



Cow Creek Band of Umpqua Tribe of Indians

KIUYUM-ID

MAY 2008



Nominees Selected for 2008 Tribal Election

Nominations for the Tribal Board of Directors were taken at the May 18, 2008 General Council meeting held at the Tribal Government Offices in Roseburg. Four Tribal members were nominated .

The nominees for the 2008 Election will appear on the ballot as follows:

- * Sue Shaffer
- * Dan Courtney
- * Luanne Urban
- * Ernest Volkman

At the Tribal Board's request, the Siletz Agency of the Bureau of Indian Affairs will have oversight of the Tribal Election. Ballot packets, including instructions, will be mailed out to registered

voters of the Tribe from Siletz Agency no later than July 18, 2008. If you are a registered Tribal 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 by them no later than 4:00 p.m. on August 8, 2008.

The Annual Election meeting will be held at 10:00 a.m. on August 10, 2008 at the Government Office, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

Special Points of Interest:

- * Career Day information
- * Pictures of Seven Feathers RV Resort and article.
- * A.D.D. how it may be affecting you or your children.
- * Grizzly Bear Legend story
- * Fun kids recipe that you can do at home



Culture Camp 2008 Just Around the Corner

Cow Creek Culture Camp is scheduled for June 20, 21 and 22, 2008 at the Bare Ranch Park in Myrtle Creek, OR. This years events will include drum making and flint knapping. Classes start at 1:00 pm on Friday,

June 20th and end on Sunday, June 22nd at 2:00 pm. Watch for Culture Camp applications that will be sent out. For more information contact Louis LaChance at 541-677-5575 or 1-800-929-8229.



Archery class participants practicing their skills.



D.J. Rogers guides participants in the flint knapping.

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Upcoming Events

The 2nd annual Outdoor Recreation and Boat Safety Day

All tribal families are welcome to participate in the June 7th event held at Diamond Lake. Transportation will be provided by the Tribe through North Star Bus Lines. Activities for the day will include building bird houses, bike riding and fishing (from a boat or lake side). If you plan to participate contact Rhonda by May 31, 2008 at 541-677-5575.



CPR/First Aid Training

Noreen Thompson from the Cow Creek Health and Wellness Center is offering this free class May 31, 2008 from 9:00 to 1:00 p.m. for Child Care Program parents and providers. Please call to sign up at 541-677-5575.

Movie Club

The summertime movie fun is about to begin on June 19 and June 24, 2008. Free movies will be held for the youth and Tribal families at Cinema Seven in Roseburg. Each participant will get a free popcorn and drink. You **MUST** call Rhonda the day before the movie event to reserve your spot at 541-677-5575.

Graduating Tribal Students

The Tribal Students were invited by the Tribal Board of Directors to the Seven Feathers Resort on Saturday, May 17th for the annual Tribal Student Recognition Dinner. This year, again celebrated tribal students that obtained GED's, high school diploma's, college degrees and certifications from trade schools.

Turn-out for the dinner was somewhat disappointing with only 7 of the 19 students in attendance. The

student families and the Tribal Board represented the evening very nicely. The total amount spent on the 19 graduating Higher Education/Tribal Education Students in 2007-2008 was \$120,711.76.



Gathering of the Wetlands

On June 17, 2008 from 10:30 a.m. to 3:30 p.m. there is going to be free, all ages event for tribal people at the West Eugene Wetlands lead by Dennis Martinez, chair of the Indigenous Peoples' Restoration Network.

Learn about traditional plants like camas and acorn. Try harvesting and material preparation. Help plan the wetlands future as a cultural center. Lunch provided.

Registration required. Contact Eric Jones:

541-683-1846 or email etj@ifcae.org

Career Fair

The UIDC Human Resource Department is starting to plan the recruitment for our new 250 seat buffet at Seven Feathers Hotel & Casino Resort. The expansion of the hotel and addition of the spa will open in 2009 and we start recruiting in early 2009. All new hires for the buffet are expected to be on site by early October 2008.

As part of our recruiting plan, we are holding a career fair that will be open to all Tribal members as well as the public. The Career Fair will occur on July 30, 2008 from 11am-7pm at Seven Feathers. Hiring managers, supervisors and benefits coordinator will be available for you to speak to. We will have computers available for use to fill out online applications or you may bring

your resume and fill out a paper application.

We know that we are only as successful as our Tribal members and our employees. We invite our members to find out what is available.

You can visit us on the web at www.uidchr.com or come visit us in person at our Canyonville office or Roseburg location.

Just for Elders

Shasta Trip Rescheduled

The Elders Shasta dinner train excursion has been rescheduled for August 23, 2008. Don't forget to reserve your spot. Call Rhonda at 541-677-5575.

Jet Boat Fun

Saturday June 14, is the Elders Hellgate Jet-boat excursion to Graves Creek on the Rogue River! This is planned to be an overnigher Friday, June 13th with the Elders catching the boat at 8:15 a.m. Saturday

morning. Food and lodging are paid for. If you would like to attend call Rhonda Malone by June 6th to reserve your space 541-677-5575. Space is limited.

Beautiful Seven Feathers RV Resort Canyonville, OR

Nestled at the foot of the Northwest mountains in Southern Oregon lies a captivating RV Resort that is easily accessible off I-5. Abundant gorgeous Pine and Douglas Fir trees make Seven Feathers RV Resort a place you will not want to miss. Thriving outdoor scenes, major hiking areas and great icons such as Diamond Lake, Crater Lake and The South Umpqua Falls are just a short drive away.

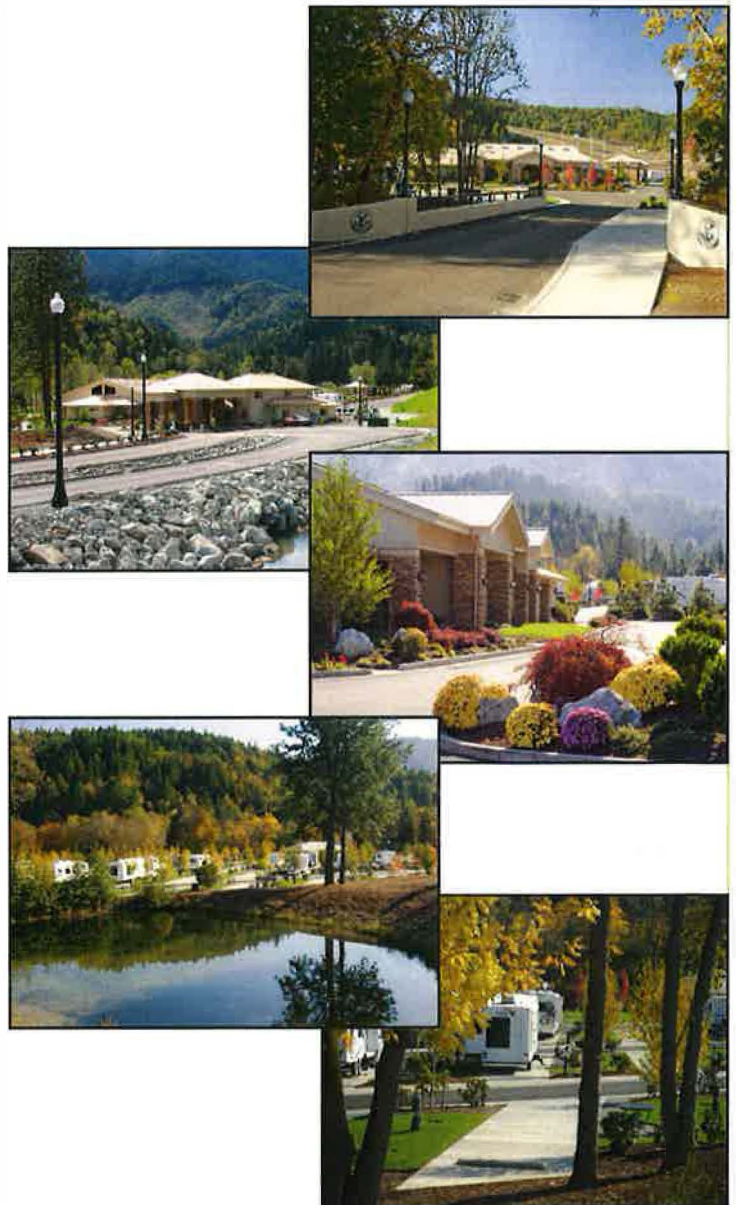
A year ago Western RV News, who produces the newspaper for the RV traveling tourist, let the secret out. "You may already know Seven Feathers as a great stopping point for casino fun, but you may not know that hiding out behind the trucking center is the best kept secret in the State of Oregon." In an article that was found in Highways magazine, the top sixteen parks in the country were ranked according to their Good Sam ratings. With a 10/10/9.5 Good Sam rating, Seven Feathers finished in a five-way tie for the second best park in the country. Similarly Woodall's gave the park their highest rating, Five Diamonds, placing it in the top 3% of all the parks in the country.

The park is truly one of the most outstanding RV facilities in the entire country. Set in a beautiful valley with tree covered hills beside and behind is a lushly landscaped and wonderfully maintained destination for the RV public. Planned to have the largest rigs, the park is easy to navigate through, very quiet, convenient access to fuel up and it is very easy to make your way to the freeway. All sites are wide and extremely flat. Rigs with their multiple slide-outs require more space and the RV Resort can comfortably accommodate the largest on the road. The RV Resort prides itself in providing a level of service that is not found in most parks. Every guest is greeted with a smile and a "Welcome to Seven Feathers." After registering, a Guest Services Attendant in a golf cart will lead the rig to the proper site and assist the guest with setting up. Grounds keepers are constantly mowing, weeding, cutting or pruning. Shuttles driven by friendly and knowledgeable spokes persons for Seven Feathers will take guests from their site to the casino, or anywhere they need to go in Canyonville, another service not matched anywhere else.

The park has 191 full service RV sites. All sites have two sewer connections and all have 20A/30A/50A electrical connections, plus cable TV and phone connections. Restrooms are not locker room style, as in most parks, but are "family style" just like your bathroom at home. The pool, hot tub and fitness center are utilized by

guests all year long. With Seven Feathers Hotel Casino Resort just across the freeway, Seven Feathers RV Resort is truly the "big dog" in the state and one of the best in the entire country. Western RV News concluded their article by saying to their readers, "If you are ready to experience the best in RV resorts, don't pass Seven Feathers without stopping. You will find fantastic facilities, amenities and service and you will enjoy all that Seven Feathers has to offer."

Stop by the reception desk to pick up a visitor's pass. For any additional information please contact Dean Kelley at 541-839-3599.



Contract Health News

Tribal Dental Health Program

The Tribal Dental Health Program is available to all enrolled Cow Creek Tribal Members nationwide. This program will pay the patient's portion of approved dental services to limit of \$1,500.00 per calendar year.

Any primary dental health insurance (if applicable) must be utilized first. No cosmetic procedures or implants are allowed under this plan.

Dental procedures covered include, but are not limited to:

- * Exams, cleanings, x-rays, fluoride treatments, sealants, and other preventative care
- * Fillings
- * Extractions
- * Root canals
- * Crowns and bridges



The most important step to participate in the plan is to, **obtain a purchase order # prior** to your dental appointment. The Purchase Order covers the exact date of service it is issued for. For follow up appointments, the next day or the next week, or if you are re-scheduled, be sure to call for another Purchase Order number, or your visit may not be covered. If you have not completed an application or need a purchase order number please contact: Elizabeth or Amy at (541) 672-8533.

Attention Deficit Disorder

What is Attention Deficit Disorder (A.D.D.)?

What is A.D.D.? It is the inability of your child's brain to focus on what is relevant in his/her environment. It's sort of like an electrical short circuit in a radio or cell phone that is not plugged in correctly or properly charged. It involves the neurotransmitters (electrical transmissions) in the brain; all of the parts are probably there, but the connections aren't working right.

A child with A.D.D. often has difficulty in school due to this inability to determine what is relevant in the classroom and what isn't. The overhead lights may have a buzzing sound that you can't hear, but your child may. Your child may be very bothered by the child sitting six seats over who is tapping her finger on her desk. Your child may be agitated by the sound of the teacher helping another student. Sounds in the hall, the classroom next door, people at recess, and any movement or change may vie for your child's focused attention. Everything seems equally important to your child and he/she cannot select what to pay attention to. Your child may often be

impulsive and may have difficulty making good choices, even when he/she wants to. Your child may often have difficulty with how he/she interacts with other children. Boys with A.D.D. are often aggressive and are reported to be on-the-go all of the time. Girls with A.D.D. are often withdrawn. A child with A.D.D. typically feels bad about him/herself and, as a result, may have low self-esteem.

The diagnosis for A.D.D. cannot be made by you or your child's teacher. A Qualified Mental Health Professional (Q.M.H.P. – Psychiatrist, Psychologist, Social Worker, Behavioral Health Therapist, etc.) may use the information that you and the teacher provide, as well as, how your child acts to determine a diagnosis of A.D.D. This information should include specific behaviors, actions, activities, and sounds that your child makes. The teacher can offer information on your child's interactions with other children. There are assessment tools that a Q.M.H.P. may use to make a diagnosis of A.D.D. Two such tools are the Conner's Rating Scale and the Taylor Hyperactivity Screening. A child that is under age five is typically not able to be diagnosed with A.D.D., even though they have many of the symptoms, as small children make lots of noises, are impulsive, and distractible as part

of their developmental age.

What can you do if your child has A.D.D.? If your child does have A.D.D., there are strategies he/she can learn from a Q.M.H.P. to help them cope. Examples are: you can teach your child to purposely make eye contact, in a mindful way, when someone is talking to them. Your child may want to sit in the front row in school to help eliminate distractions. You may want to watch what your child eats and drinks, some children may be sensitive to dyes, sugar, or other additives and these may worsen your child's symptoms. If your child continues to struggle, you may want a medication evaluation by a doctor. There are safe and tested medications that may allow your child's brain to plug-in more clearly and aid him/her with relevance and attending.

A.D.D. is not much different from any other physical problem or illness. It can be treated. If you suspect that your child may have A.D.D. contact Lee Van Beuzekom, L.M.F.T. at the Cow Creek Health and Wellness Center at 672-8533 and request an assessment.

Nesika Health Group

Pharmacy Benefits Generic vs. Name Brand

The prescription benefit under the Nesika Health Group has three different levels of co-pays - \$10.00, \$20.00 and \$40.00.

There is a working formulary (listing of medications) through the prescription benefit management company. There are three different levels of medications on this formulary. The levels are generic, Name Brand and non-preferred.

If a prescription is filled with a medication that is listed on the formulary as a generic medication, then the co-pay will be \$10.00; if the prescription is on the formulary as a Name Brand medication, then the co-pay will be \$20.00. If the prescription is not listed on the formulary, then it is considered as non-preferred and the co-pay will be \$40.00.

A request can always be made to the pharmacy to fill the medication as a generic. In this way the lowest co-pay would be charged. However, it may be necessary to have a prescription filled with the Name Brand for one reason or another, or maybe the medication is not yet available in generic form. If this is the situation, there will be a higher co-pay depending upon whether the medication is listed as a Name Brand or as non-preferred. Hopefully, this will help clarify the differences in the prescription of co-pays.

If there are questions about what the co-pay will be prior to filling the prescribed medication, a call can be made to Re-state at 1-800-248-1062 or to a Nesika Health Group representative 1-800-284-9917 or 541.677.5508.

Positive Parenting

Among the services available through the Cow Creek Health and Wellness Center for Tribal families is a parenting consultant to assist with parenting issues. Lee Van Beuzekom, L.M.F.T. is a specialist in child/family issues and is available to discuss the challenges of parenting. In addition to the parenting consultant, the Tribe has a great number of parenting books and videos available in the Tribal Library to check out. For more information or to schedule an appointment, call the Cow Creek Health and Wellness Center at 541-672-8533.



Drug Facts

Over the Counter Drugs

Abuse of over-the-counter drugs, such as cough medications, continues to become a problem with teenagers ages 13-16. The latest data shows that one in ten kids abuse cough medicine alone. Cold medicines such as Nyquil, Vicks Formula 44, and Robitussin all contain a chemical called Dextromethorphan (DMX). DMX is a synthetic drug that is chemically similar to morphine.

Teenagers have various nicknames for DMX including: Robo, Dex, Skittles and Tussin. Over the counter drugs can be extremely dangerous resulting in overdose, and even death. Parents should be aware of the dangers and any possible abuse of these potentially dangerous over-the-counter medications.

For more information or to set up a confidential meeting, call Don Gilbert, Alcohol & Drug counselor at 541-672-8533 or 800-935-2649.



Oregon Tobacco Quit Line

The Tobacco Quit Line is an important resource for all Oregonians. The Quit Line is a free, confidential program that provides assistance for tobacco users. Eligible callers who are ready to quit tobacco use can receive a two week starter pack of patches or gum to assist them in the process.

Beginning this month, the current "4-week" limit for free nicotine replacement for uninsured callers has increased to eight weeks.

Whether a person smokes or chews, the Tobacco Quit Line can help.

Call now: 1-800-QUIT-NOW

Quit Line hours are 5 AM to 9 PM, seven days a week.



Bow Hunters Success



Tribal members pictured from left to right: Mason, Kit and Ryon Davis who participated in the Oregon Bow Hunters Association indoor state tournament held at Seven Feathers in April. There were 180 shooters for this event. Kit Davis came in at 3rd place for the Female Free Style, Mason age 11 placed 3rd for the Cub Free Style and Ryon who is 14 years old placed 5th for the Youth Free Style. It was an eventful day for the shooters who managed to do very well.

Traditional Facts

The Cow Creeks along with all of the Oregon Tribes, relied heavily on basketry items in their everyday life. Baskets were woven from locally available plant resources such as hazel shoots, bear grass, maidenhair fern, willow root, woodwardia fern, and cattails. Decorative dyes were concocted from several sources including elderberry bushes and alder trees.

Baskets were used to carry, store, and even to heat and cook food. Cooking baskets were woven so tightly that they were waterproof and could hold liquids. In some instances a simple application of pine resin or a similar type of sealant could yield the same result. A food item, such as acorns, could be cooked in baskets by filling them with water and adding heated stones as needed to keep the water boiling. The food was almost continuously stirred and by keeping the stones moving, the food would boil without burning the basket.



A small basket of local origin made from hazel rod, bear grass and maidenhair fern.

2007 Distribution Checks

The following is a list of people who still have distribution checks holding due to a lack of a current address. We need to get these checks out as soon as possible. If your name is one that is listed below or you have any idea where to reach those people, contact Cow Creek Government offices at 541-677-5575 for more information on how to get your check..

Debbra Sirena Cole

Joshua Adam Kennedy

John Leroy Kenyon III

Forrest Keith Olsen

Cody James Poole



New Arcade Coming Soon

Seven Feathers Hotel and Casino Resort will be bringing some additional fun and excitement with the expansion of the arcade. They are adding an additional 1200 sq feet to the existing arcade which will total 2400 sq feet of playing space. There will be over thirty games such as Deal or No Deal, Street Basketball, Hot Flash Air Hockey, Nascar, Fast N Furious and many more. Ticket redemption will also be available for kids to collect a prize or prizes after they turn in all of their tickets. The addition should be finished this summer. It is a great place to let the kids come and play while mom and dad hit the slots!



Help the baby birds find the way out of their nest.

KIDS CORNER



published Art

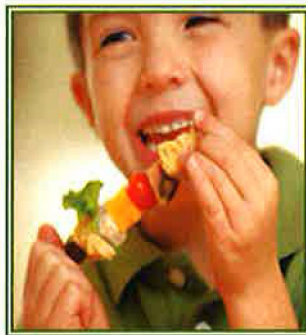
If you have a piece of artwork that your Tribal child has drawn and would like it to be published in the newsletter under Fiddle Sticks Art Place, send it in with their name and age to Lindsie Hicks at Cow Creek Government offices at 2371 NE Stephens Suite 100, Roseburg, OR 97470. There will only be three to five art pieces published in the newsletter each month.



How do you turn a sandwich into a fun snack? Make it a stick-wich!!!

RECIPE INGREDIENTS:

- ~ Bread
- ~ Cheese
- ~ Variety of lunch meats
- ~ Grape tomatoes
- ~ Lettuce
- ~ Pickles
- ~ Olives
- ~ Skewer sticks



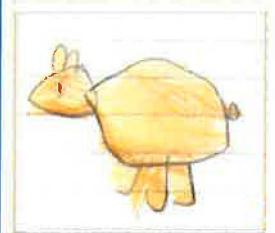
1. Cut up cubes of bread, cheese, and lunch meat (we ordered 1/2-inch-thick slices of ham and turkey at the deli counter).
2. Slide the cubes onto a skewer with other foods your child likes, such as a grape tomato, a piece of lettuce, a pickle, or an olive.
3. Set out a side of mayo or mustard for dipping.



Fiddle Sticks Art Place



'Feeling of color'
by Nicole Lyton, age 4



'A Three Legged Bear'
by Sarah Louise Chapman, aged 5



'Garden of love'
by, Drew Donalds, age 10



'My Beautiful Flower'
by, Zoey Piarella, age 6

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



COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

**We are on the
web!**
cowcreek.com

Reminders

**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 mailed back to you.

TRIBAL JOBS LINE

Tribal members interested in employment opportunities at any of the tribal businesses can call the Tribal Jobs Line at 1-800-676-0854 to hear a pre-recorded listing of openings. The Tribal jobs line is updated on a weekly basis and provides instructions as to where and how to apply.

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.

