouraged to bring any regalia items to work on, tribal stories or pictures to share or to just come and visit. Call Rhonda Malone or Stacy Dompier to verify that the class is still happening the day you plan to attend @ 541-677-5575.

Save the Date

June 13, 2009, Chief Miwaleta Day at Galesville Dam, Azalea, Oregon. This is a tribal activity that will include food, drumming, walks, talks and fishing! Watch for future information or call Rhonda Malone at 1-800-929-8229 ext 5513.



Applications Being Accepted

The Tribal Housing Department is accepting applications for HUD housing and also the Tribal Down Payment and Repair Assistance Program. Contact Stacy Dompier for questions and to obtain an application at 541-677-5575 ext 5531.



Cow Creek Band of Umpqua Tribe of Indians

Cow Creek Government

2371 NE Stephens Suite 100

Roseburg, OR 97470

Tel: 541-672-9405/800-929-8229

Fax: 541-673-0432

TRIBAL IDENTIFICATION CARDS

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.

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.

We are on the web at
cowcreek.com

Reminder:

All Johnson O'Malley
functions are smoke
free.

