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Cow Creek Band of Umpqua Tribe of Indians

Nominees Selected for 2006 Tribal Election

May 2006

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- ◆ The final steelhead release held on April 26, was deemed very successful.
- ◆ Participants in our Diabetes Prevention Program have now lost a combined total of over 90 pounds while having fun!
- ◆ The Education Honor Dinner will be held at Seven Feathers Hotel and Casino Resort on June 22, 2006.
- ◆ "Stay Connected", an educational class for families with youths 10 and older, will be held on June 17th and 21st.

The Tribal General Council and Nominations Meeting was held on May 21, 2006 at the Tribal Government Offices in Roseburg. Chairwoman Sue Shaffer opened the floor for nominations for the three positions open for the 2006 Annual Tribal Election.

The individuals who were nominated and have returned their acceptance forms are: Tom Rondeau Sr., Leland Van Norman, Gary Jackson, Loretta Corbett and Luann Urban.

At the Tribal Board's request, the Bureau of Indian Affairs, Siletz Agency,

will once again provide independent oversight of the tribal election process.

Ballot packets, including instructions, will be mailed out to all registered voters of the Tribe from the BIA Siletz Agency no later than July 14, 2006. Once the ballot has been completed, it must be returned to the Siletz Agency no later than the close of their business day, August 11, 2006.

Any registered voter that does not receive a ballot must contact the Tribal Office, at (541) 672-9405 or (800) 929-8229.

2006 Culture Camp June 23-25



This year's Cow Creek Culture Camp will be held June 23, 24 and 25, 2006, at the Bare Park Ranch.

Special guest Aggie Pilgrim, of the Siletz Tribe, will lead the Salmon Honoring Ceremony.

Examples of classes offered are; Archery, Bone Choker Beading, Shawl Making, Flintknapping and Pow-Wow Drumming and Singing. To participate in the cultural crafts at Culture Camp, a

must be completed and returned by June 2, 2006.

Tribal members interested in camping should send their reservations ASAP, as there are a limited number of camp sites for RV's and tents.

For questions or further information, call (541) 677-5575 or (800) 929-8229.



Final Cow Creek Steelhead Restoration Release Deemed Successful

On April 26, 2006, numerous volunteers from Seven Feathers Casino & Resort Maintenance Department, Cow Creek Band of Umpqua Tribe of Indians Government Staff and Board Members, Umpqua Fisherman's Association (UFA) and Oregon Department of Fish & Wildlife (ODFW) gathered to transition 6,829 steelhead smolts into the confluence of Canyon Creek and the South Umpqua River. "These salmon boxes are yet another demonstration of the Cow Creek's dedication to their homelands.", stated Sue Shaffer, Chairwoman of the Cow Creek Band of Umpqua Tribe of Indians.

The smolts were released through a series of pipes behind Seven Feathers Hotel and Casino and provide stock for recreational fishing in the Canyonville area. Groups of steelhead are acclimated in river water to ensure familiarity and their return to spawn in the river. "Above Canyonville/Tiller, the South Umpqua is a refuge for wild steelhead. No hatchery fish are released above Canyonville. We monitor and collect some brood from South Umpqua Falls, and usually out of the 300 to 500 steelhead at the falls, less than 1% are hatchery fish. Of the fish in Canyon Creek, about 90-95% of the fish are hatchery fish. That means that our program is working and the hatcheries fish are returning to Canyon Creek and are not straying much into other areas.", said Laura Jackson, of ODFW.

The grounds and maintenance crew members of Seven Feathers Hotel & Casino Resort monitor the fish in tanks every few hours, feed them twice a

day, remove and record dead fish, water temperature and dissolved oxygen. In between switching the groups of fish, the crew members clean all the fish tanks and check all of the pumps to make sure they run properly for the next group of smolts. Due to all the flooding early this year, the crew had to cut some pump pipes that extend across Canyon Creek in order to avoid destruction by debris. The crew's dedication to maintaining quality environmental conditions produces healthy smolts to be released into the river.

The Canyon Creek Acclimation Project started over 7 years ago, and its continued success is due to cooperative efforts of various agencies and volunteers. The mission of the project is to continue to have steelhead fish return for generations of Douglas County residents to enjoy. UFA members also provide education seminars for students in local schools to learn about the steelhead lifecycle and participate in the fish release. "We also monitor a fish trap just above the acclimation site. What this means is we monitor water flow and the steelhead passage upstream (also capturing some for brood stock) and make sure poachers don't disrupt the spawners.", said Mike Brochu, from Umpqua Fisherman's Association.

For more information on the STEP (Salmon Trout Enhancement Program) go to :

[Http://www.dfw.state.or.us/](http://www.dfw.state.or.us/)



Volunteers and Tribal Staff & Board gathered to release the last batch of smolts in 2006.



UFA Volunteers in the Acclimation pond.



Nettled smolts are weighed before data is collected.



Data collection process of measuring size of fish is important.



The fish are released into Canyon Creek.

Elders 2006 Proposed Schedule of Events

- June 10th- Rogue River Jet Boat Trip. Includes dinner, 30 people
- July 15th- "Plant Tour" with botanist from Tiller Ranger District. No food/bring own water bottle, unlimited number of people. Meet at the S.U. Pow-wow grounds at 10:00.
- July 26th- Lunch with the Elders from Coos, Siuslaw and Lower Umpqua . 50 people, held at Seven Feathers Hotel & Casino in the Huckleberry Room.
- August 12th- Huckleberry Gathering partial potluck . Tribe will supply drinks, chips and sandwiches. Transportation will be provided.
- Sept. 30th- Crater Lake Bus Tour "w/Step-on Ranger" North Star Bus line, box lunches from Seven Feathers.
- October- No Activities scheduled.
- Nov. 4th- Elder's Dinner.
- For more information on these events, call Rhonda Malone, at (800) 929-8229 or (541) 677-5575.

JOM 2006 Proposed Schedule of Events

- June 22nd- Education Honor Dinner
- June 23-25- Cow Creek Culture Camp
- July 14-16th- Cow Creek Pow-wow
- August 5th- Crater Lake Visitation
- Sept. 9th- Rogue River Jet Boat Trip
- October 7th- Roller Skating- Roseburg
- November- Leave month open for Disney on Ice
- Dec. 2nd- Christmas Party

For more information on these events, call Kelly LaChance, at (800) 929-8229 or (541) 677- 5575.

"Stay Connected!! " Class for Tribal Families to be Held in June

"Stay Connected !!" is a free class for tribal families with youth ages 10 and up and focusing on understanding the parent/teen relationship.

The class will overview topics such as: risky behaviors, peer pressure, bullying, a world without rules and collaborative problem solving. This class is an interactive class that is designed to have both parents and teens in the same workshop to fully understand differences.

This will be a fun learning experience that promotes a nurturing and non-threatening environment.

The class will be held on Saturday, June 17, 2006 from 10-2 at Seven Feathers Hotel & Casino Resort, with a repeat session again on Wednesday, June 21, 2006, from 10-2 at the Tribal Office. Lunch will be provided.

For more information, or to reserve a space, call Rhonda Malone at (800) 929-8229 ext. 5513 .

Fetal Alcohol Syndrome: the Preventable Birth Defect

Fetal Alcohol Syndrome is one of the top 3 known causes of birth defects with accompanying mental retardation– and the only preventable cause among the three.

FAS is a group of physical and mental birth defects that may include growth deficiencies, central nervous system dysfunctions, craniofacial abnormalities and behavioral maladjustments. FAS can be prevented by the mother abstaining from alcohol consumption during pregnancy.

Fetal Alcohol Syndrome Facts:

- * Nearly 5,000 babies, 1 in 75, are born with FAS every year. A less severe form of FAS, Fetal Alcohol Effect, will impact 36,000 more.
- * No amount of alcohol consumption during pregnancy is known to be safe. Even a single episode of drinking is enough to damage the fetus.
- * FAS is the leading known cause of mental retardation.
- * FAS produces irreversible physical and mental damage.
- * FAS crosses all socio-economic groups and affects all races.
- * The cost for 1 FAS child is estimated to be \$2 million over a lifetime.
- * FAS costs the American taxpayers \$321 million every year.

Of FAS individuals between the ages of 12 and 51:

- * 95% will have mental health problems.
- * 55% will be confined in prison, treatment centers or mental institutions.
- * 60% will have trouble with the law.
- * 52% will exhibit inappropriate sexual behaviors.
- * 82% will not live independently.
- * 70% will have problems with employment.
- * More than 50% of males and 70% of females will have alcohol or drug problems.

FAS is prevalent in 1.3 to as high as 10.3 of every 1,000 American Indians. Variance is based on which tribe you poll; some tribes have particularly higher risks.

The best advice for pregnant women is to abstain from alcohol consumption during pregnancy. Women who breastfeed should continue to abstain from drinking alcohol until their babies are weaned.

Cow Creek Health & Wellness Celebrates National Women's Health Week in May

The Cow Creek Health & Wellness Center encourages tribal women to stay healthy at any age. Women need to stay healthy and prevent disease.

Ways to stay healthy include; screening tests, preventative medicine if needed and practicing healthy behaviors. When patients see the doctor for a checkup, talk to the doctor or nurse about how to stay healthy at any age.

Screening tests, such as mammograms and Pap smears, can detect diseases early, when they are easier to treat. Some women need screening tests

earlier or more often than others. Have your doctor determine which tests are right for you.

Other tips to stay healthy include: don't smoke, eat a healthy diet, be physically active, stay at a healthy weight and drink alcohol only in moderation.

The Cow Creek Health & Wellness Center makes appointments for well women exams and is happy to answer any questions regarding your health. For more information call, (800) 935-2649 or

(541) 672-8533.

Brief Summary of Enforcing Underage Drinking Laws Survey

For tribal members who completed the EUDL Survey, here is a limited report of answers.

Out of the 52 respondents, 37 were female and 15 were male.

All but 8 were parents and/or grandparents. Most endorsed that alcohol is easy for underage drinkers to obtain from the home.

The top three responses regarding community problems involving underage drinking are:

- ♦ Criminal behavior
- ♦ Assaults
- ♦ Addiction

The top five responses for community factors that contribute to underage drinking are:

1. Parental/adult indifference/tolerance to underage drinking.
2. Peer pressure to drink.
3. Lack of alternatives for kids.
4. Kids surrounded with positive images of alcohol use.
5. Alcohol is easily obtainable.

Thanks to those who completed the survey and for joining in this serious effort to reduce underage drinking in the community. Results were forwarded to the State Offices on Mental Health and Addictions, and will be used to guide the Tribe with the "Community Underage Drinking Plan."



Cow Creek Health & Wellness Center
2371 N.E. Stephens St. Ste. 200
Roseburg, OR 97470

Cow Creek Health & Wellness Center Offers :

- Tobacco Cessation Classes
- One-on-One Counseling
- Clinical Support
- Stress Management
- Weight Control
- Nicotine Replacement Therapy



***"Hang Tough,
Don't Puff"***

For questions, support or information on available classes, please call Cow Creek Health and Wellness Center, at (800) 935-2649.



Diabetes Prevention Program Update

The Cow Creek Health & Wellness Center is currently half way through its first series of classes focusing on diabetes prevention in Native American populations. Right now, there are ten people involved in the program who have been attending weekly classes on topics such as nutrition and exercise. Since it is known that being overweight and developing diabetes are directly related, one of the main goals of the program is to encourage lifestyle changes that will lead to weight loss. After nine weeks, the ten participants have lost a total of 92 pounds! Pre-diabetes screening for the next series of classes, which are scheduled to begin toward the end of August, is now open for registration. The program is open to Native Americans over 18 years of age who go through the screening process and are identified

as pre-diabetic and meet other eligibility criteria. Both the screening and the classes are offered free of charge to those who are in the program.

The program consists of weekly classes at the Cow Creek Health and Wellness Center, spread out over a 6 month "intensive" time frame. Goals for the participants are moderate; a 7% weight loss (for example, 14 pounds for a 200 pound man) and 150 minutes of activity a week (30 minutes of walking 5 times a week). Reaching the goals has been proven effective in preventing Type 2 Diabetes 90% of the time.

For more information regarding the program, screening, eligibility, or registering, contact Bob Dunas, Lifestyle Coach, at (541) 677-5575 or (800) 935-2649.

Education News



Education Honor Dinner

The Cow Creek Education Program is hosting an Education Gathering on June 22, 2006, at the Seven Feathers Convention Center. It will begin at 6:30 p.m. This event is for all Cow Creek students that have graduated from high school, obtained their GED or graduated from college in 2006. A dinner and gifts will be provided for the graduates.

For more information, or to RSVP, contact Kelly LaChance, Education Director, at (541) 677-5575 or (800) 929-8229.

Higher Education

New students and returning students that are starting classes this fall need to be aware that the application deadline is August 1, 2006. An official Financial Aid Award letter from the college or university needs to accompany the application. There are no exceptions for late applications or late official financial aid award letters.

Applications Sought for Hatfield Fellowship

Applications for the Mark O. Hatfield Congressional Fellowship are now available. Each year, a Hatfield Fellow serves as an intern for a member of Oregon's Congressional delegation.

The Hatfield Fellow is selected from adult Native American applicants, who are enrolled members of a federally recognized tribe in Oregon. If there are no qualified applicants from Oregon, enrolled members of federally recognized tribes in Washington, Idaho and Montana will be considered.

The fellow will intern in Washington, D.C. for nine months and will receive a monthly stipend, relocation and travel expenses and tuition for the American Political Science Association orientation.

Deadlines for applications is 5:00 p.m. July 14, 2006. Applicants will then be notified if they qualify for interviews. Late applications will not be accepted. Application packets may be obtained by contacting Gerry RainingBird at Spirit Mountain Community Fund at (503) 879-1462, e-mail at gerry.rainingbird@grandronde.org or by mail at 9615 Grand Ronde Rd., Grand Ronde, OR 97347.

The Fellowship honors Mark Hatfield for his accomplishments as a United States Senator, a former Governor of Oregon and for his mentorship of many leaders in their own communities.

Funding for the Fellowship comes from the Spirit Mountain Community Fund, the philanthropic arm of the Confederated Tribes of Grand Ronde, which is committed to honoring their tribal traditions of sharing and giving back to the community. In addition to funding the Fellowship, the tribe dedicates 6% of the profits from Spirit Mountain Casino to nonprofit organizations in 11 counties in western Oregon. Since the fund's beginning in 1997, over \$30 million has been awarded to area non-profits.

2006 University of Oregon Archaeological Field School

The 2006 University of Oregon Archaeological Field School will be held this year between June 19 and July 28. This is an excellent opportunity for tribal members to participate and learn the skills necessary to become a Tribal Cultural Resource Technician.

Two 3- week sessions, as well as the normal 6 week session, will be available. The shorter sessions will cost \$1,500 each and the 6 week session will be \$2,500. Tuition, food, camping and travel at the field school are included in the cost. The field school will be offering a \$1,000 tuition waiver scholarship through the C. Melvin Aikens Fund for one deserving student. Applicants should write a letter detailing why they want to come and request consideration for the scholarship.

The first 3- week session will be held between June 19 and July 10th at the Lake on the Trail site, off Highway 395 between Wagontire and Riley. The second 3- week session will be held between July 11 and July 28. It will be located at the Redmond Caves in Redmond.

For more information or questions about the program, contact Dennis L. Jenkins, Director of Northern Great Basin Archeological Field School, Museum of Natural and Cultural History, University of Oregon, Eugene, OR 97403-1224, (541) 346-3026 or e-mail djenkins@darkwing.uoregon.edu.

Cow Creek Band of Umpqua Tribe of Indians Jackets & Caps for Sale

- * **Black zip, lined jackets with the logo for \$50.00** + shipping & handling.
- * **Fleece jackets with the logo for \$20.00** + shipping & handling.
- * **Baseball caps with logo centered on front left for \$15.00** + shipping & handling.
- * **Beanie caps with the logo centered, for \$12.00** + shipping & handling.



Zip Lined Jacket



Baseball Cap



Beanie Cap



Fleece Jacket

Various colors and sizes are available. For more information or to order, contact Rhonda Malone, at (800) 929-8229 or (541) 677-5575.

Boy Scouts Hold "Prehistoric Adventures" Day Camp 2006

Parents looking for a fun summer activity for elementary students can check out "Prehistoric Adventures", endorsed by the Boy Scouts of America. The Boy Scouts will be participating in a wide range of fun camping activities. There will be a dinosaur egg hunt, rock climbing and obstacle course so Scouts can earn a belt loop or pin. For more athletic campers, activities include; the Flintstone car race, archery, sling shot and BB gun courses. Recycling demonstrations, fire safety training and a fish tank provided by ODFW are available for persons wanting to learn and participate more in their community.

Scouts have 90 plus years experience putting on camps for boys. It is safe and has a medical professional on site.

The events will take place July 18th-July 21st, Tues-Thurs from 9:00 to 3:30 and Friday from 1:00 to 5:30. The cost is \$65 if registered by June 6, 2006, with Camperships being made available through the Oregon Trail Council.

For more information about scouting, check out the website: www.scouting.org, or call the local Boy Scout representative Ed Gundy at 784-9283 or email him at dougfirde@yahoo.com.

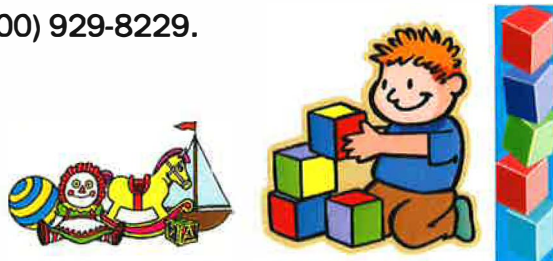
For information about registration, please contact Camp Director Sharon Muck at (541)440-9269 or Joanne McReynolds at (541)672-4115 or email: joannemc927@yahoo.com.



Accepting Applications for Child Care Assistance Program

The Tribal Child Care Assistance Program is currently at capacity, however, applications are still being accepted. Program eligibility is based on the child's enrollment status, income requirements and living within the seven county service area of Coos, Deschutes, Douglas, Jackson, Josephine, Klamath and Lane Counties.

Those who qualify will be placed on a waiting list until an opening is available. For further information or to request an application, contact Rhonda Malone, at the Cow Creek Government Office, at (541) 677-5575 or (800) 929-8229.



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



IMPORTANT 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 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 Tribal Government Office 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.

