



Generations Attend Pow Wow

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Volume 13 Issue 8



35 Go To The Huckleberry Patch

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EARLY
OCTOBER
EDITION
2003



COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

KIUYUM-ID

HIGHLIGHTS

SECOND ANNUAL HEALTH FAIR HELD IN REDMOND OCT.11

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BOARD VOTES TO EXPAND SALMON ENHANCEMENT PROGRAM

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FIRST EDUCATION DINNER WELL ATTENDED

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IN MEMORY OF ... BEN RONDEAU

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AMERICAN INDIAN LANGUAGE COURSE CREDITS ACCEPTED AT U OF O

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Creekside Development Project Continues on Schedule



Photo to left: Downed timber from the clearing of land has been sold and the contract approved by the Bureau of Indian Affairs (BIA).

Photo below: The NPDES for the initial phase of the Creekside Project has been received from the EPA.



JORDAN CREEK VALLEY

The first phase of the decade-long Creekside Development Project continues on schedule. Clearing and grading for the construction of water storage, water treatment, and wastewater treatment projects has been underway since the rains ceased in late spring. One lagoon and two dams will be constructed. One dam will provide fresh winter groundwater run-off. The other will eventually hold treated wastewater from the City of Canyonville and Cow Creek lands that will be used for irrigation. The lagoon will contain onsite effluent. Water treatment and wastewater treatment facilities are also part of the initial phases of Creekside Development. The project assures fresh water supply independence and water/wastewater treatment needs projected for the next twenty years. Existing facilities are too small to handle any upcoming demands and certainly can't handle the demands imposed by the Creekside Project.

Ultimately, the Creekside Project will also include a 190-space RV park, a 250-room expansion to Seven Feathers Hotel, a golf

course, a visitors center, a new I-5 Interstate rest stop, as well as river front development. However, the initial phases of the project are located in the valley west of Creekside Restaurant along Jordan Creek.

On September 15, 2003, the Tribe received an important document that supports Creekside's progress from the Environmental Agency (EPA). The National Pollutant Discharge Eliminations System (NPDES) Storm Water Notice of Intent Center - Construction Activity Permit received will be posted at the jobsite trailer.

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COW CREEK HEALTH & WELLNESS CENTER HOURS

Hours for the Cow Creek Health & Wellness Center are:

| | |
|----------------------------|--|
| Monday and Tuesday | 9 a.m. – noon 2 p.m. – 5 p.m. |
| Wednesday | 9 a.m. – noon 3 p.m. – 5 p.m. |
| Thursday and Friday | 9 a.m. – noon 2 p.m. – 5 p.m. |

Call 1.541.672.8533 or 1.800.935.2649 to schedule an appointment.

INFORMATION & HAPPENINGS

TELE-HEALTH SCHEDULE

The Tele-Health teleconference call focuses on a different health topic each month. Calls occur on the second Thursday of each month at noon and 7 p.m. Each call lasts one-half hour and there is ample time for questions. Any Tribal member with an interest in the Tele-Health topic may call in and become part of the teleconference.

Tele-Health topics for the remainder of 2003 are listed below. For information on how to participate in a Tele-Health call, contact the Cow Creek Health & Wellness Center at 1.800.935.2649 or 1.541.672.8533.

In addition to the regularly scheduled Tele-Health call on October 9, an additional Tele-Health call will be held at the Health Fair in Redmond on Saturday, October 11. The topic for all October calls will be dietary fiber. More information on the Tele-Health call originating from Redmond can be found in the "Second Annual Cow Creek Health & Wellness Center Health Fair Comes to Redmond" article on this page.

November 13, 2003

Topic: Tobacco Cessation

Provider: Andrea Davis

December 11, 2003

Topic: Stress Management

Provider: Dr. Cheryl Gifford

Second Annual Cow Creek Health & Wellness Center Health Fair Comes to Redmond

On Saturday, October 11, 2003, from 10 a.m. until 4 p.m., the Cow Creek Health & Wellness Center will hold a Health Fair at the Comfort Suites, 2243 SW Yew Avenue in Redmond. All Tribal members are welcome to access the free services the health fair offers, including: flu shots, pneumonia vaccines, blood sugar readings, blood cholesterol readings, and blood pressure checks. In addition, information and short presentations will be offered on: diabetes self-management, cancer prevention through nutrition and lifestyle improvement, mental health, tobacco cessation, and men's and women's health.

In order to acquaint Health Fair participants with the teleconferencing advantages of the Tele-Health program, a special Tele-Health conference call will be scheduled at the Health Fair. The topic of the call will be fiber. Attendees at the Health Fair can participate in the teleconference as can any Tribal member by calling 1.800.930.8525 and using pass code 896055.

For more information on the Redmond Health Fair, contact the Cow Creek Health & Wellness Center at 1.800.935.2649 or 1.541.672.8533. The Redmond Comfort Suites' phone number is 1.541.504.8900.

Put the Emphasis on Plant Foods to Regain Health

Despite today's emphasis on exercising and good nutrition, over 50% adults in the United States are overweight enough to be considered unhealthy. This is an increase of 25% since 1980. The problem of obesity is not limited to adults. Twenty-two percent of the children in the U.S., ages six to eleven, are overweight and that's an increase of 8% since 1980. 57% of adolescents, ages twelve to seventeen, are also overweight. In 1980, 49% of the adolescents in this age group were overweight. Numerous studies have shown that as weight increases, health decreases.

A step that can be taken to regain health is to eat unprocessed fruits (fresh fruit), raw vegetables, and whole grains. These foods used to be staples of our diet. Plant foods contain phytochemicals, vitamins, water, and fiber. They also have been found to contain substances that protect the body from cancer and numerous other diseases. The best way to take advantage of this protection and to normalize weight is to eat a variety of fruits, vegetables, and whole grains every day.

Take the steps necessary to have a bowl of fresh fruit or raw vegetables available for snacking. Make sure you choose

grain products that have listed as their first ingredient whole wheat or whole grain flour. Avoid white bread and rolls.

Whole and Refined Grains

There are two types of grain products; whole and refined. Whole grains provide more nutritional support and contain the entire grain kernel; the bran, germ, and the endosperm. The following products are whole grains: brown rice, bulgur, graham flour, oatmeal, pearl barley, popcorn, whole-grain corn, whole oats, whole rye, whole wheat, and wild rice.

Color is not an indication of whether a product is whole grain or not. Wheat flour, enriched flour, and degerminated corn meal are not whole grains.

Grains that are refined have been milled. Milling removes the bran and the germ. The process also removes many of the B vitamins, iron, and dietary fiber. Refined grains can be enriched which means certain B vitamins and iron are added back after processing.

Read the ingredient list on the food label. The whole grain product should be the first listed ingredient.

Immunizations — Don't Forget Them!

Receiving certain vaccines to prevent disease has been recommended in the U.S. for decades. Today, most public and private school systems require students receive specific vaccines in order to attend. So, school age children frequently receive their necessary vaccines. Adults are more lax. Preschoolers, who must depend upon adult diligence in order to receive the vaccines they critically need, frequently have this piece of their health development overlooked. Forgetting the need for vaccinations or immunizations can have serious consequences for any person in any age group.

Administering a vaccine to a person is a way of triggering acquired immunity. The goal of giving people vaccinations is to prevent, and in some instances eradicate, life-threatening disease. A person has an immune response system. For instance, in giving a person a vaccine to prevent them from contracting chicken pox, small doses of the antigen that cause the disease are given in a vaccine to activate the immune system. When the immune system encounters the antigen, it learns how to attack it and remembers what they look like. Later, if the body is faced with the actual disease-causing antigen, it has learned how to react and it fights back. The body gained experience through the exposure to the antigen given in the vaccine. Immunization is one of the best means available to protect against contagious disease.

Professionals at the Cow Creek Health & Wellness Center are qualified to assist in the administering of vaccines to any aged person. But the need for vaccination is particularly important for children. By the time children are two, they should receive as many as twenty immunizations. While children are generally concerned about injections, this concern is ably handled by the Cow Creek staff. Sometimes, as in the case of an immunization called Pediarix, five vaccines (diphtheria, tetanus, pertussis, hepatitis B, and inactivated poliovirus) are all combined into one injection. The good news is in keeping up-to-date on vaccines a child is protected from a long list of serious disease.

The Cow Creek Health & Wellness Center's immunization professionals can be reached at 1.800.935.2649 or 1.541.672.8533.

Fundraising for Breast Cancer Research

Ever since former First Lady Betty Ford, a breast cancer survivor, spoke out about the disease, there has been accelerated effort to find the cause of breast cancer and to discover better treatments.

Friday, October 10, 2003 is Lee National Denim Day. Every dollar raised goes directly to the Susan G. Komen Foundation to fund research and treatment programs. Since 1996, Lee National Denim Day and other company efforts have raised more than \$36 million for the Komen Foundation.

The Susan G. Komen Foundation began in 1982 when Nancy Brinker, sister of Susan G. Komen, kept her promise to her sister. Suzy Komen had died of breast cancer when she was 36, leaving behind a husband and young children, and had asked her sister to do everything she could to get rid of breast cancer.

Today, the Foundation is credited as the nation's leading catalyst for breast cancer research, treatment, and screening. Key to the success of the Foundation is the Komen Race for the Cure, the largest series of 5K runs/fitness walks in the world. In 2003, more than 1.5 million people participated in the Komen Race for the Cure.



Health Announcements!

Fight the Flu— Get a Flu Shot!

There are many reasons to get a flu shot. Listed below are three of the most important.

1. Prevents death. It is a fact that more people die of complications from the flu than any other vaccine-preventable disease.
2. Prevents serious illness. It is a fact that more than 20,000 people die from complications of the flu every year. Most are over 65 years of age.
3. Protects other people. It is a fact that children younger than six months can't get a flu shot. However, they can catch the flu and become very ill.

The Cow Creek Health & Wellness Center begins giving flu shots on October 1, 2003. Their contact numbers are 1.800.935.2649 or 1.541.672.8533.

Over-the-Counter Program

All requests for the Over-the-Counter Program must be received by November 15, 2003. Please note there won't be any exceptions.

Enrolled Tribal members will be able to access the Over-the-Counter Program again on January 2, 2004.

If you have any questions, please contact the Cow Creek Health & Wellness Center at 1.800.935.2649 or 1.541.672.8533.

The Tribe Assists the ODFW Increase Salmon Smolt Release Into the South Umpqua

CANYON CREEKThe Oregon Department of Fish & Wildlife (ODFW) was able to increase its South Umpqua hatchery allocation this year from 88,000 to 120,000 smolts. This was achieved, in part, because the Cow Creek Band of Umpqua Tribe of Indians, in cooperation with ODFW, built and maintained a new acclimation facility on Canyon Creek. Spearheaded by the Cow Creek Tribal Board and built primarily by Board member, Gary Jackson, the new acclimation tank had three smolt releases from March through June of 2003.

Anglers can only harvest finclipped winter steelhead on the South Umpqua River. Wild fish must be released unharmed. Recreational fishing is supported on the South Umpqua by the ODFW program that releases finclipped winter steelhead smolts into the South Umpqua. Early on these smolts were raised at the Rock Creek Hatchery on the North Umpqua River. Later they were released at several locations on the South Umpqua. Many of the hatchery fish, when they became adults, returned to the North Umpqua where they had been imprinted instead of the South Umpqua where they had been released. So, the ODFW began acclimating hatchery winter steelhead smolts to the South Umpqua River. First, with grants, donations, and volunteers, the Umpqua Fishermen's Association with the cooperation of the City of Canyonville built the Canyonville acclimation pond. These fish are reared in water from Canyon Creek prior to their release. It was believed the acclimated fish, as adults, would return to the South Umpqua, thereby increasing the number of catchable fish in that river. The acclimation tank built by the Cow Creek Tribe expands this effort. The young fish reared in these tanks are brought from the Rock Creek Hatchery to the acclimation tanks on the South Umpqua where they spend several weeks prior to their release.

The ODFW captures wild and hatchery winter steelhead that return to Canyon Creek to evaluate the success of the acclimation program.

The value and success of the program was reinforced recently when the Cow Creek Tribal Board voted to expand the program next year so four times the number of salmon can be released at the Cow Creek location.

Evaluating Success*

Anglers on both the mainstem Umpqua and South Umpqua Rivers have been asked by biologists to voluntarily donate steelhead and allow ODFW to radio-tag them. The tagged fish are then monitored to determine their distribution in the Umpqua River system. Data suggests about half of the steelhead population stays in the mainstem, a quarter migrates to the North Umpqua, and the remaining quarter moves into the South Umpqua.

On the South Umpqua, the ODFW captures wild hatchery winter steelhead returning to the Canyon Creek fish ladder to evaluate the success of the acclimation program. All wild steelhead are measured, identified for sex, and then passed by the trap to allow them to breed in Canyon Creek. Hatchery fish are marked with two floy tags



Laura Jackson, ODFW, and Board member Gary Jackson gather data on the salmon prior to their release into Canyon Creek. Rod Miller, maintenance director at Seven Feathers, is in background. The maintenance and security staff at Seven Feathers provided support for the salmon release project.



Rod Miller and Tribal member Justin Mathison talk on the walkway above the holding tank prior to a release in June, 2003.

(small, colored plastic tags inserted on either side of the dorsal fin), transported downstream, and released at Myrtle Creek. These hatchery fish are recycled to allow anglers another harvest opportunity. By tagging recycled fish, biologists can evaluate whether these fish increase angling opportunity, and how transporting fish downstream affects steelhead migration behavior.

Anglers information is critical to this project. The ODFW asks all anglers catching floy-tagged steelhead record the numbers printed on the tags and call the phone number found on the other side of the tag to report where and when the fish was captured.

*Reprinted with permission from the Oregon Department of Fish and Wildlife.

TRIBAL CULTURE CAMP SPANS A WEEK-END



Shirley Roane takes her first archery lesson.



Ryon Davis, Shirley Roane, Cory Davis, Mason Davis, Kit Davis and Tia Roane show their finished drums.



Tia Roane, enjoying a little rest.



photos on top and bottom:

DJ Rogers' flint napping instruction proved so interesting that class members worked for several hours to produce an arrowhead.



Robert Van Norman shows off the roach he's working on.



Justin Mathison works on his drum.



Craig Buzzard's archery class began early morning and continued till dusk.



Hand drum making class participants select the components for their project.



Sisters Cindy Voytek and Susie Puckett show their finished fans.

BARE RANCH PARK.....
Hand drum making might have been the most popular class at this year's Culture Camp. But it would have been hard to be sure as all classes: archery, basketry, nah-set necklace making, flint napping, craft corner, four directions bracelet, dentallium/olivella necklace and key chains, and fan making were well attended by the 130 people who attended this year's Camp.

The Third Annual Culture Camp began

at noon on Friday, June 27, and ran non-stop until 2 on Sunday, June 29. Siletz Tribal member Agnes Baker-Pilgrim asked the blessing at the Camp's opening. Seven Feathers' Resort catered the meals. Both Friday and Saturday evenings, socializing included stories and drumming. Instructors Lisa Brown, Craig Buzzard, Eddie Ehret, Robert Kentta, Cliff Latta, Selene Rilatos, DJ Rogers, and Tiffany Stuart were on hand to continue teaching classes into the evening.

The Culture Committee released a statement saying, "People stepped forward and volunteered to help. Membership showed up. It was very rewarding for those of us who planned the event."

The JOM Committee had sponsored earlier Culture Camps. This year, based on a recommendation by the Culture Committee, Culture Camp became an official Tribal event. Next year's Culture Camp is scheduled for June 25 - 27.

A SUCCESSFUL ELDERS' PICNIC PRECEDES CULTURE CAMP



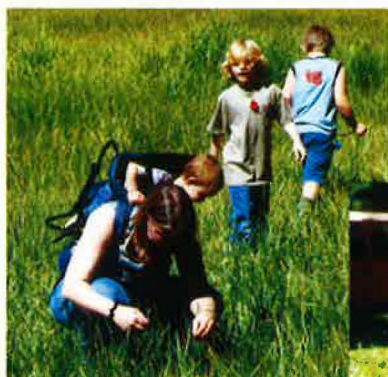
Cow Creek Elders enjoy a picnic lunch catered by Seven Feathers.



Tom Rondeau, Sr., and Butch Rondeau share a pleasant moment.

BARE RANCH PARKOver thirty elders attended the First Elders' Picnic on Friday, June 27. Door prizes, good food, old friends, and wonderful summer weather made for a great picnic. A program from Merlin's Wildlife Images highlighted the day. Professionals from this animal rescue and rehabilitation center brought several owls, a tortoise, and a red-tailed hawk to support their presentation about the facility's work.

HUCKLEBERRY GATHERING – A SPECIAL TIME



At this year's Huckleberry Gathering, Jessica Mathison, daughter Aria (on Jessica's back), and son Taft look at the small frogs that populate the Huckleberry Patch. Zane Rondeau is in the background.



Sue Shaffer and Polly Rondeau remember...



In the 1920's, Rosie Lerwill, Emily Rose (Lerwill) Kvantz, and Walter Lerwill have readied themselves to head up to the Huckleberry Patch to hunt.

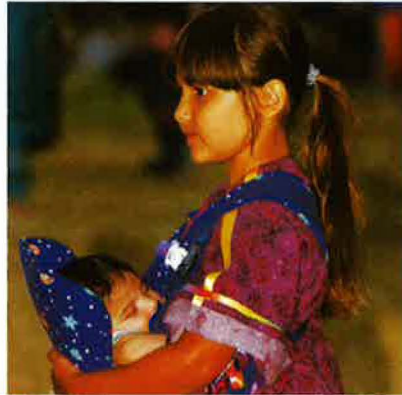
HUCKLEBERRY PATCH.....About thirty-five Cow Creek Tribal members of all ages gathered midday on Saturday, August 30, for the annual Huckleberry Gathering. The Huckleberry Patch, located at the top of the Rogue/Umpqua Divide has always been a gathering spot for the Tribe. The Cow Creek have hunted here for generations and always, at the end of summer, have gathered to pick the huckleberries that grow well in the coolness of the high elevation.

The 2003 Gathering took place on a warm day, allowing folks to be comfortable and to linger. Louis LaChance offered a prayer as the Tribal members arrived. This year food was prepared by Seven Feathers Catering and everyone enjoyed cold chicken, ribs, potato salad, coleslaw, and cookies. Coffee, pop, and juice were also provided.

Extra effort on the part of several Tribal members assured the day's success. Joyce Sertain drove the elders van. Ernie Volkman's wife, Lori, baked a special cake and sent it along. Next year's Gathering is scheduled for August 28.

The Gathering is a time for socializing and remembering.

26TH ANNUAL COW CREEK POW WOW PROVES MEMORABLE



SOUTH UMPQUA FALLS.....Cow Creek Tribal Members, tribal members from other tribes, family members and friends gathered at South Umpqua Falls for the Annual Cow Creek Pow Wow on July 18, 19 and 20. Bob Tom of the Siletz served as master of ceremonies and Ackaktay was the host drum. Next year's Pow Wow is scheduled for July 16 - 18.



125 ATTEND THE FAMILY TRIBAL PICNIC



Clem Rice, Jennifer O'Dell, Louella Rondeau O'Dell, and Amber O'Dell take a break from visiting and greet the camera.



Taylor Rondeau and Brenden Wylie participate in the partner forehead potato game.



Water balloon toss at the Picnic.



Old friends Tooter Ansures and Hazel Lycett.



From l. to r., Jason Rondeau, Tom Rondeau, Jr., and Kelly Rondeau.



Children and young people prepare for the three-legged race.



Board member Shirley Roane always has a ready smile.

BARE RANCH PARKAround noon on Saturday, September 6, over 125 Tribal members came to Bare Ranch Park for the Third Annual Family Tribal Picnic. Chairman Sue Shaffer offered prayer before the midday meal. Seven Feathers' Resort catered the picnic meal of barbecued ham, hot dogs, chicken, potato salad, coleslaw, ice cream, and beverages.

Lunch was followed by games and socializing, including the hilarious partner forehead potato game, a three-legged race, and a water balloon toss contest. Anyone who wanted to participate did. Children competed in a play dough sculpture

contest and later there was the fun of breaking open a piñata to retrieve sweets.

Three bikes, two for adults and one child's, were the main door prizes this year. Winners of the adult bikes were May Rondeau and Riley Rice. Maria Mata won the child's bike.

Late afternoon, when a "good time had been had by all," the group broke up. Rumor has it that a horseshoe tournament is being considered as one of the activities for next year's Family Tribal Picnic.

Obituaries

ALLEN MARK DOMPIER (1953 – 2003)



Allen Mark Dompier, born March 20, 1953, in Canyonville, Oregon, died at his home in Wolf Creek on May 15, 2003. He had attended Wolf Creek Elementary, Fleming Middle School, and Grants Pass High School. Allen enjoyed playing guitar and harmonica, reading and listening to Bob Dylan albums.

Survivors include a son; Reginald Dompier, and three daughters; Stacy, Jennifer, and Renee, thirteen grandchildren, and a brother, Jeff Dompier.

BENJAMIN GEORGE RONDEAU (1921 – 2003)



Former Cow Creek Tribal Vice Chairman Benjamin George Rondeau died on August 28, 2003. Ben was born in Glendale, Oregon, on August 23, 1921. He attended school in Galesville and Glendale and met his future wife, Beth Morrison of Wolf Creek, at Glendale High School. Ben joined the U.S. Army in November of 1942 and

served in the medical corps at a base hospital in England for nearly a year. He was discharged from Army nearly four years later, in February of 1946. Beth and Ben were married on June 6, 1948.

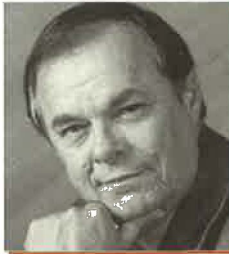
After WWII, Ben Rondeau started a logging company, known as Rondeau-Pike Logging, with his brother and father. Ben was involved in local civic organizations, notably the Grants Pass Caveman where he served as Chief for one term. Ben and Beth enjoyed bowling and snowmobiling and helped in organizing a snowmobile club.

Ben was preceded in death by his wife, parents, and brother.

His sister, Louella Rondeau, and many nieces and nephews survive him.

Ben was involved in Tribal affairs for many years. He was Vice Chairman of the Tribal Board of Directors for several years in the 1980's and was Chairman of the Cow Creek Tribal Judgment Fund Committee that developed the framework for the Cow Creek Judgment Fund that became federal law.

WALTER ADELBERT NICHOLS (1939 – 2003)



(Information provided by Daniel Nichols)

Walter Adelbert "Del" Nichols loved three things most in and about his life; first and most he loved God and God's word. He was always trying to learn about God's plan for mankind and was very thankful for a God that would give his own son so that someday we all would be together again in heaven.

Second, he loved his family. His mother, Eunice Nichols, was always top priority with him and he always honored her and loved her more than any man alive. He loved his beautiful wife, Billie Jean, in such a way that only a handful of marriages ever experienced that kind of full joy and happiness and fullness – what a beautiful union they made. He also loved his daughter, Terri, and two sons, Walter and Daniel, and all the grandchildren they provided him to love.

Third, he loved sharing his talents of music either by guitar, organ, drums and, of course, his beautiful voice and song writing abilities. He loved sharing his Bible knowledge and God's plan for us all.

He is and will be missed by all those who knew him and I count it a great blessing to call him my Dad.

Six Higher Education Graduates Honored

On Thursday, June 26, the Cow Creek Education Department sponsored its First Higher Education Dinner at Seven Feathers Convention Center. Higher education graduates who recently completed certificate programs, two-year programs, four-year programs, and master degree programs were honored.

Students attending who were honored and their area of study are listed:

Jessica Bochart*Bachelors degree in anthropology*
Amee Ireland*Masters degree in teaching*
Dawn Kennington*Bachelors degree in liberal studies*
Justin Mathison*Bachelors degree in art*
Dan Nichols*Associates degree in automotive technology*
Teddy Rainville*Bachelors degree in law enforcement*

Next year, the Education Department plans to include high school graduates in the Higher Education Dinner. Please call Kelly Strickler (1.800.929.8229 or 1.541.672.9405) if you have knowledge of a Tribal member who will receive a high school diploma, a GED or other program certificate, or a college degree next year.



Socializing at the Higher Education Dinner, from l. to r., Carol and Dave Oelrich are on either side of Brittany Kennington. George Shaffer is at the far right.



Justin and Jessica Mathison, Delbert and Mickie Rainville, Teddy Rainville and guest Christine at the Higher Education Dinner.

October is National Breast Cancer Awareness Month



The First National Breast Cancer Awareness Month occurred in October, 1985. October, 2003, is the eighteenth year that increasing awareness of breast cancer and the importance of early detection of the disease will be emphasized. As National Breast Cancer Awareness Month expanded, the third Friday in October was proclaimed National Mammography Day.

Breast cancer is the most common cancer in women and falls second to lung cancer as a leading cause of

cancer death. All women are vulnerable to breast cancer. It's estimated that 182,000 new cases of invasive breast cancer will be diagnosed in the U.S. in 2003. An estimated 40,000 women in this country will die from the disease this year. It's estimated that one million women in the U.S. are living with breast cancer but don't know it yet. Though many more women get breast cancer, men also contract the disease.

Early detection of breast cancer provides the greatest chance of survival. Breast self-exam and mammography are the tools a woman should incorporate into her regular health maintenance schedule. (See the chart on "EARLY DETECTION" below).

Education is helpful in determining risk for breast cancer. Risk for all women increases with age. For a woman living in the U.S. today, if she lives to 85, her lifetime risk for getting breast cancer is one in eight. Researchers have determined there is a breast cancer gene. Family history can be a factor. If a woman's sister or mother have had breast cancer, statistically her risk increases. Having a first menstrual cycle before the age of

twelve is another risk. A first pregnancy after age 30 can be a risk.

The Women's Health Initiative Study showed women who are on hormone replacement therapy have increased risk. Women need to discuss their individual situation regarding hormone replacement therapy with their doctor.

Though the cause or causes of breast cancer still evade researchers, several steps can be taken to reduce the risk. Decreasing daily fat intake, especially saturated or hydrogenated fats helps reduce risk. Increasing fiber in the daily diet can be helpful. Increased fiber is also beneficial for the heart and can help prevent other cancers. Eating fresh fruits and vegetables is recommended as these foods have fiber antioxidant properties. Limiting alcohol, staying active, and not smoking are important components of reducing risk.

The Cow Creek Health & Wellness Center promotes women's health actively. Information on breast self-exam and mammography is available at the Center. Call 1.800.935.2649 or 1.541.672.8533 with questions or concerns.

BREAST CANCER FACTS

- *In the U.S., a woman is diagnosed with breast cancer every three minutes.*
- *This year 182,000 new cases of breast cancer are expected in the U.S.*
- *One woman in eight who lives to age 85 will develop breast cancer during her lifetime.*
- *Breast cancer is the leading cause of death in women between the ages of 40 and 55.*
- *Seventy percent of all breast cancers are found through breast self-exams. Not all lumps are detectable by touch. Regular mammograms and monthly breast self-exams are recommended.*
- *Eight out of ten lumps are not cancerous. If you find a lump, don't panic; call your doctor for an appointment.*
- *Mammography is a low dose X-ray examination that can detect breast cancer up to two years before it is large enough to be felt.*
- *When breast cancer is found early, the 5-year survival rate is 96%. Over two million breast cancer survivors are alive in America today.*

NATIONAL MAMMOGRAPHY DAY IS OCTOBER 17, 2003.

EARLY DETECTION

Early detection of breast cancer is the answer to recovery. An early detection plan should include:

- *Clinical breast examinations every 3 years from ages 20 – 39. At age 40, these exams should occur every year.*
- *Monthly breast self-examination should begin at age 20. Look for any changes in your breasts.*
- *Get a baseline mammogram by the age of 40.*
- *Mammogram every one to two years for women 40 – 49.*
- *Mammogram every year for women age 50 or older.*
- *Keep a personal calendar to record your self-exams, mammograms, and doctor appointments.*

Creekside Development Project Continues on Schedule—

— Continued from front page



Erosion control is part of every day's activity. Silt fences are in place. Hay bales have been put down. Over 75 acres of land will be hydro mulched.

Steps are taken every day to control erosion at the site. Hay bales, silt fences, and sediment ponds have been placed and constructed to control erosion as the rainier season nears. Over 75 acres will be hydro mulched. The updated erosion control plan is also on display at the jobsite trailer.

The BIA has approved the contract for the timber sale for this site. Their approval is necessary as the downed timber resulting from the clearing is a resource of the Tribe.

There is an ongoing effort to gather information on the cross sections of the bio-swales, the oil water separator, flows and direction of flows to assist

the EPA in its determination of the current construction's impact on Jordan Creek. Once this step is complete, the EPA will issue a Water Quality Certificate. Once the Corps of Engineers receives the Water Quality Certificate from the EPA, a decision letter on the three nationwide permits will be sent to the Tribe.

According to Cow Creek Special Projects Manager Tonya Theiss-Skrip, "We are really pleased with the progress that's been made on the initial phase of this huge project. Obviously, when earth is being moved, there's always new information to confront. The team has dealt well with this. The project continues on schedule."

Coalition Strives to Reduce Violence and Victimization

The newly established Indian Country Coalition Against Domestic Violence & Sexual Assault located in Madras, Oregon, has received a federal grant and must now move forward in its work to use these funds effectively. The Coalition formed to gather together representatives, tribal members, and relevant non-profit organizations throughout Oregon to work toward reducing violence and victimization in Tribal Nations.

According to Lucinda George, Director of the Coalition, "This organization will give us, the Tribal Nations, the long-awaited opportunity to give voice, experience, and talent in developing an organization that will address the needs of our Indian people according to Tribal values, beliefs, and traditions." Fifteen board members include representatives from the nine federally recognized tribes in Oregon as well as non-recognized tribal communities.

HIGHER EDUCATION NEWS

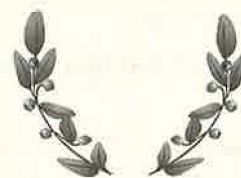
Lane Community College's American Indian Language Credits Accepted at the University of Oregon

Beginning fall term 2003, the credits from an American Indian language course taught at Lane Community College will be accepted at the University of Oregon. Choctaw elder Don Addison, instructor of the Foundations of American Indian Language course, is currently teaching the Tuteni language at Lane Community College. He plans to offer other Indian languages in the future. The course, the first of its kind offered at an Oregon community college, was made possible by a \$3,600 Eldon G. Schafer Endowment for Innovation award.

CLASS INFO

Financial Workshop Scheduled

A higher education financial aid workshop will be held on Tuesday, October 21, 2003, at the Cow Creek offices. The class is scheduled from 6 to 7:30 p.m. and professionals from higher education institutions in Oregon will speak. For more information, contact Kelly Strickler at 1.800.929.8992 or 1.541.672.9405.



NOVEMBER 22 DATE FOR ELDERS' DINNER

The Second Annual Elders' Fall Harvest Dinner will be held at Seven Feathers Convention Center on Saturday, November 22, beginning at 3 p.m. For reservations, contact Rhonda Malone at 1.800.929.8229 or 1.541.672.9405.

Keep Your Address Current

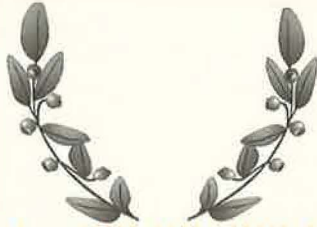
Tribal members are encouraged to maintain a current address at the Tribal Government Offices. Tribal members who have minor children who are not living in their household also should make sure their children's updated addresses are on file with the Tribal Government Offices.

If you know of any Tribal members who have not been receiving correspondence from the Tribal Government Offices, please recommend that they call the toll free number (1.800.929.8229) or write to the Cow Creek Tribal Office, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

Tribal Identification Cards

Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Carol Ferguson at the Cow Creek Government Offices at 1.800.929.8229. 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 following Tribal businesses can call the Tribal Jobs Line at 1.800.676.0854 to hear a pre-recorded listing of openings.

Seven Feathers Hotel & Casino Resort

Seven Feathers Truck & Travel Center

Umpqua Indian Foods

Valley View Motel

Riverside Lodge

Holiday Motel

Canyon Cubbyholes

K-Bar Ranches

Creative Images (ciMediaGroup • ciPrinting)

Cow Creek Gaming Commission

Cow Creek Tribal Government Offices

Cow Creek Health and Wellness Center

Nesika Health Group

**The Tribal Jobs Line is updated on a weekly basis and provides instructions as to where and how to apply.*

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97470+9473

www.cowcreek.com



Phone: 1-800-929-8229
Fax: 1-541-673-0432

Cow Creek Tribal Government Offices
2371 NE Stephens, Suite 100
Roseburg, OR 97470

