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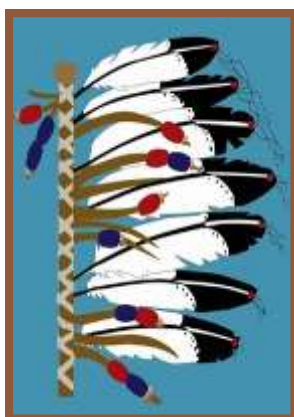
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## Fun at the Washington Culture Program

### What's happening in the Cultural Department?

We've had a great year bringing in traditional arts. One class that we thoroughly enjoyed and are very pleased to be able to provide was our trip to the state of Washington. We brought pine nuts and cedar bark. We taught members how to make bracelets and necklaces. Some of the participants were Sophia Gosselin, Claudia Rua, Sue Westervelt, Maria Stroud, Muriel Stroud, and Serenity Ottosen.

We plan to continue to reach out to all our members to help identify talents. If you have a skill for any traditional arts, please call **Tabbitha** at **541-667-5575 ext. 5218**.



### Schedules

#### Government Office Hrs:

Mon-Fri 8 AM–5:00PM

#### Roseburg Clinic Hrs:

Mon-Fri 8 AM-5:30 PM

#### Canyonville Clinic Hrs:

Mon-Fri 8 AM-5:30 PM

#### No Walk-Ins

Please call for Same  
Day appointment

#### Office Closures

Oct. 12—Columbus Day



## Takelma Together – Cow Creek’s First Language Book

The Education Department has been working with the Culture Department, our Tribal Elders, and our Takelma language learners to produce this amazing 20-page paperback book along with a smaller version for our youth. This book highlights the original artwork of our Elders and Takelma language learners and combines our native Takelma language with English into the first ever Cow Creek language book. The funding to produce this book was made possible from the South-Central Early Learning Hub.

The Education Department would like each tribal household to have a copy of this book. If you are interested in having a copy for your home, please contact **Tammie Hunt** at **541-677-5575** or email [thunt@cowcreek.com](mailto:thunt@cowcreek.com) with your name, mailing address, and phone number.

Thank you to our Tribal Elders Clem Rice, Clara Keller, Ralph Young, Joyce Sertain, and Norma Malone for their wonderful, artistic talents.



**Suux (Bird)**



**Remember our children**

Please Drive Safely!

A message from the  
Education Department at  
Cow Creek

## E-Learning on Your Laptop or Mobile

Cow Creek has collaborated with SkillSoft, a premier provider of online learning, to deliver the most up to date and relevant business and computer skills training.

e-Learning (online learning) is training that you can utilize on your own time and at your own pace from your computer or mobile device.

With our new online learning program, you can access a diverse library of content. Over 100 courses cover a wide variety of subject matter, from software application instruction to business skills development to personal development.

This is a great benefit and we hope that you will take full advantage of this training opportunity. Take a few minutes today to improve your life for tomorrow!

To enroll, contact **Nichole Wood** at [nwood@cowcreek.com](mailto:nwood@cowcreek.com) or **541-860-7322**.

## Are You in an Unbalanced Relationship?

- Does your partner control who you see, including friends, family, and spiritual leaders?
- Does your partner make you have sex when you don't want to?
- Is your partner twisting tradition to prove they are better and you are nothing?
- Does your partner shame you in front of family?
- Does your partner make you drink or take drugs?

If you answered YES to even one of these questions, your health, spirit, and safety may be in danger. Our Tribe supports you in your well-being through a partnership with domestic violence and sexual assault advocacy centers in Douglas, Josephine, and Jackson Counties:

**Battered Persons' Advocacy (Douglas)** - 541.673.7867 or 1.800.464.6543

**Women's Crisis Support Team (Josephine)** – 541.479.9349 or 1.800.750.9278

**Community Works (Jackson)** – 541.779.4357 or 1.855.216.2111

## Meredith LaFrance

As part of a Crime Victims' Services Division grant obtained by the Tribe, Meredith LaFrance, a co-located advocate from Battered Persons Advocacy, is available Wednesday through Friday in the Government Programs Office.

She will be meeting with those interested in aspects and services concerning domestic violence, sexual assault, stalking and human trafficking.

If interested in meeting with **Meredith**, please call **541.677.5575** to make an appointment.



## New Staff at the Government Offices

Please help in welcoming new employee Brick Andreasen. He is the new Communications Coordinator for the Government Offices, which means that he will be in charge of managing the tribe's Facebook page, updating the tribe's website, and editing the monthly tribal newsletter.

He was born in Provo, Utah, but he called Idaho home for most of his life. He studied English and Professional Writing at Brigham Young University—Idaho. He recently married an Oregon native and moved to Oregon as a result.



## Traditional Plant Nursery

Thank you to everyone who participated in the raised beds survey for our garden. The results are in and we will be implementing the Oregon Grape and Elderberry! We hope to have all raised beds and walkways in by Fall.

Come by and give us a hand or give **Tabbitha** a call at **541-677-5575 ext. 5218** to see what's going on. We are truly having fun with this project and hope you will all enjoy it as much as we have.

## Tribal Elk Hunt

Congratulations to **Hannah Lowell** on her Tribal Elk Hunt. Hannah was successful in filling her tag with her father Kerry during the first season youth cow hunt. The first youth hunt runs from Aug. 1- Sept. 30.



## A Summer of Excitement at the Education Workforce Center

This summer the Education Workforce Center hosted a variety of enrichment programs for tribal members.

A different workshop was offered each week in July and August. Participants made some new friends and learned a few new skills. Here are a few pictures of the various events.

If you have ideas for next year, comments or questions, please contact **Nichole Wood** at:

[nwood@cowcreek.com](mailto:nwood@cowcreek.com) or 541-860-7322.

### Hand Drum Workshop



### Mosaic Art Workshop



### Build a Computer Workshop



### The Cardboard Challenge



# SPECIAL EVENTS

KIUYUM-ID

## Save the Date! Hunters' Dinner

We will be having our 2nd annual Hunters' Dinner on Friday, October 2nd, 2015 at 6:00 pm in the Huckleberry and Grape Room at 7 Feathers.

All tribal members are invited, so put this on your calendar!

We will be making medicine bags, talking about traditional hunting methods, and discussing our Hunting program. If you have any great hunting stories, please share! We are looking forward to a great evening. Hope to see you there.

## Join Our Diabetes Prevention Program!

If you do, you could earn a chance to win \$400 towards groceries and avoid developing diabetes!

This intensive 16-week program has helped over 40 people lose over 400 pounds, return blood sugars to normal, and lower cholesterol by an average of 20 points! Keep off the pounds with customized weekly classes from a personal Registered Dietitian and Lifestyle Coach! Call or stop by the clinic for testimonials from previous class graduates!

If you are interested, contact **Jill Boyce, RD, at 541-672-8533**. If you are screened for the program you will receive a prize!



## Attention: Tribal Elders!

**Water Aerobics are Returning to the Seven Feathers RV Resort!**



Classes start October 6th, with class times at 9 AM and 10 AM on Tuesdays and Thursdays.

Contact **Adrianna** at **541.677.5575 today** to reserve your spot!

Space is limited to the first 12 people per class!

## Cultural Arts Class

We will be making Rawhide Rattles with Tribal Elder Butch Bochart on September 26th. This is a great class for learning all about leather. For more information, call **Tabbitha** at **541-677-5575 ext. 5218**. Looking forward to seeing you there!

## 1<sup>st</sup> Annual Blood Drive

We will be having our very first Annual Government Offices Blood Drive in October!

Date: October 2nd

Time: 10 AM to 3 PM

Where: Cow Creek Government Offices, Main Boardroom

If you are interested in donating blood for a good cause, then you should get in contact with:

**Katrena Garoutte**

[KGaroutte@cowcreek.com](mailto:KGaroutte@cowcreek.com)

**541-677-5575 ext. 5509.**

## Dave Ramsey's Financial Peace University Class

This class is offered FREE for our Tribal families. Anywhere else this class could cost \$100.00. We encourage teenagers to join their parents or come individually. This class is a required prerequisite to be eligible for some of our Tribal programs. Dinner is provided and you will receive a kit that includes the hardback book, workbook, and pack of CD's. The Cow Creek Tribe is providing these materials to families who participate. Each class is limited to 10 people, so call today to get registered!

**Presenter:** Lonnie Rainville

**Time:** 5:30 PM to 7:30 PM

**Registrar:** Kayla Lowell

**Dates:** October 5, 7, 12, 19, 21, 26

**541-677-5575**

November 2, 4, 9, 11, 16, 18, 23

[klowell@cowcreek.com](mailto:klowell@cowcreek.com)

**Location:** CC Youth/Workforce Center

213 S. Old Pacific Hwy. #103,

Myrtle Creek (Tri City)





triangle productions! Presents  
**The Jim Pepper Project**  
**TOUR - 2015**



Jim Pepper

**WORKSHOP November 7th**

Immediately following the show (12:15 PM). This workshop is recommended for anyone interested in music, drama, and theater.

**Triangle Productions!** is touring its original play about Native American musician Jim Pepper to the Nine Federally Recognized Tribes of Oregon throughout 2015. This play is available for booking within Oregon.

**THE JIM PEPPER PROJECT** takes you through Jim's journey to becoming a world-renowned musical artist. Four actors use text, multimedia, and music to explore history from the early 17th century to Jim's rise to fame in 1969, when his song "Witchi Tai To" reached the Top 100 Pop Charts - the only Native American song to ever do that!

## FREE OF CHARGE!

**PERFORMANCE:**

**Saturday, November 7**

**TIME: 11:00 AM**

**WHERE: Birch Room**

**Seven Feathers Convention Center**

**146 Chief Miwaleta Lane, Canyonville, OR**

**The cast includes:**

Karen Kitchen      Maury Evans  
Salim Sanchez      Ryan Cheng

**Playwright and Producer - Don Horn**

**Tour Manager - Stephanie Mulligan**

**Cow Creek Traditional Dancers - Lottie Hamrick and Allen Mata**

**Please call Kayla Lowell to reserve your seat at 541-677-5575**

*We encourage all Tribal Families and Youth to attend!*

## Join us for the 2015 Fall Poker Walk!



The Cow Creek Heath & Wellness Center is having our second annual Poker Walk on **Saturday, October 17th from 10 AM to 12 PM in Canyonville.** In this family friendly event, walk or run either the 1.5 mile loop or 5k loop, and stop and grab a poker hand along the way. The best hands will win prizes, with everybody having a chance to win the grand prize! There will be goody bags for all of the kids that come. **For questions please contact Bre or Jill at 541-672-8533!**

**September Cooking Demo-Tailgaters Made Healthy!**



Join our Dietitians, Bre and Jill, for our first fall cooking demo! We will be taking fall favorites like creamy dips, hot wings, and bbq meals, and turning them into healthy alternatives that can fit all dietary needs. Bring your appetites, because we eat everything we cook!

**Demo Times/Location:**

Sept. 21st: 11 AM to 12:30 PM Canynoville Clinic  
Sept. 22nd: 5:15 PM Roseburg Boardroom

**Registration is required**, please call Bre or Jill at 541-839-1345 to sign up.



**Cow Creek Band of Umpqua Tribe of Indians  
2371 N.E. Stephens Street, Suite 100  
Roseburg, OR 97470  
(541) 672-9405 Fax (541) 677-5565**

**Change of Address Form**

**(Please Note: Tribal Members Ages 18 & Over Must Complete & Sign Their Own Address Change Form)**

**Name:** \_\_\_\_\_  
Last First Middle

**Old Address:** \_\_\_\_\_  
Street  
\_\_\_\_\_  
City State Zip

**New Address:** \_\_\_\_\_  
Street  
\_\_\_\_\_  
City State Zip

**Phone Number:** ( ) \_\_\_\_\_ **Message Number:** ( ) \_\_\_\_\_

**Veteran? Yes** \_\_\_\_\_ **No** \_\_\_\_\_ **Branch of Military:** \_\_\_\_\_ **Service Era:** \_\_\_\_\_

**Social Security #:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Please List All Enrolled Minor Tribal Members Ages 17 & Under Who Are At This Address:**

<b>Name:</b>			
Last	First	Middle	Date of Birth
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Please Fill Out This Section If There Has Been A Name Change**

**Name:** \_\_\_\_\_  
Last First Middle

**New Name:** \_\_\_\_\_  
Last First Middle

**Reason For Name Change:** \_\_\_\_\_  
Married, Adopted, Legal Name Change, Etc.

**By signing below, I the adult Tribal member or adult representative for the minor Tribal member, certify the above information is correct:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Address Change Information



If your address has changed, the Address Change form is now attached in this newsletter. Just fill it out and mail it to the Government Office address provided on the form or fax it to the Government Office fax: **541-677-5565**.

Those who have minor children who are not living in their households should also make sure their children's updated addresses are on file at the Tribal Government Office. Youth related events and Trust Fund information won't be relayed properly if addresses aren't correct for them as well.

## Tribal Down Payment and Repair Assistance Reporting Prior to Distribution

As some of you may or may not know, the majority of our Housing Programs are funded with our HUD grant as well as Tribal money. When applying for assistance, all Tribal members that accepted the grant on behalf of the Tribe agreed to maintain possession and provide proof of residency for a period of 5 to 10 years, depending on which program they applied for. These rules are not just those imposed by the Tribe, but are also in part some of the regulations that we are obligated to monitor and report to HUD.

All Tribal members that have received funding for Down Payment and Repair Assistance are to provide proof of residency to the Housing Program during the first part of January each year for a period of 5 years.

Tribal members that have received IHBG Down Payment and Repair Assistance are to provide proof of residency to the Housing Program during the first part of January each year for a period of 10 years, as well as proof of homeowners and fire insurance.

At this time, it would be appreciated if Tribal members that received assistance in the last 5 years could contact the Tribal Housing Program to verify possession of the properties where they have received assistance. This could be in the form of providing a copy of your respective most recent property tax statement, homeowners insurance or utility statement showing the address of the property where you received assistance. You can **mail a copy** of the above to the **Government Office – Attention Tribal Housing**, fax to **1-541-677-5550**, or email to [jmathison@cowcreek.com](mailto:jmathison@cowcreek.com).

## Membership Updates

### Births/New Enrollments

Ryker Alexander Pedroza

### Obituaries

## Tribal Identification Cards



Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact **Janet** at the Cow Creek Government Office at **541-677-5575** or **800-929-8229**. You will be sent an application to fill out and sign. You will be required to enclose a photo and mail the completed application back to the Government Office for processing. Properly filled out applications will be processed with the tribal Chairman's signature and will be mailed back to you. Tribal I.D. cards are legal documents and should be accepted as legal proof of identity.



# Attention Tribal Members and Immediate Family

## Cow Creek Cultural Department

### Cultural Arts Revitalization Project

### Fall Events Schedule 2015

#### September

##### September 3, 10, 17, 24

Takelma Class

Every Thursday

Adults 10:00 A.M. - 12:00 P.M.

Youth 3:00 P.M. - 5:00 P.M.

Education Workforce Center

##### September 26

Raw Hide Rattle Workshop

10:00 A.M. - 2:00 P.M.

Education Workforce Center

##### September 26

Family Takelma Class

10:00 A.M. - 2:00 P.M.

Government Office

Boardroom

*For Language questions*

*Contact: Rhonda Malone at*

*541-677-5575 or*

*email: [rmalone@cowcreek.com](mailto:rmalone@cowcreek.com)*

#### October

##### October 1, 8, 14

Takelma Class

Adults 10:00 A.M. - 12:00 P.M.

Youth 3:00 P.M. - 5:00 P.M.

Education Workforce Center

##### October 2

Hunters Dinner

6:00 P.M.

Grape/Huckleberry Room

Seven Feathers

##### October 6, 20

Tribal History Book Class

2:00 P.M. - 5:00 P.M.

Education Workforce Center

##### October 6, 8, 13, 15, 20, 22, 29

Entrepreneurial Workshop

5:00 P.M. - 8:00 P.M.

Education Workforce Center

##### October 30

Family Language

5:15 P.M. - 7:45 P.M.

Government Office Boardroom

#### November

##### November 1, 17

Tribal History Book

2:00 P.M. - 5:00 P.M.

Education Workforce Center

##### November 3, 4, 10

Entrepreneurial Workshop

5:00 P.M. - 8:00 P.M.

Education Workforce Center

##### November 4, 12, 19

Takelma Class

Adults 10:00 A.M. - 12:00 P.M.

Youth 3:00 P.M. - 5:00 P.M.

Education Workforce Center

##### November 14

Moccasin Workshop

10:00 A.M. - 2:00 P.M.

Education Workforce Center

##### November 21

Family Language

10:00 A.M. - 2:00 P.M.

Government Office Boardroom

#### December

##### December 1, 15

Tribal History Book

2:00 P.M. - 5:00 P.M.

Education Workforce Center

##### December 3, 10, 17

Takelma Language

Adults 10:00 A.M. - 2:00 P.M.

Youth 3:00 P.M. - 5:00 P.M.

Education Workforce Center

##### December 12

Family Language

10:00 A.M. - 3:30 P.M.

Government Office Boardroom

*For questions contact:*

*Stephanie Moore at*

*541-677-5575*

*email: [smoore@cowcreek.com](mailto:smoore@cowcreek.com)*



# September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Senior Meal 12 PM @ 7F Takelma Language Class @ Workforce Ctr	4 Elder Luncheon @ 7F	5
6 AA Mtg 6 PM Gov Office	7 Senior Meal 12 PM @ 7F	8 Food Bank 9-12 PM Senior Meal 12PM @ 7F Buffet	9 Senior Meal 12 PM @ 7F	10 Senior Meal 12 PM @ 7F Takelma Language Class @ Workforce Ctr	11	12 Annual Tribal Family Picnic @ Bare Park
13 AA Mtg 6 PM Gov Office	14 Senior Meal 12 PM @ 7F	15 Senior Meal 12 PM @ 7F	16 Senior Meal 12 PM @ 7F	17 Senior Meal 12 PM @ 7F Takelma Language Class @ Workforce Ctr	18	19
20 AA Mtg 6 PM Gov Office	21 Senior Meal 12 PM @ 7F	22 Food Bank 1-4 PM Senior Meal 12 PM @ 7F Buffet	23 Senior Meal 12 PM @ 7F Buffet	24 Senior Meal 12 PM @ 7F Buffet Takelma Language Class @ Workforce Ctr	25	26 Takelma Language-Family Day @ G.O. 10:00 AM-2:00 PM Bring regalia/lunch included
27 AA Mtg 6 PM Gov Office	28 Senior Meal 12 PM @ 7F Buffet	29 Senior Meal 12 PM @ 7F Buffet	30 Senior Meal 12 PM @ 7F Buffet			

# October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Senior Meal 12 PM @ 7F Takelma Language Class @ Workforce Ctr	2 Elder Luncheon @ 7F Hunters' Dinner 6PM @ 7F Blood Drive 10am-3pm @ G.O.	3
4 AA Mtg 6 PM Gov Office	5 Senior Meal 12 PM @ 7F	6 Senior Meal 12PM @ 7F	7 Senior Meal 12 PM @ 7F	8 Senior Meal 12 PM @ 7F Takelma Language Class @ Workforce Ctr	9	10
11 AA Mtg 6 PM Gov Office	12 G.O. closed for Columbus Day Senior Meal 12 PM @ 7F	13 Food Bank 9-12 PM Senior Meal 12 PM @ 7F	14 Senior Meal 12 PM @ 7F	15 Takelma Language Class @ Workforce Ctr	16	17
18 AA Mtg 6 PM Gov Office	19 Senior Meal 12 PM @ 7F	20 Senior Meal 12 PM @ 7F	21 Senior Meal 12 PM @ 7F	22 Takelma Language Class @ Workforce Ctr	23	24
25 AA Mtg 6 PM Gov Office	26 Senior Meal 12PM @ 7F	27 Food Bank 1-4 PM Senior Meal 12 PM @ 7F	28 Senior Meal 12 PM @ 7F	29 Senior Meal 12 PM @ 7F	30	31

## What Are E-Cigarettes?



E-cigarettes look high tech, so it's easy to believe the hype that they're a safe alternative to smoking. Unfortunately, they're not: E-cigarettes are just another way of putting nicotine — a highly addictive drug — into your body.

Electronic cigarettes are battery-powered smoking devices often designed to look and feel like regular cigarettes. They use cartridges filled with a liquid that contains nicotine, flavorings, and other chemicals. A heating device in the e-cigarette converts the liquid into a

vapor, which the person inhales. That's why using e-cigs is known as "vaping."

Because e-cigarettes don't burn tobacco, people don't inhale the same amounts of tar and carbon monoxide as they would with a regular cigarette. But anyone using an e-cig still gets an unhealthy dose of nicotine and other chemicals.

### What's the Danger?

E-cigarettes don't fill the lungs with harmful smoke, but that doesn't make them a healthy alternative to regular cigarettes.

When you use ("vape") an e-cigarette, you're still putting nicotine into your system through your lungs. In addition to being an addictive drug, nicotine is also toxic in high doses. It was once even used as an insecticide to kill bugs.

Nicotine affects your brain, nervous system, and heart. It raises blood pressure and heart rate. The larger the dose of nicotine, the more a person's blood pressure and heart rate go up. This can cause an abnormal heart rate (arrhythmia). In rare cases, especially when large doses of nicotine are involved, arrhythmias can cause heart failure and death.

After its initial effects wear off, the body starts to crave nicotine. You might feel depressed, tired, or crabby (known as nicotine withdrawal), and crave more nicotine to perk up again. Over time, nicotine use can lead to serious medical problems, including heart disease, blood clots, and stomach ulcers.

### Kicking the Habit

If you smoke and want to quit, e-cigarettes probably aren't your best option. Using an e-cigarette mimics the experience of smoking tobacco cigarettes more closely than other quitting options, like nicotine gum or patches. You don't want to successfully give up smoking only to find you're now hooked on e-cigarettes.

If you've already tried using e-cigs and think you might be getting dependent on nicotine, you'll need to follow the same steps for quitting as you would with tobacco:

- **Make a specific plan.** Set a date to begin the quitting process. If you smoke cigarettes, try going cold turkey before relying on e-cigarettes to help. If that doesn't work, it's time for a plan to wean yourself off nicotine. Make a specific goal, like using one less e-cigarette each day for a week. Keep cutting back until you no longer smoke or vape.
- **Stay busy.** Take your mind off cigarettes by exercising or doing something that involves your hands, like art, music, knitting, or woodworking. Stay aware of specific times and situations that make you want cigarettes (like at a party or after a meal), and come up with a plan to handle those times.
- **Delay giving in to a craving.** When you crave a cigarette or e-cig, put off giving in to the urge. It can be easier to tell yourself to "wait" than to tell yourself "no." Do something else to take your mind off the craving. Chances are, the urge will pass, and — congratulations — that means one less cigarette!
- **Keep focused on why you want to quit.** Write down all the reasons you want to stop using cigarettes or e-cigarettes, like the money you'll save or the extra energy you'll have. Keep the list where you can see it, and read it every day.
- **Get support.** Turn to your family or a trusted adult for moral support when you really want a cigarette. It also helps strengthen your resolve to tell other people that you are quitting. See if friends will join you in quitting. If not, ask them not to smoke or use e-cigarettes in front of you.
- **Be good to yourself.** Some people use e-cigs to avoid harming friends and family with secondhand smoke. But you're still hurting them by harming someone they love — you. Be your own best friend and give yourself praise each time you avoid reaching for the e-cigs.

**If you want help quitting or have any questions please call Cow Creek at 541.672.8533.**



## Inhalant Delivery Systems and New Law

A new law has passed that bans inhalant delivery systems beginning January 1, 2016. The following are 4 excerpts written by Kim LaCroix, MPH, RD, from the State of Oregon Health Promotion and Chronic Disease Prevention division of the Oregon Health Authority.

"On 5/27/2015, Oregon Governor Kate Brown signed HB2546B, which expands the Oregon Indoor Clean Air Act (ICAA), also known as the Smokefree Workplace Law, to include the use of "inhalant delivery systems." Inhalant delivery systems are devices that can be used to deliver nicotine, cannabinoids and other substances, in the form of a vapor or aerosol. These include e-cigarettes, vape pens, e-hookah and other devices..."

"Under the law, Oregonians may not use e-cigarettes and other inhalant delivery systems in workplaces, restaurants, bars and other indoor public places in Oregon beginning January 1, 2016. There are no exemptions for electronic cigarette retail outlets, smoke shops, bars or other venues. The law also bans the sale, purchase or use of electronic cigarettes for those under the age of 18..."

"Inhalant delivery systems are largely unregulated, without safety protections, standards for product consistency, or truth-in-labeling requirements. Existing evidence about inhalant delivery systems raises the concern that they may: have an adverse impact on user's health; encourage youth smoking initiation through modeling and nicotine addiction; perpetuate the use of nicotine and tobacco products among users who might otherwise quit, and even those who have quit; and counter the effectiveness of smoke-free policies."

"There has been a large increase in the use of inhalant delivery systems among youth in both Oregon and nationwide, and the Centers for Disease Control and Prevention has identified use of these products as a potential gateway to cigarette smoking among youth. Data show that current use of inhalant delivery systems among Oregon 11th grade students increased from two percent to five percent, a 150 percent increase, from 2011 to 2013. Nationally, current inhalant delivery system use among middle and high school students tripled from 2013 to 2014. This new national data indicates that youth inhalant delivery system use has surpassed current use of all other tobacco products, including conventional cigarettes..."

The new law does not affect tribal properties or businesses. A big victory in the passage of this new law is that people under the age of 18 can no longer purchase e-cigarettes, which has likely been a contributing factor in the rise of nicotine use among youth.

**Article submitted by the Tobacco Prevention and Education Program**

## New Staff in the Clinics

Please help the Clinic in welcoming Dr. Charles Ross. He joined the CCH&W team last week. He will be working part-time in the clinic, helping to audit chart files and keep up with IHS compliance.

Charlie Ross, D.O. has been a practicing physician in Oregon for almost 40 years, and is Board Certified in Emergency Medicine and Family Practice. He is currently a part time Assistant Professor at Western University of Health Science and is practicing Lifestyle Medicine in Roseburg. His current motivation is to change the way health care is practiced in Roseburg by treating the root causes of illness, and not just the symptoms of disease.



Please help in welcoming new employee Robert Lowell; Robert will be our new CMA on Dr. Basham's team in the Clinic. Many of you may already know Robert; he did his internship in the Health and Wellness Center back in 2010.

Robert is transferring from Seven Feathers Casino Resort, where he was a Slot Technician. Robert has been with the Casino for 8 years and they are sad to see him go, but we are happy that he will now be a part of our family at the Government Offices.

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



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

Visit us online @ [cowcreek.com](http://cowcreek.com)