



KIUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians

July 2006

Inside this Issue:

CCH & WC Offers Healthy Cooking Classes	2
Seventh Annual Tribal Family Picnic Planned	2
Seven Feathers Hotel & Casino Resort Opens New Slot Floor	3
CCBUTI Aids UCC Commercial Driving Program	3
Contract Health Dental Plan & ER Visits	4
Summer Skin Care Tips	5
Methamphetamine Facts & Figures	7

- ◆ Cow Creek Health & Wellness Center is offering "Kitchen Classics", a new and refreshing type of weekly nutrition education and cooking class.
- ◆ The Seventh Annual Tribal Family Picnic will be held at the K-Bar Ranch's Bare Park on the South Umpqua River on Saturday, September 2, 2006.
- ◆ On Friday, June 30, Seven Feathers Hotel & Casino held a grand opening for the new slot floor, located at the old bingo parlor.

2006 Lamprey Harvest Permits Available

2006 permits authorizing the harvest of Lamprey at Willamette Falls by tribal members for personal use only are now available.

Personal use lamprey harvest (meaning no harvest for commercial sales) is restricted to the hours of 7:00 a.m. to 6:00 p.m., Friday through Monday, between June 1 and August 31, 2006. Harvest is not allowed Tuesday through Thursdays. The open fishing area is at the east side of the falls, and the harvest method is limited to the use of hand or hand-powered tools. There is a limit of 100 lampreys per permit holder.

All harvesters are required to record their lamprey harvest on a daily basis on an Oregon

Department of Fish and Wildlife issued harvest record card. Official tribal identification cards will act as a 2006 permit, however an Oregon Department of Fish and Wildlife issued harvest record card is necessary and can be obtained at the Cow Creek Tribal Government Offices, or by contacting the Clackamas office of the Oregon Department of Fish and Wildlife at 17330 SE Evelyn Street, Clackamas, OR 97015, or call (503)657-2000. Harvest records must be returned to the Clackamas office by August 31, 2006.

For further information contact Amy Amoroso at the Cow Creek Tribal Government Offices, at (541)677-5575 or (800)929-8229.

Annual Huckleberry Gathering Slated for August 12th



The Annual Huckleberry Gathering will be on August 12, 2006 at 12:00 p.m. at Huckleberry Lake on the Rouge Umpqua Divide.

Please bring a salad, dessert or any other item or snacks for sharing. Sandwiches and drinks will be provided.

To reserve a space, contact Rhonda Malone by Friday, August 4th, 2006 at (541)677-5575 or (800)929-8229.



Cow Creek Health & Wellness Center Offers Healthy Cooking Classes

Cow Creek Health & Wellness Center is offering "Kitchen Classics", a new and refreshing type of nutrition education and cooking class. The series of "hands on" cooking classes will be held at the two-story house (also known as the Block House), located behind Seven Feathers Hotel and Casino Resort near the employee parking area.

Answers to the following questions and other gastronomic lore will be covered:

- Why can cream be whipped but not milk?
- Is this egg stale or fresh?
- Which artificial sweeteners can be safely used in cooking?
- Why does popcorn pop?
- Why is dietary fiber so important?
- How does apple cider become vinegar?



The new class format promises to be a great source of inspiration and a super-sized helping of fun. Included in each weekly session will be information about a specific food; the chemistry, science, kitchen math, and art. Topics to be covered are: Milk & Dairy Products, Eggs, Meat, Fruits & Vegetables, Herbs & Spices, Grains, Legumes and Nuts, Bread, Dough and Batters, Sauces, Sugars, Chocolate and Confectionary and Food Additives. Individual classes will focus on one of the listed topics and will be discussed during both the education portion and the cooking portion of the class. The goal of the change in class format is to help attendees to look at foods differently and possibly rediscover a love for the kitchen and cooking.

Each class is limited to 12 participants. To reserve a space, contact Tricia Hedges at (541) 677-5575 or (800) 935-2649.

Seventh Annual Tribal Family Picnic Planned

The Seventh Annual Tribal Family Picnic will be held at the K-Bar Ranch's Bare Park on the South Umpqua River on Saturday, September 2, 2006. The Tribal Family Picnic is a special time for all Tribal Families to be together and enjoy visiting and have fun.



Lunch will be provided. In order to plan for adequate staffing and food, reservations are necessary. Please call the Cow Creek Government Office at (541)672-9405 or (800)929-8229 to make a reservation.

Directions from Roseburg: go south on I-5. Take exit 113. At the bottom of the exit ramp, at the stop sign, take a right. Go a few feet and you will come to another stop sign at a T intersection. Take a left and proceed .7 miles from the stop sign to the K-Bar Ranch sign. Take a right onto the dirt road by the sign. Go over the train tracks, pass between the barns.

Follow the dirt road to Bare Park. If you are heading north on I-5, take exit 113 and take a left at the stop sign at the end of the exit ramp. After that, all directions are the same as above.

New Slot Floor Now Operating At Seven Feathers

On Friday, June 30, Seven Feathers Hotel & Casino Resort held a grand opening for the new slot floor, located within the old bingo parlor. Turnout for the new slot floor opening proved successful; there was a reception for 192 invited patrons and their guests.

Cow Creek Indian Gaming Center started with 70 slots and now has grown to include over 1,289 slots. The slot area alone has grown five times its original size, and includes a score of new games such as Rawhide, Wild Tropic, Aztec Kingdom, Hoot Loot, Snow Globes, Hexbreaker, Old School, American Original and Boxcar Bonus, Blazing 777 and Winning Times. Employees are also growing in number at Seven Feathers. In the beginning there were 35 employees and today there are 926 employees.

Popularity of the two and three coin quarter machines brought back Wild Cherry, Red White

& Blue and Double Diamond games throughout the Casino. Another new addition to Seven Feathers is the ticket redemption and bill breaker kiosk. Instead of players going to the cash cage, they have an option of inserting winning slot tickets into the kiosk and receiving cash back. The kiosk can break bills up to \$100, and proves to be a valuable addition to the new slot floor.



Chairwoman Sue Shaffer cutting the ribbon at the Seven Feathers Hotel & Casino new slot floor opening. .

Cow Creek Band of Umpqua Tribe of Indians Aids Umpqua Community College



During the past two years, the Cow Creek Band of Umpqua Tribe of Indians has helped to support Umpqua Community College (UCC) in various ways. In 2004, use of the Tribal property known as "Doug's Diesel" was donated for a truck driving school. The property houses the office, classroom space and outdoor space for students to learn about

truck driving in a "hands on" environment.

The college provides a five week training course that includes a minimum of 44 hours of behind the wheel driving hours (a Professional Truck Driver Institute of America standard), instructors, up-to-date equipment and the attention of qualified teaching methods to make the truck driving a successful program for students. Upon finishing the required hours and training, students are then assisted with job placement opportunities. To this date, there is a success rate of 100% job placements with this driving education program.

The Tribe has also donated the use of the Starlite property to U.C.C. to provide classes in

construction technology. Various classes are provided such as Basic Carpentry to Masonry. "The Tribe's support of U.C.C.'s efforts to expand educational programs is exceptional. They have provided facilities to locate some of our instructional programs, scholarships for entering students and their foundation had offered support for other areas of the college. They are leaders in our community who are committed to the greater good of our area." said U.C.C. President Blaine Nisson .

The Cow Creek Foundation is funded with 6% of Class III Gaming net revenue and frequently provides funding to Umpqua Community College.



Chairwoman Sue Shaffer, Bill Vian, Tom Rondeau, UCC President Blaine Nisson, Sherri Shaffer and Mike Rondeau.

Contract Health Services and Emergency Room Visits

All contract health care must be pre- authorized before funds can be obligated and used to pay medical expenses for eligible tribal members. Funds are very limited, so please keep this in mind when the need to see a doctor after hours or on a weekend arises.

Types of Emergencies:

- * Danger of loss of life, limb, eye
- * Accidental injuries, fractures, head injuries
- * High fever in children
- * Trouble breathing, chest pain, burns, poisoning, broken bones



Tribal members that go to the emergency room and get a purchase order number in a non-emergency event may have the payment denied. Please be sure to utilize the urgent care centers, Evergreen Family Medicine or Umpqua Valley Urgent Care, whenever possible. Both clinics are equipped with a x-ray facilities and can refer patients for specialized treatment if necessary. Evergreen has an on-site lab facility as well.

Urgent Care Hours:

Evergreen: Mon.- Fri. 7 a.m. to 7 p.m. UVUC: Mon.-Fri. 8 a.m.-7:30 p.m.
 Saturday 9 a.m. to 5 p.m. Sat.- Sun. 9 a.m.-5 p.m.
 Sunday 11 a.m. to 5 p.m.

If an eligible Tribal member has an emergency and must be seen in the Emergency Room, a purchase order can be issued if Contract Health has been notified and an authorization is requested within 3 days of the ER visit. A disabled person or an elder has 30 days in which to notify CHS for authorization. If you do not get a P.O. number within that time limit, your visit will not be paid for by CHS.

For more information, contact Cynthia Galaktionoff, at (541)672-8533 or (800)935-2649.



Tribal Dental Health Plan Update

The Tribal Dental Health Plan has kept the Contract Health Office buzzing! The CHS office has received over 300 applications from outside the service area and each application is being processed quickly to provide services as soon as possible.

Important information to remember:

- ◆ Eligibility begins when CHS receives your completed application.
- ◆ *EACH VISIT MUST* have a separate purchase order number .
- ◆ If an appointment date changes, call in for a new number.
- ◆ \$1,500 limit on dental care – no cosmetic procedures allowed.
- ◆ Any and all health/dental insurance must be used first.

For more information about the plan or to request an application, please contact Cynthia Galaktionoff, at (541)672-8533, option 1 or (800)935-2649.



Summer Skin Care Tips



Now that summer has finally arrived, the sunshine feels great and the sun boosts ones mood, energy level and sense of optimism. The Cow Creek Health & Wellness Center would like to give some tips on summer skin care from Breastcancer.Org.

Sunshine can help the body process vitamin D to help keep bones strong. Just 10 minutes of outdoor light a day can do the trick.

Too much sun exposure can be dangerous for everyone. Sunburn and UV light can damage your skin and this damage can cause skin cancer, cataracts and wrinkles. The total amount of sun received over the years and overexposure resulting in sunburn can cause skin cancer. Most people receive 80% of their lifetime exposure to the sun by age 18.

Skin in an area that is receiving radiation therapy should be protected from the sun with bathing suit or outer clothing. Sun exposure can also make side effects of some chemotherapy worse.

Some other precautions to take are:

- Schedule sun time for early or late in the day.
- Don't go outside without sunscreen on and apply sunscreen at least 20 minutes before going outside.
- Use the highest number that can be bought for sunscreen protection. The number 45 SPF in a waterproof formula to combat sweat is a good combination.
- Use sunblocks that contain zinc to protect the face.
- Protect your head. The best thing is to wear a hat.
- Apply topical vitamin C before sunscreen or makeup. Vitamin C can protect skin against sunlight damage.
- Use an indoor tanning lotion if a deep tan is wanted. Remember that the color won't protect the skin from the sun.
- Most T-shirts give a sun protection factor of only about 8.

With a little care, summer can really be fun! Put on a zinc sunblock, cover up and enjoy!



Maya Family Center Holds Positive Indian Parenting Program Series

Maya Family Center in Portland, Oregon is holding a Positive Indian Parenting Training Program. This practical and culturally specific training program will be every Wednesday evening, from 6:00 p.m. to 8:30 p.m., starting on August 16, 2006 and ending on October 10, 2006.

Parents will explore the values and attitudes expressed in traditional Indian child-rearing practices and then apply those values to

modern skills in parenting. Valuable lessons will be learned from the old ways and parents can find strength in those cultural traditions.

Registration and attendance is required for the entire duration of the series. Child care will be provided.

For more information contact Nora Farewell or Lisa Tran at (503)288-8177 or e-mail at noraf@nayapdx.org or thaolisat@nayapdx.org.

Swimming and Boating in Oceans, Lakes, and Rivers Safety Checklist



Rules for safe swimming

- ◆ Learn to swim.
- ◆ Always swim with a buddy.
- ◆ Swim in a designated area.
- ◆ Wear a life jacket if you can't swim or are just learning to swim.
- ◆ An inflatable air mattress or swim ring does not take the place of a life jacket.
- ◆ Don't swim in cold water. Swimmers can get hypothermia (dangerously low body temperature) in cold water.
- ◆ Never jump or dive into unknown waters.
- ◆ Obey all "No Swimming" and other warning signs.



For Parents:

- ◆ Never take your eyes off of children in the water– even for a moment! If you're in a group, appoint a designated water watcher, taking turns with other adults. Keep a phone nearby.
- ◆ While supervising, stay alert and avoid distractions like reading or the telephone.
- ◆ Always have your child wear a life jacket that is approved by the U.S. Coast Guard while on a boat, in or near an open body of water, or when participating in water sports.
- ◆ Don't rely on "water wings" or other inflatable toys.
- ◆ Teach children to swim after age 4.
- ◆ Make sure kids swim in areas designated for swimming.
- ◆ Teach children not to dive into oceans, lakes or rivers because you don't always know how deep the water is or what might be hidden under the surface of the water.
- ◆ Do not let kids drive personal watercraft (such as jet skis).
- ◆ Learn infant and child CPR and rescue safety tips.
- ◆ Never drink alcoholic beverages while boating.
- ◆ Take a boating education course.
- ◆ Participate in a vessel safety check program every year offered for free by the U.S. Coast Guard Auxiliary or U.S. Power Squadrons (www.uscgboating.org).



Methamphetamine: Facts & Figures

Methamphetamine use happens all over the State of Oregon. Its impact on families and communities is enormous. Everyone knows someone who uses or has used methamphetamine. The following are some facts about methamphetamine:

- Street names for methamphetamine are: meth, speed, crank, glass, ice and crystal.
- Chemicals used to make meth include: cold tablets, drain cleaner, brake cleaner, hydriodic acid, hydrogen chloride gas and anhydrous ammonia.
- 5-7 pounds of waste is produced for each pound of meth made.
- Meth triggers the part of the brain responsible for pleasure, withdrawal from meth causes "anhedonia", or the inability to feel pleasure.
- Short-term effects of meth are: mild hallucinations, paranoia, hypersexuality with increased risk behaviors, inability to sleep with reduced need for sleep, extreme rise in body temperature, and convulsions.
- Long-term effects of meth are: paranoia, hallucinations, stroke, severe weight loss, malnutrition, dental problems and cardiac/heart lesions.
- Between 1999 and 2004 meth admissions for treatment increased 57% for females 17 and under.
- In the last 5 years smoking meth has increased from about 16% of those using to about 40% of those using.
- About 1/3 of all people seeking substance abuse treatment are meth users, but fewer people are receiving treatment than in previous years due to funding cuts, despite increases in treatment demand.
- Meth users are less likely to complete treatment than those in treatment for other substance abuse issues.
- Treatment *does* save money by reducing the costs of healthcare and emergency room visits and other related services. In Oregon for every \$1 invested in treatment, \$5.60 to \$7.00 is saved in other costs.
- Addiction treatment in Oregon saves money by reducing: high risk sexual behaviors, HIV and Hepatitis, unwanted pregnancies, child abuse and welfare cases, costs of foster care, psychiatric issues, crime and incarceration to name a few.

For information on treatment recovery effectiveness see: www.nfattc.org, www.datos.org, www.npcresearch.com or www.crystalrecovery.com.

Upcoming Activities

July 14-16– Cow Creek Pow-wow

July 15- "Plant Tour" with botanist from Tiller Ranger District. Meet at Pow-wow at 10a.m.

August 12th– Annual Huckleberry Gathering, partial potluck.

August 19th– JOM Crater Lake Visitation

** The Elders Luncheon with Coos, Siuslaw and Lower Umpqua Tribal Elders, set for Wednesday, July 26th has been cancelled.*

2371 N.E. Stephens, Ste. 200
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.

