



## COW CREEK BAND OF UMPQUA TRIBE OF INDIANS



# KIUYUM-ID

May 2009 Volume 19 Issue 5

## 2008 ANNUAL PROGRAMS REPORT PART III

By Michael Rondeau

### Nesika Health Group

For 2008, there was on average 257 tribal members enrolled in the Nesika Health Group Insurance Program, with an additional 488 family member dependents. Patient claims for medical services for this group were in excess of \$2 million. More than \$500,000 was paid out for pharmacy, dental and vision services.

Tribal members enrolled in Nesika paid between \$50.00 and \$150.00, depending on family size and if they also have Medicare, however, the premium for the insurance is actually \$550.00 per enrollee. To cover the full premium for the tribal membership and their families, the Tribal Board has approved an additional \$1,500,000.00 annually for this purpose.

### Tribal Distribution

Again, in 2008, Cow Creek tribal members received a tribal distribution from tribal gaming and business revenue. The distribution program, established in 1997, has provided tribal members with an annual payment ranging from the original \$100.00 to the current amount of \$700.00. In December of 2008, 866 tribal members received a total of \$606,200.00. An additional \$394,800.00 was placed in the Tribal Minor Trust Fund for 564 tribal members under the age of 18 years.

There were also 25 new born tribal members that were enrolled and received the initial \$1,000.00 deposited into their Tribal Minor Trust Fund for a total of \$25,000.00.

### Tribal Elders Monthly Distribution

The Tribal Elders Monthly Distribution Program paid out \$400.00 monthly to 92 tribal elders, for an annual total of \$432,850.00 in 2008. Tribal members become eligible to receive the monthly elder's distribution when they reach the age of 60.

### Tribal Burial Benefit

In addition to providing \$3,500.00 towards the cost of funeral expenses for tribal members, program guidelines for the Tribal Burial Benefit were modified in 2008 to include burial assistance for tribal spouses. In 2008, three tribal members and three tribal spouses passed away. Burial assistance provided by the Tribe totaled \$17,079.70.

### Taylor Street Tribal Housing

In 2008 there were 18 units available for tribal housing in the Taylor Street Housing Development. Of these units, all were occupied by Cow Creek tribal members. In December of 2008, an additional four units were added to the hous-

ing inventory with the purchase of four individual homes on Pamela Court. Rental amounts for these properties are determined individually, based on income.

### Housing Improvement Program

Sixteen tribal members received assistance through the Tribal Housing Program during 2008. This program offered \$3,500.00 to tribal members for assistance with a down payment on the purchase of a new home or for repairs to existing tribal member homes. Total expenditures for 2008 in the Tribal Housing Program were \$54,871.29.

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## JOM PROGRAM CHANGES by Rhonda Malone

Minor adjustments have been made to the JOM Youth Program affecting tribal youth ages 3-18. A reward system has been voted on by the JOM Committee and approved by Administration in an effort to get youth active, involved and enthusiastic about their tribal government and functions.

A "reward" trip will be offered to youth who actively participate in 4 tribal functions per year. A sign-up sheet will be available at tribal functions and must be signed by youth to be counted toward the requirement fulfillment. Many opportunities exist such as:

- Any tribal council meeting (February, May, August and November)
- Cow Creek Tribal Pow Wow (July)
- Cow Creek JOM Pow Wow (November)
- Culture Camp (June)
- Tribal Family Picnic (September)
- Huckleberry Gathering (August)
- Chief Miwaleta Day (June)
- Monthly JOM Committee meetings (second Monday of each month)
- Regalia classes (as scheduled)
- Winter Gathering (as scheduled)
- Pow Wow Drumming classes (as scheduled)
- Great Oregon Tree Plant (annually in April)
- Tribal Community Garden (annually in spring and summer)
- Any JOM classes or activities
- Any other tribally sponsored activities

Only those youth who fulfill the "4 activities per year" requirement will be sent a packet of information and registration forms for the 2010 reward trip to Willamette Pass Ski Resort.

If you have questions, please contact a committee member (Rhonda Malone, Stacy Dompier, Linda VanNorman, Polly Rondeau, Teresa Courtney, Janet Lam or Kelly LaChance) at 1-800-929-8229.

**A "reward" trip will be offered to youth who actively participate in 4 tribal functions per year.**

### Pow Wow

Please mark your calendar for the Cow Creek Band of Umpqua Tribe's 32<sup>nd</sup> Annual Pow Wow being held at the South Umpqua Falls, 20 miles east of Tiller, Oregon. The Pow Wow will be held the third weekend in July on the 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup>. **Reminder:** Pow Wow raffle will be held Sunday, July 19<sup>th</sup> at 10:00 a.m. If you wish to make a donation of a native-handcrafted item and plan to attend the powwow, please bring the item to the raffle booth. If you do not plan to attend, please mail or deliver your donation to Tammy Woodruff or Rhonda Malone by July 13<sup>th</sup> at 2371 NE Stephens, Roseburg, Oregon 97470.

### **DON'T FORGET**

**Father's Day is June 21!!**

**Be sure to recognize your favorite "Father Figure"**

**FINAL MEETING prior to Pow Wow:** June 10<sup>th</sup> at 5:30 p.m. in the south building of the Tribal Government Office at 2371 NE Stephens, Roseburg, Oregon. Please call Tammy Woodruff 541-672-3861 to RSVP.

**Reminder:** Friday, July 17<sup>th</sup> is the annual Pow Wow family dinner and is scheduled to begin at 7:00 p.m. Please bring a dish to share.





# Tribal Announcements



## Chief Miwaleta Day

Chief Miwaleta Day is scheduled for Saturday, June 13<sup>th</sup> at Galesville Dam, Azalea, Oregon, 4 miles East of I-5, exit 88. The day will begin with a continental breakfast. Youth will sign up for fishing on the boats at 8:30. Activities will progress throughout the day. Planned activities are fishing (boats provided by Mid Oregon Bass Club), drumming, native plants talk, nature walk, swimming, fishing and a Wildlife Safari presentation. Lunch is provided and all activities are free of charge. Fishing licenses will need to be purchased prior to the event. Children age 13 and younger may fish for free. All other fishermen will need a fishing license. Youth between the ages of 14 and 17 may be reimbursed for their fishing fee, with receipt, through Don Gilbert, Tribal Alcohol and Drug Program Director. Please bring your own fishing gear. **Please call Rhonda Malone at 541-677-5575 to sign up.**



### Important Dates

- Chief Miwaleta Day June 13
- Culture Camp June 19,20,21
- Tribal Elder's Trip June 27
- Pow Wow July 17,18,19

## Culture Camp

Culture Camp will happen on June 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> at the Tribe's Bare Park near Myrtle Creek, Oregon. Watch for additional information. If you have questions please call Louis La Chance at 1-800-929-8229.

Volunteers who are willing to learn the craft of preparing smoked salmon the traditional way are needed. The Hamrick family has smoked salmon for many years. They would love to help other tribal members learn the craft so that we as a tribe can expand the number of those with this knowledge. Not only is it a great opportunity to learn traditional ways, but to keep it alive within our Tribe. Bringing the lost ways back is the true reason for Culture Camp.

Camp is a distance away from any eateries. If you find that the food being served is not for you, it is suggested that you bring snacks. Please be aware of your children at all times. There is work being done on the grounds which includes some clearing of brush. Access to the river is very possible and is strongly cautioned.

**Throughout the event please be respectful of the grounds and deposit all trash in the appropriate trash receptacles.**



## Tribal Elder's Trip

The annual Cow Creek Tribal Elder's Hellgate Jet Boat Excursion is fast approaching. Mark your calendars for this trip happening June 27<sup>th</sup>! This will be a dinner run and is limited to 35 people. Lodging is not provided, however, if you need lodging you can contact Seven Feathers Casino Resort at 1-888-677-7771 to make a reservation. If you plan to attend, please RSVP Rhonda Malone at 1-800-929-8229.

The jet boat and dinner is free of charge for tribal Elder's and one guest. We look forward to seeing you there.

## Summertime Movie Club Begins in June

Please call Rhonda Malone for movie information at 541-677-5575 or 1-800-929-8229.

## NOMINEES SELECTED FOR 2009 TRIBAL ELECTION by Michael Rondeau

Nominations for the Tribal Board of Directors were taken at the May 17, 2009 General Council Meeting held at the Tribal Office in Roseburg. Six tribal members were nominated for the three positions in this year's election.

Should all nominees accept their nomination to run in the 2009 Tribal Election, their names will appear on the ballot as follows:

Shirley Roane  
Robert Van Norman  
Delbert Rainville

Jerry Ledford  
Loretta Corbett  
Kent Rondeau

At the Tribal Board of Directors request, the Siletz Agency of the Bureau of Indian Affairs will have oversight of the Tribal Election Process. Ballot packets, including instructions, will be mailed out by the Siletz Agency to registered voters of the Tribe no later than July 17, 2009. If you are an eligible voter and do not receive a ballot, you must contact the Tribal Office

at 1-800-929-8229 or 541-672-9405. Ballots are to be returned to the Siletz Agency and must be received no later than 4:00 pm, August 7, 2009.

The Annual Election Meeting will be held at 10:00 am on August 9, 2009, at the Cow Creek Tribal Government Offices, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.



## WINCHESTER ELEMENTARY "PIONEER DAYS" by Michael Rondeau

Members of the Cow Creek Tribal Culture Committee and the Thundering Waters Drum Group took part in a Douglas County Museum exhibit called "Pioneer Days" at Winchester Elementary School on April 30, 2009. The three hour event was held in the gymnasium and featured several exhibits that showcased life during the mid-to-late 1800s. At various display tables, students were provided the opportunity to handle items such as authentic pioneer tools, clothing, animal hides, weapons, and cooking utensils. Cow Creek Tribal

members Louis LaChance, Sherri Shaffer and Michael Rondeau staffed an exhibit featuring several replicated artifacts, necklaces, basketry, and traditional native clothing.

In addition to the exhibits and displays, students were provided with a performance by Cow Creek's Thundering Waters Drum Group, featuring tribal members Del Ansures, Rhonda Malone, Teri Hansen, Stacy Dompier and Tyrel and Brooke Hoodie. Tribal member and South Umpqua High School student,

Cougar Buschman performed several dances. The drumming event concluded with all students participating in the friendship dance.

The Pioneer Days event at Winchester Elementary was created by the Douglas County Museum and local volunteers as an outreach effort to educate students about local customs and history. Traveling exhibits are becoming more important as a result of school field trips being canceled throughout the district and state due to current budget cuts.





## COW CREEK'S GATHER FOR TRIBAL TREE PLANT by Michael Rondeau

As part of the Governor's Great Oregon Tree Plant, an Oregon Sesquicentennial event, tribal staff organized the First Annual Cow Creek Tree Plant on April 18<sup>th</sup> at the Creekside Development Project in Canyonville. Governor Kulongoski invited communities across the state to join with the Oregon Department of Forestry in celebrating Oregon's 150 year anniversary by planning tree plant activities between Statehood Day, February 14<sup>th</sup> and National Arbor Day, April 24<sup>th</sup>.

Over 50 tribal members and their families gathered near the entrance of the Seven Feathers RV Resort within the Creekside Development Project to celebrate and honor tribal ancestors by planting seven large western red cedars, one representing each of the seven tribal families. Tribal Chairman, Sue Shaffer was also honored with the planting of a vine maple for her dedication and efforts toward the success of the Tribal Oregon 150 events.

Once the family tree ceremony was completed, tribal members were shuttled to the top of the mountain, above the waste water treatment lagoon, where the tribal children planted 100 ponderosa pine and incense cedar trees.

Following the tree planting activities, everyone gathered at the RV Resort Pavilion for a lunch sponsored by the Alcohol and Drug Program as a prevention activity.



**Rainville Family**



**Pariseau Family**



**George Rondeau Family**



**Dumont Family**



**Thomason Family**



**La Chance Family**



**Tom Rondeau Family**



**Tribal Children**



## Health Matters



Tribal member, Andrea Davis, Community Health Representative (CHR) for the past nine years has expanded her services to include Community Outreach. As the Community Outreach Coordinator she will continue to provide tobacco cessation counseling for tribal members and employees, acquisition of car seats for tribal members, and all other duties she had as the CHR.

Some of the additional services provided by Andrea are as follows:  
Assistance with Oregon Health Plan and Contract Health applications, outside clinic referral contact information, and assistance with community services, as needed. For questions you feel Andrea may be able to help with, please call her at, 541-677-5575 or 800-929-8229.

### **Brighter Days** by Kristine Moeller

Cow Creek Health and Wellness Center is presenting a Poison Prevention Presentation on June 17, 2009 from 12:30-1:00 p.m., in the Cow Creek Health and Wellness Center Classroom. We will have information and tips on Poison Prevention, emergency contact list, medication logs for home use, Fire Med Information and safety tips for Children and Adults.

**Snack and drink will be provided**



**WORLD NO TOBACCO DAY IS MAY 31**



### **Contract Health News** by Elizabeth Coleman

#### **How to Avoid Confusion on Purchase Orders**



School is almost out. The kids are in soccer or T-ball and everyone is trying to keep up with family and friends. Summer is fun with lots of BBQ's, camping, fishing, hiking, etc. going on, but with it comes sunburns, scrapes, bruises and an occasional trip to the doctor. Are you prepared? Do you know that all visits to the doctor or dentist require a purchase order?



Now is the time to be sure that your Contact Health Services are in good standing if you reside within the seven county service area. What are the seven counties? They are: **Coos, Deschutes, Klamath, Jackson, Josephine, Douglas, and Lane** Counties. Purchase orders are required before **each visit**. If a visit is re-scheduled, call for a new purchase order. If a surgery is scheduled, call Contract Health Services at least one week in advance in case it has to be reviewed by the Resource Management Committee before a purchase order can be issued.



Cow Creek Health and Wellness Center does not require a purchase order for services provided within the Clinic. It does require a purchase order for services that members are referred out to have done. **Contract Health Service is not aware when the clinic refers a member out for service.** If outside services are required, come by the Contract Health Services office before leaving the clinic and get a purchase order. Need a purchase order? Call 1.800.935.2649 prior to each visit.

# SWINE FLU...WHAT TO DO? by Mary Hagood, FNP

## How to Stay Healthy

**There are everyday actions to take to stay healthy.**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Keep your hands off your face, eyes, nose and mouth. The majority of germs and viruses are spread this way.

**Try to avoid close contact with sick people.**

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Keep at least 6 feet away from people actively coughing or sneezing. It takes approximately 10-15 seconds for the airborne droplets from a sneeze or cough to fall to the ground.
- Avoid crowded places like theaters and stores during busy times.
- **If you get sick, CDC recommends that you stay home** from work or school and limit contact with others to keep from infecting them.

## **What should I do to keep from getting the flu?**

First and most important: wash your hands or use gel alcohol hand cleaners frequently. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. **Wash hands after contact with common surfaces (doorknobs, public counters, money, etc.) that may be contaminated with**

## **the flu virus**

### **What surfaces are most likely to be sources of contamination?**

Germs and viruses can be spread when a person touches something that is contaminated and then touches his or her face, eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

### **What can I do to protect myself from getting sick?**

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Then throw the tissue away.
- Wash your hands often with soap and water, especially every time you cough or sneeze.
- Alcohol-based hand cleaners are also effective.
- Avoid touching your face, eyes, nose or mouth. Germs and viruses spread this way.
- Avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you **stay home** from work or school and limit contact with others to keep from infecting them.

### **What is the best way to keep from spreading the virus through coughing or sneezing?**

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

### **What is the best technique for washing my hands to avoid getting the flu?**

Washing your hands often will help



protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. We recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

## **Swine Flu (H1N1) Prevention**

**(General Information)** \*\*\*Please find more information at <http://www.cdc.gov/swinellu/>

**Cow Creek Band of Umpqua Tribe of Indians**

2371 NE Stephens St, Ste. 100  
Roseburg, OR 97470  
Phone: 541-672-9405  
Toll Free: 800-929-8229  
Fax: 541-673-0432

## Cow Creek Band of Umpqua Tribe of Indians



**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.

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.

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