



In Memory Of

Long time Vice-Chairman of the Cow Creek Band of Umpqua Tribe of Indians, Wallace "Buster" Rondeau, passed away on May 18, 2000.

Buster was born on March 8, 1920, in Tiller, Oregon, and was the oldest son of Wallace Rondeau, Sr., who died in January of 1997.

Buster grew up in the Tiller/Days Creek area; in school he was well known for his athletic achievements. He loved hunting, fishing and simple recreation at the South Umpqua Falls and the surrounding areas.

During World War II, Buster served in the Navy on the USS Enterprise, an aircraft carrier that was the most decorated ship in the US Navy during the war, also known as "The Fighting Lady".

Buster married his wife Polly in June of 1960, and together raised their children Penny Leonard,

Monty Rondeau, Sherry Wilson, and Kelly Rondeau.

Buster served the tribe in many capacities, including the cultural committee, pow-wow committee, the Umpqua Indian Development Corporation and the Cow Creek Indian Foundation. He was also a member of the Gaming Compact negotiating team.

His loss will be felt in many ways. We shall miss him greatly.

The family of Buster Rondeau has expressed deep appreciation and gratitude to all friends and family who gave their support and condolences during Buster's illness and passing. The outpouring of sympathy and concern has been overwhelming and gratefully received. A special thank you goes out to the entire Tribal Health Office, and especially to Rhonda Malone and Dr. Daskalos. They gave great service above and beyond the call of duty.

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Tribal Nomination Meeting Held

The Cow Creek Tribal General Council Nominations Meeting was held on May 21, 2000 at the Tribal Government Offices. Chairman Shaffer, prior to calling the meeting to order, called for a moment of silence in remembrance of Vice-Chairman Wallace "Buster" Rondeau, who passed away on May 18, 2000, at the age of 80.

After a brief eulogy, nominations for two positions on the Cow Creek Tribal Board of Directors were taken. The tribal members who received a valid nomination, and have accepted that nomination are:

- Sue M. Shaffer
- Daniel Courtney
- John Cox
- Rob Estabrook

The Siletz Agency of the Bureau of Indian Affairs will again be assisting in the 2000 Tribal Election.

Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from the Siletz Agency no later than July 14, 2000. If you are a registered voter and do not receive a ballot, you must contact the Tribal Office at 1-800-929-8229 or 1-541-672-9405. Ballots must be returned to the Siletz Agency no later than 4:00 p. m., August 11, 2000.

The Annual Election Meeting will be held at 11:00 a.m. on August 13, 2000, at the Tribal Government Office, 2371 NE Stephens Street, Roseburg, Oregon. 97470

Proposed Change to Tribal Distribution Plan to be Submitted to Interior

Tribal members may soon see an increase in their annual tribal distribution. For the past two years, the Tribal Board of Directors has discussed options that would benefit the Tribal membership, as related to the Tribal Distribution Plan.

The Cow Creek Tribal Distribution Plan, submitted by the Tribe and approved by the Department of the Interior in 1995, called for a one time disbursement of \$1000.00 to all tribal members out of gaming proceeds and \$100.00 annually after the first year. The plan also called for the Board of Directors to review the tribal disbursement portion of that plan in the year 2000.

In April, the Board of Directors approved changes to this plan and will now submit them for approval to the Department of the Interior.

The proposed plan is for tribal members to receive an annual payment of \$500.00 in December of 2000. This increase is up from the original \$100.00 disbursement that Tribal members have received over the last several years. In 1999, Tribal members received a total of \$250, with \$100 coming from tribal gaming and \$150 coming from the non-gaming income of diversified Tribal businesses. i.e., truck stop, rental income, etc.

In addition to the proposed annual payment, tribal elders 60 years and older will received an additional \$250 per month.

Again, any changes to the existing plan must meet specific criteria and be approved by the Department of the Interior.



World War II Memorial



Plans are underway by the Tribal Board of Directors and others to sponsor a fund-raiser that will honor veterans of World War II. The fund-raiser will help with the construction of the National World War II Memorial in Washington, DC. The groundbreaking ceremony is scheduled to take place on Veteran's Day 2000.

The memorial will be built on the Capitol Mall, and will recognize the contribution made by the men and women who assisted the war effort on the Home Front.

The State of Oregon, in December of 1999, authorized \$147,633 to be donated for the construction of the memorial. The dollar amount represents \$1 for each man and woman from the State of Oregon who entered military service during World War II.

The Tribal fund-raiser and honoring ceremony is scheduled for July 1, 2000 at Seven Feathers Hotel and Casino Resort Convention Center.

The Tribal Board of Directors has been requesting that Cow Creek veterans notify the Government Office that they are, in fact, veterans. Veterans and their spouses **who have RSVP'd** will be honored at the July 1, 2000 fund-raiser. There will be no charge for the evening.

At the present time, because of the WWII Memorial being in the planning stage, we will concentrate on those veterans of WWII. However we need to compile a permanent roster of all veterans for the future.

Please contact Carol McKinney at the Tribal Government Office with the following information: Name, Branch of service, dates of service, war time service (which war), peacetime service. Military career, if so retired or presently active? Special awards; if any?

Diabetes among Native Americans

Written by Sharon Stanphill, Dr. PH, RD., CDE

What is Diabetes? Diabetes is a disease that affects the body's ability to produce or respond to insulin, a hormone that allows blood glucose (blood sugar) to enter the cells of the body and be used for energy. Diabetes falls into two main categories: Type 1, which usually occurs during childhood or adolescence, and Type 2, the most common form of the disease, usually occurring after age 45. Diabetes is a chronic disease that has no cure.

How Does it Affect Native Americans?

- Prevalence of Type 2 diabetes among Native Americans in the United States is **12.2%** for those over 19 years of age. National prevalence rates of diabetes in United States is 3%
- The Pimas Tribe of Arizona has the **highest rate of diabetes in the world**. About 50% of Pimas between the ages of 30 and 64 have diabetes.
- Today, diabetes has reached **epidemic proportions** among Native Americans. Complications from diabetes are major causes of death and health problems in most Native American populations.

Native Americans and Diabetic Complications: The serious complications of diabetes are **increasing** in frequency among Native Americans. Of major concern are increasing rates of kidney failure, amputations and blindness.

- Ten to twenty-one percent of all people with diabetes develop **kidney disease**. In 1995, 27,900 people initiated treatment for **end stage renal disease (kidney failure)** because of diabetes. Among people with diabetes, the rate of diabetic end stage renal disease is **six times higher** among Native Americans.
- Diabetes is the most frequent cause of non-traumatic lower limb **amputations**. The risk of a leg amputation is 15 to 40 times greater for a person with diabetes. Each year 54,000 people lose their foot or leg to diabetes. Amputation rates among Native Americans are 3-4 times higher than the general population.

- **Diabetic retinopathy** is a term used for all abnormalities of the small blood vessels of the retina caused by diabetes, such as weakening of blood vessel walls or leakage from blood vessels. Diabetic retinopathy occurs in **18% of Pima Indians and 24.4% of Oklahoma Indians**.

What is Needed?

- **Patient education is critical.** People with diabetes can reduce their risk for complications if they are educated about their disease, learn and practice the skills necessary to better control their blood glucose levels, and receive regular check-ups from their health care team.
- **Realistic Blood Sugar and Blood Pressure are essential.** People with diabetes, with the help of their health care providers, should set goals for better control of blood glucose and blood pressure levels; they should be as close to the normal range as is possible.
- **Health care team education is vital.** Because people with diabetes have a multi-system chronic disease, they are best monitored and managed by highly skilled health care professionals trained with the latest information on diabetes to help ensure early detection and appropriate treatment of the serious complications of the disease. A team approach to treating and monitoring this disease serves the best interests of the patient.

*The Diabetes Clinic is held on Thursday mornings. If you want to ask a question concerning diabetes, please call us anytime. If you'd like to be seen in the clinic, please call for an appointment. We want to help you **STAY HEALTHY WITH DIABETES**.*

Summer Heat

Written by Dr. Daskalos, D.O.

As summer time approaches--the increased risk for heat related illnesses naturally rises. Heat exhaustion and heat stroke are both preventable heat-related illnesses. It is important to recognize the signs and symptoms of these illnesses, so that medical treatment can be started as quickly as possible.

Signs and Symptoms:

HEAT EXHAUSTION

- ❖ Cool, clammy skin
- ❖ Sweating
- ❖ Dry mouth
- ❖ Fatigue/weakness
- ❖ Dizziness
- ❖ Headache
- ❖ Vomiting
- ❖ Muscles cramps

HEAT STROKE

Symptoms of heat exhaustion plus:

- ❖ Very high temperatures (greater than 104 degrees)
- ❖ Hot/dry red skin
- ❖ No sweating
- ❖ Weak pulse
- ❖ Confusion
- ❖ Delirium
- ❖ Convulsions
- ❖ Loss of Consciousness

The best treatment for heat illness PREVENTION

- ❖ Stay well hydrated-Drink a lot of fluids, especially water
- ❖ Dress in light -loose fitting clothes
- ❖ Wear a wide brimmed hat
- ❖ Avoid exercise during the hottest part of the day
- ❖ Avoid drinks with alcohol and caffeine
- ❖ Avoid closed spaces-such as parked cars and rooms with poor ventilation
- ❖ Get out of the sun at the first sign of heat exhaustion
- ❖ Do not bundle small children in heavy blankets or clothing
- ❖ Avoid the heat if you have cardiac or pulmonary problems
- ❖ Know the signs and symptoms of heat exhaustion and heat stroke.

Treatment for heat exhaustion and heat stroke:

- ❖ Get out of the sun and into the shade or a cool breezy area
- ❖ Remove any heavy clothing
- ❖ Begin taking fluids-Water, Gatorade, All Sport or Powerade
- ❖ Use ice packs placed on the neck and under the arm pits
- ❖ Use a fan for cooling
- ❖ Lie down and rest
- ❖ Call 911 if condition worsens

*"All human actions have one or more of these seven causes: chance, nature, compulsion, habit, reason, passion, desire."
Aristotle*