



# KIUYUM-ID

*Cow Creek Band of Umpqua Tribe of Indians*

## October

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- ◆ The Great American Smokeout Event will be November 16 at Seven Feathers Hotel and Casino Resort.
- ◆ All About Food and Cooking Classes will take place every Thursday from 10:30 a.m.— 1:00 p.m. and 4:00 p.m. — 6:00 p.m. throughout the months of November and December. Additional classes have been scheduled to accommodate more individuals.
- ◆ The Diabetes Prevention Program (DPP) staff seeks Tribal members, who are at risk for Type 2 Diabetes, to participate in the program.

## The Tribe's Affordable Housing Rental Program Receives Praise from NwONAP



On September 27, 2006, the Northwest Office of Native American Programs (NwONAP) completed an on-site monitoring review of the Cow Creek Indian Housing Block Grant Programs.

Listed under significant accomplishments in the

report, the NwONAP staff had this to say: "NwONAP commends the Tribe on the completion of its affordable housing project. The Cow Creek Tribe started this project from scratch; through vision, commitment, hard work and other resources. The Tribe transformed vacant land into a community of 18 quality rental units. This rental community will benefit Tribal families for years to come. In addition, NwONAP acknowledges the Tribe's commitment (cont. on pg.6)

## Tribal Volunteers Sought for Wildlife Enhancement Program

Tribal members, family and staff are sought to form a volunteer wildlife enhancement program.

Following on Tribal success in fisheries and watershed enhancement projects, the initial goal will be to establish healthy populations of compatible upland game birds on Tribal lands using rearing facilities recently acquired by the Tribe and volunteer efforts. Additional efforts may include establishment of food plots, viewing and watering areas and predator control.

Additional Tribal support will be dependent on the level of interest and initiative demonstrated by the charter organization. This is a real chance for some productive and interesting

fellowship and training in support of our Tribal vibe. Coaches, scout masters, guides, old salts, horsewomen and men, river rats, ridge runners, bark pullers, grub eaters, and crack shots are especially encouraged.

Volunteers must be age 16 and up to start and must have transportation. As soon as we get a critical mass of 12 to 15 people, we'll establish an initial meeting and see what we can come up with together.

Call or e-mail Wayne Shammel at 677-5575, 800-929-8229 or [wshammel@cowcreek.com](mailto:wshammel@cowcreek.com) to express interest and leave contact information.

## Announcements

### Needed: Tribal Youth and Network Volunteers for Announcement

Cow Creek Alcohol & Drug Prevention Services is seeking tribal youths in grades 8-12 to form a group to make a public service announcement.

Prevention staff, along with the Tribe's media company, Creative Images, will assist with the "Truth, Lies & Videotapes" event, an annual Douglas County Communities Aligned to Prevent Substance Abuse (DCCAPS) Project.

The DCAPS is also seeking tribal youths to assist them with prevention strategies.

To volunteer, contact Lee VanBeuzekom or Andrea Davis by October 30, at 672-8533.

### Over-the-Counter Claim Deadline

All requests for the Over-the-Counter Program must be received by November 15, 2006. The only exceptions to this date will be for Sonicare toothbrushes, which are available through the Health Clinic, members enrolled after November 15, 2006 and members requesting reimbursement for self-pay.

Enrolled tribal members will be able to access the Over-the-Counter program again on January 2, 2007.

For questions, please contact Tamara Robinson, at 672-8533 or 800-935-2649.

### Address Change Deadline for Annual Distribution Checks

Address changes for the annual distribution checks must be received by November 25, 2006.

All 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 must make sure their children's updated addresses are on file.

To update your address, call 672-9405 or 800-929-8229.

## Cow Creek Health & Wellness Center Annual Fall Health Fair Slated



On Saturday, November 4, 2006, from 10 a.m. until 2 p.m., the Cow Creek Health & Wellness Center will hold a Health Fair at the Block House behind Seven Feathers Hotel and Casino Resort.

All Tribal members are welcome to access the free services the health fair offers, including flu shots, blood sugar checks and blood cholesterol readings. In addition, information and short presentations will be offered.

For more information, contact the Cow Creek Health and Wellness Center, at 672-8533 or 800-935-2649.



## 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. More than 20,000 people die from complications of the flu every year. Most are over 65 years of age.
3. Protects other people. Children younger than six months can't get a flu shot. However, they can catch the flu and become very ill.

Flu shots are now available at the Cow Creek Health & Wellness Center. Call 672-8533 or 800-935-6249 to schedule an appointment.

### Free Well Nations Subscriptions Available

Free Well Nations Magazine subscription are available to Cow Creek tribal members.

To subscribe, call the Cow Creek Government Office, at 672-9405 or 800 929-8229.





## Kicking Butt: The Great American Smokeout

Smoking is one of the worst habits to start, and one of the toughest to quit. It makes your clothes smell, gives you bad breath, turns your teeth yellow, and most importantly, smoking leads to lung cancer and other serious health problems. The best way to prevent this damage is to never start smoking, but the second-best way is to quit.



Cow Creek Health & Wellness Center has partnered with Seven Feathers Hotel & Casino Resort to present the American Cancer Society's "Great American Smokeout". This is an annual free event that encourages tobacco users across the nation to "pack up" their cigarettes and quit smoking for the day.

The Smokeout will be held at Seven Feathers Hotel and Casino Resort on Thursday, November 16<sup>th</sup> from 10 a.m. until 2 p.m.

Event features include; blood pressure checks, informational movies, smoking cessation class information and a slide show on the effects of tobacco use on one's health.

Nesika Health Group will be present to offer information and answer questions about their exciting new nicotine replacement therapy program.



Come join the fun and don't miss the chance to win some great prizes!

## Upcoming Events

**Saturday, November 4**— The Fall Health Fair will be from 10-2 at the Block house behind Seven Feathers Hotel and Casino Resort.

**Saturday, November 11**— The annual Tribal Elder's Dinner will be held from 3:30 5:30 at Seven Feathers Hotel and Casino Resort in the Cedar Room.

Elder Tribal member may bring one guest. Any additional guests must pre-pay \$21 per meal. Reservations must be made with Rhonda Malone by November 7th.

**Sunday, November 12**—The next General Council Meeting will be held at 10:00 a.m. at the Cow Creek Tribal Government Office located at 2371 N.E. Stephens Street in Roseburg.

## October is National Breast Cancer Awareness Month



Every year breast cancer claims more than 40,000 lives. It's likely that someone you know has been affected by it. Awareness and early detection are the best weapons in the ongoing fight against this killer.

For more than 20 years, National Breast Cancer Awareness Month (NBCAM) has educated women about early breast cancer detection, diagnosis and treatment. NBCAM continues reaching out to women with several key messages, most notably, the importance of early detection through annual mammography screening for women over 40, or earlier for women at increased risk.

Mammography screenings are a woman's best chance for detecting breast cancer early. When coupled with new treatment options, mammography screenings can significantly improve chances of survival. Reports indicate regular mammograms have been instrumental in the survival rate increase for women with breast cancer.

Information on breast self-exam and mammography is available at the Wellness Center.



**Healthy Steps: Team Representing the Tribe Participates in America's Walk for Diabetes**

On September 30, 2006 the ADA's "America's Walk for Diabetes" was held at Stewart Park in Roseburg, Oregon.

A large group, representing the Cow Creek Band of Umpqua Tribe of Indians and wearing matching green "Power to Prevent" Cow Creek Health & Wellness Center shirts, participated in the event.



Students learn and practice new ideas and skills at the All About Food Cooking Classes.

The classes have proven to be a very popular activity and will continue to be held on Thursdays at the Block House behind Seven Feathers Hotel and Casino Resort.

### **Morning Classes Now Available for "All About Food and Cooking" Series**

Additional classes have now been scheduled for the "All About Food and Cooking" series to accommodate more individuals. They will take place every Thursday, at the Block House behind Seven Feathers Hotel and Casino Resort, from 10:30 a.m. until 1:00 p.m. and 4:00 p.m. until 6:00 p.m. throughout the months of November and December.

The classes are designed to educate participants so that there is a better understanding of available health information. The food topics will vary from class to class.

Due to space limitations for the "hands on" cooking portion of the class, class size will be limited to 16 participants per class.

To register for classes, contact Tricia Hedges, at 672-8533 or 800-935-2649.



## Volunteers needed for Diabetes Prevention Program

The Cow Creek Health and Wellness Center is looking for people age 18 and over who have a medical condition called "pre-diabetes" to participate in our new Diabetes Prevention Program.

The purpose of the program is to prevent Type 2 Diabetes in Indian communities and will involve classes on healthier eating, benefits of physical activity and weight loss. Research has shown that it is possible to prevent Type 2 Diabetes through these simple lifestyle changes.

Most people do not know if they have pre-diabetes. You could have pre-diabetes if:

- ◆ Someone in your family has diabetes
- ◆ You are overweight
- ◆ You had diabetes when you were pregnant (gestational diabetes)
- ◆ You had a baby weighing over 9 pounds at birth
- ◆ A doctor or nurse has said that you have a "touch of sugar" or "pre-diabetes"

Benefits of participating in the program include:

- ◆ Close monitoring of your health
- ◆ Free classes on weight loss, eating and cooking healthy, exercise and physical activity
- ◆ \$25 per class to purchase healthy food items
- ◆ Additional items and tools to help you make lifestyle changes
- ◆ Delaying or avoiding the onset of Type 2 Diabetes by participating in this program

To participate in the Diabetes Prevention Program, call the Cow Creek Health and Wellness Center. A medical visit will be scheduled to confirm eligibility.

For questions or information, contact Bob Dunas, Health Educator, at the Cow Creek Health and Wellness Center at 677-5575 or 800-935-2649.



Ernie proudly shows off his creation, a watermelon Viking ship.

### Creating Edible Art

Tribal members Clem Rice, Ernie Volkman and Corinne Hill show their creative talents in a Diabetes Prevention Program activity.

The Diabetes Prevention Program (DPP) staff continues to seek Tribal members, who are at risk for Type 2 Diabetes, to participate in the program.

## Jordan Creek's New Habitat Hopes to Attract Winter Salmon

In February of 2006, the Cow Creek Band of Umpqua Tribe of Indian's Natural Resources Department completed a Watershed Assessment of the Jordan and Alder Creek watershed. Several action items were outlined in the assessment to be completed as part of a larger effort to restore fish to the Jordan/Alder Creek watershed. Sections of Jordan Creek flow through tribally owned lands and into the South Umpqua River in Canyonville. Action items on Tribal lands included in-stream restoration projects such as placing large wood and boulders to create habitat complexity for fish.

In the summer of 2006, the Tribe's Natural Resources Department planned to implement a two phase restoration project based on the action items outlined in the Jordan/ Alder Creek Watershed Assessment. The first phase of the Tribe's restoration project was completed in May and placed boulders and logs in Jordan Creek along the Tribe's new Seven Feathers RV Resort.

The second phase was completed in August and September and placed structures in Jordan Creek downstream of the RV Resort, east of Interstate 5 to the confluence with the South Umpqua River, and on the Tribe's property off of Rod and Gun Club Road, upstream of the RV Resort (see photos of phase two restoration

BEFORE



AFTER



work).

The Tribe's Natural Resources Department conducted all restoration work in partnership with the Oregon Department of Fish and Wildlife and the Partnership for the Umpqua Rivers.

The culvert underneath Interstate 5 has been retrofitted with weirs to allow for fish passage upstream in Jordan and Alder Creeks (as reported in last month's newsletter). Because of this, it's likely we will see Coho or Steelhead salmon in Jordan creek this winter enjoying their newly created habitat.

### Housing Continued from Page 1...

*to its housing program as evidenced by the establishment of a Housing Director position, Indian Housing Review Board and an operational structure that includes management policies and procedures that are in compliance with Native American Housing Assistance Self Determination Act (NAHASDA). Congratulations on a job well done."*

This program assists eligible tribal members with low-income rental units. Priority is given to families with the greatest need in relation to income, disabilities, family size, age, etc.

These homes have been designated as smoke-free in an ongoing effort to reduce the effects of second-hand smoke.

The Affordable Housing Community, located in Myrtle Creek, opened for occupancy January 1, 2006 and by August the last rental unit was occupied.

The Cow Creek Housing Program continues to accept applications. However, there is currently a waiting list for occupancy.







# HALLOWEEN

## Safety Tips



With witches, goblins, and super-heroes descending on neighborhoods across America, here are some safety tips to help prepare parents and children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- Walk, slither, and sneak on sidewalks, not in the street.
- Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are more visible. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)
- Plan your route and share it with your family. If possible, have an adult go with you.
- Carry a flashlight to light your way.
- Keep away from open fires and candles. (Costumes can be extremely flammable.)
- Visit homes that have the porch light on.
- Accept your treats at the door and never go into a stranger's house.
- Use face paint rather than masks or things that will cover your eyes.
- Be cautious of animals and strangers.
- Have a grown-up inspect your treats before eating. Don't eat candy if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.



## JACK'S WORD SEARCH

### TREATS

JACK O LANTERN  
SKELETON  
MUMMY  
BLACK CAT  
HAUNTED HOUSE  
GOBLIN  
VAMPIRE  
CANDY CORN  
GHOUL  
WITCHES BREW  
SPOOKY  
HALLOWEEN  
COSTUMES  
PARADES  
CAULDRON  
PARTIES  
GHOST  
COBWEBS  
MONSTERS



2371 N.E. Stephens, Ste. 100  
Roseburg, Oregon 97470



## IMPORANT NOTICES

### 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 Gov-

ernment 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 Offices.

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 (1-800-929-8229) or write to the Cow Creek Tribal Government Office, 2371 NE Stephens Street, Suite 100, Roseburg, Oregon 97470.

Reminder:

All Johnson O'Malley  
functions are smoke free.

