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Cow Creek Band of Umpqua Tribe of Indians

August 2006

Inside this Issue:

2006 Annual Pow-Wow Photos	2
Diabetes Prevention Program Update	3
Commissioners Cont. From Pg. 1	3
2006 Graduates Honored at Education Dinner	4
Stay Connected Class for Parents and Teens	5
September Crater Lake Trip Planned for Elders	5
CCH&W Center Fall Health Fair Information	6

- ◆ Stay Connected class to discuss peer pressure and bullying on September 13, 2006 at the Government Office.
- ◆ Cow Creek Health & Wellness Center's Fall Health Fair is slated for November 4, 2006 at the Block House.
- ◆ The Seventh Annual Tribal Family Picnic will be held at the K-Bar Ranch Bare Park on the South Umpqua River on Saturday, September 2, 2006

Tribal Election 2006

Cow Creek Tribal Election Committee Chairperson, Rhonda Malone, announced the results of the 2006 Tribal Board of Directors Election at the Annual Election Meeting held on Sunday, August 13, 2006. There were three positions voted on in this year's election. The following individuals were elected to 4 year terms of office:

- ◆ Tom Rondeau
- ◆ Gary Jackson
- ◆ Leland Van Norman

The committee, consisting of Tammy Woodruff, Michael Rondeau, Andrea Davis, Shirley Roane, and Rhonda Malone would like to thank the Cow Creek tribal voters for their participation in this year's election.

Tribe Continues to Defend Sovereignty

The anti-Indian campaign by a Douglas County Commissioner continues to be a hot topic. In May, Marilyn Kittelman, along with Dan Van Slyke (who was defeated the day before in the Republican Primary Election), voted to place an advisory question on the November ballot, asking county residents whether there should be a limit placed on the amount of land taken off the tax rolls and placed into tribal trust status (reservation).

Commissioner Kittelman entertained the idea of a cap on tribal land transfers as a result of coming under fire by community leaders questioning her judgment to travel to Washington, D.C. along with representatives of One Nation United, a national anti-Indian rights group. When someone at the commissioners meeting suggested that the community did not want

county government wasting their time on an issue that was clearly a federal issue, Kittelman acted hastily in proposing the county vote on the matter. The county advisory vote would be non-binding, as tribes are viewed like states and tribal land transfers are clearly a matter of federal law. The county lacks jurisdiction over the Tribe.

Tribe leaders were quick to point out that this question is discriminatory, because it singles out the tribal land transfers, while ignoring land transfers by other governments and non-taxed entities such as: city, county, state, churches, and non-profits.

Commissioner Kittelman, who is in her second term of her first year, has been a lightning rod for controversy. (continued on page 3)

2006 Annual Tribal Pow-Wow

The 29th annual Tribal Pow-Wow was held on July 14, 15 & 16 at the South Umpqua Falls. As usual, it was another great success! There was a great attendance (over 500) and the weather was fabulous! The Tribal Dinner on Friday, saw more than two hundred and seventy-five enjoying the great Salmon and all the wonderful dishes brought by families! Saturday night had a great turn out for dancing by both participants and spectators alike. Sunday was kicked off by the raffle, which is always fun to see everyone gather one last time and harass the winners!

A GREAT BIG THANK YOU goes out to those that helped make the Pow-Wow a success:

Tribal Board, Umpqua National Forest Service, Douglas County Sheriffs Office, Seven Feathers, UIDC Maintenance, set-up & clean up crews, fry bread crew, fish crew, wood crew, security crew and everyone in between. Thank you all for the time and effort put forth!



Tom Smith, from the Medford area, dances.



Tom Smith with Tribal members: Head Woman Dancer, Terry Hansen, Pow-Wow Committee Chairperson Tammy Woodruff, and Arena Director, Del Ansures.



Monty Sertain, grandson of Joyce Sertain, Cougar and Jay Buschmann and Rhonda Malone.



Pow-Wow 2006 Dancers and Drummers.

Diabetes Prevention Program Update

The Cow Creek Health & Wellness Center has almost completed its first series of classes focusing on diabetes prevention in Native American populations. Nine people have been attending classes once a week for the first half of the course and more recently once every two weeks on such topics as nutrition and exercise.

The study that the Diabetes Prevention Program is based on has shown that being overweight and developing Type 2 diabetes are directly related. In order to prevent the progress of this devastating disease, one of the goals of the program is to make lifestyle changes that will lead to weight loss. After 14 weeks in the program, the nine participants have lost a total of over 120 pounds!

Pre-diabetes screening for the next series of classes, which are scheduled to begin around the middle of September, is now open for registration. The program is open to Native Americans over 18

years of age who are identified as pre-diabetic and meet other eligibility criteria after going through the screening process. Screening tests and classes are offered free of charge to those who are in the program.

The program consists of weekly classes at the Cow Creek Health & Wellness Center and at the "Block House" behind Seven Feathers in Canyonville. Day-time and evening classes may be available depending on the needs of the class participants. The program is spread out over a 6 month "intensive" time frame. Goals for the participants are moderate: a 7% weight loss and 150 minutes of activity a week. Reaching these goals has been proven effective in preventing Type 2 diabetes 90% of the time.

For more information contact Bob Dunas, Lifestyle Coach, at (677)5575 or (800)935-2649.

Tribes Defends Sovereignty Cont. from Pg. 1.....

Within weeks of coming into office, she became embroiled in an issue with the Douglas County Museum Director over restricting an exhibit. This director was later terminated and is now suing the county.

The commissioners have spent many hundreds and thousands of dollars on investigations and legal fees, which is a sore spot with many in the county. Later, eruptions at the Health Department and numerous reports of job insecurity among county employees have defined her management style as hostile.

Her position regarding tribal land transfers is fueled by her campaign manager, David Jaques, who is also the chairman of the Douglas County Planning Commission and the National President of One Nation United.

Efforts by County Commissioner Doug Robertson to remove the advisory vote from the ballot were successful and came as a result of the Tribe and

county entering into a non-binding joint resolution that basically states that the Tribe will meet and consider concerns of impacted taxing districts. Kittelman was not in support of this resolution, because it was used as a reason to remove the advisory vote from the ballot and that the Tribe already complies with the resolution as outlined.

Amid all the controversy about the tribe, a successful grassroots effort by several community members to recall Commissioner Kittelman is underway. The committee has declared many reasons to recall Commissioner Kittelman that are not related to the tribal issue. At the forefront is her mismanagement of several costly issues for the county related to the County Museum and Health Department.

Tribal members are encouraged to become knowledgeable on the One Nation United agenda and the position taken against the Tribe by Commissioner Kittelman. Those residing in Douglas County are encouraged to make certain they are registered to vote and to support the recall effort.

Tribes Undertakes Noxious Weed Study

Noxious weeds, also called invasive weeds, are a problem in Douglas County and on Tribal land. These weeds take over large areas of land and cause undesirable conditions such as: increased fire risk, crowding out of native plants and can be toxic to humans and animals. The most common weeds are Thistles (Yellow Star thistle, Bull thistle, Distaff thistle, Scotch thistle, Malta thistle and Canada thistle), Brooms (Scotch, Spanish, French and Portuguese), and Himalayan Blackberry, which is the most widespread of the three in Douglas County.

Most of the noxious weeds come from across the world, such as Europe or Asia. Many have been

brought over and planted in gardens at first. Noxious weeds are difficult to eradicate because some seeds can last up to 80 years dormant in the soil. Researchers are studying biological control, which is controlling the plant by using insects or molds often brought in from the plant's native range.

The Cow Creek Band of Umpqua Tribe of Indians Natural Resources Department has contracted with the Douglas County Soil and Water Conservation District to survey Tribal lands to identify locations and populations of noxious weeds. Upon conclusion of the survey the Tribe will have accurate information in which to formulate a plan of action.

Education Honor Dinner Held on June 22

The Education Department held an Education Honor Dinner at Seven Feathers Convention Center on June 22, 2006. The program featured Sue Shaffer, Chairman of the Board of Directors, the Johnson O'Malley (JOM) Parent Committee, Splacta 'Alla (People of the Valley) Drum Group and special guest speaker Clara Seele.

The JOM Parent Committee held a presentation that honored past volunteers that have helped the current JOM Parent Committee with activities throughout the year. Linda McAnelly and Teresa Courtney conducted the presentations and honored 22 volunteers. Education Director, Kelly LaChance, honored the 7 member JOM Parent Committee with an honor song from Splacta "Alla for their planning and continued dedication to JOM activities. The JOM Parents Committee members are: Janet Lamm, Chair, Polly Rondeau, Vice-Chair, Linda Van Norman, Secretary, Teresa Courtney, Linda McAnelly, Angie Steinhoff and Jennifer Bryant.

Four Higher Education graduates attended with their families: Robin Frandsen, Christopher Knighten, Susie Puckett and Shilo Schalk. Robin Frandsen traveled from Montana for the special event. Four high school graduates were honored: Kaitlin Estabrook, Jennifer O'Dell, Tyee Roane and grandmother Jennifer VanNorman accepted on behalf of grandson Stefan VanNorman. GED graduate Latysa Martinez was also honored. Kelly LaChance presented the students with gifts of achievement and recognition and honored the students with an honor song from Splacta 'Alla.

The evening was concluded with Clara Seele, an Elder from the Cherokee Nation, sharing some thoughts and words of inspiration to students and Splacta 'Alla sang a song to close the evening.

Higher Education/Tribal Education Graduates for 2006:

Bochart, Jessica- Masters in Anthropology, University of Montana
 Campman, Cam- Bachelors of Arts in Graphic Art, Western Washington University
 Emerson, Brian- Associate of Arts, Clark College
 Frandsen, Robin- Masters in Educational Counseling, University of Montana
 Knighten, Christopher- Certificate in Truck Driving, Umpqua Community College
 Puckett, Susie- Associate of Arts. Chemeketa Community College
 Rooney, Brian- Bachelors of Science in Accounting, Calvin College
 Schalk, Shilo- Associate of Arts, Rogue Community College
 Young, Johanna- Bachelors of Science in Business Administration, University of Alaska

High School & GED Graduates for 2006:

Brunell, Gregory- Worcester Vocational Tech High School, Worcester, MA
 Brunell, Jacalyn- Doherty High School, Worcester, MA
 Callaway, Joshua- Monroe High School, Monroe OR
 Donley, Renee- Redmond High School, Redmond, WA
 Estabrook, Kaitlin- Roseburg High School, Roseburg, OR
 Martinez, Latysha- GED, Central Point, OR
 O'Dell, Jennifer- Glendale High School, Glendale, OR
 Roane, Tyee- North Eugene High School- Eugene, OR
 VanNorman, Stefan- Umpqua Valley Christian School, Winston, OR



Education Director, Kelly LaChance, with special guest speaker Clara Seele.



2006 graduates from left to right: Jennifer O'Dell, Kaitlin Estabrook, Robin Frandsen, Latysha Martinez, Susie Pucket & Shilo Schalk.



2006 graduate Tyee Roane.

Back To School Tips For Parents

Tips to help you give your children a good start to this school year.



- Confirm what time school starts on the first day. If your child is going to a new school, be sure to bring the required information/identification with you on registration day.
- Find a safe route to and from school, and practice the route with your child. Make a travel plan with your child. Discuss traffic safety and how to safely interact with strangers.
- Start a new routine. Consider having your child adjust his/her school bedtime and wake-up routine before the first day of school.
- Choose clothes for school early. Have your child select an outfit the night before. This helps start the morning off on a calm note.
- Help keep your child healthy. Schedule medical and dental check-ups. Encourage your child to make healthy eating choices and stay active. Let your child help pack lunch.
- Be positive. Acknowledge and talk to your children about the mixed emotions they may be feeling as the school year approaches. Remind them of the friends they will meet, the new things they will learn, and the fun they will have. Take note of how your child reacts to separation and changes in routine.
- Let your child see you read, and set aside time each day for family reading. Talk to your children about books, and read to them.
- Set up a homework area away from the television, with adequate supplies and lighting.
- Review the previous year's learning. Play games to review last year's curriculum just before returning to school.
- Listen to your child. Focus on your children at the end of the day. Ask questions and listen to how their day went and what the highlights were.
- Meet your child's teacher and school principal. You can get valuable insight into your child's progress by talking to school staff.
- Get involved in the school community. Contact your local school board or the Parent Advisory Council at your child's school for volunteer opportunities.

|| Stay Connected Class on Bullying and Peer Pressure

	Most people can remember some experience with a bully while growing up. Bullying occurs when one	
	or several youths use physical, emotional, or verbal abuse to make life miserable for another.	
	Unfortunately, bullying causes psychological and physical damage to other kids. Bullying is not normal	
	childhood behavior and should not be dismissed as "kids will be kids".	

	Stay Connected is a free class for tribal families with youths ages 10 and up. The class will discuss	
	peer pressure and bullying and is designed to have parents and teens in the same workshop to fully	
	understand differences.	

|| The class will be held on September 13, 2006 from 5:30-8:00 at the Government Office in Roseburg. ||
 || Dinner will be provided. ||

|| Elders Crater Lake Trip Slated for September 30

	Elders Program will be making a trip to Crater Lake National Park on Saturday, September 30th.	
	Transportation will be provided by North Star Bus Line. Elders will be picked up at 9:30 in front of	
	Seven Feathers Casino and returning by 6:00 p.m. There will be a Ranger stepping on the bus and	
	giving a guided tour of Crater Lake. Reservations must be made by September 29th.	

|| To reserve a space for these events, contact Rhonda Malone, at (800)929-8229 or 677-5575. ||



Diamond Lake Project Update

A contract fishing crew is hauling about 4,500 pounds of tui chub a day out of Diamond Lake hoping to take a big bite out of the estimated 90 million tui chubs that have infested the lake before the September treatment date. According to Holly Truemper, ODFW biologist in charge of the netting operation, the agency's goal is to reduce the biomass in the lake by 50 percent so there are fewer fish to remove after the treatment. "We want to restore water quality as soon as we can," she said. The netting operation will continue through August 11. The lake has reached its desired draw-down level of eight feet and suddenly there's a lot more beach. Visit the ODFW Web site for recent photos of the netting operation and the most current lake level.

After the netting operation ends, ODFW crews will begin placing buoys to grid the lake in preparation for the September treatment. "Everything is right on schedule," said Dave Loomis, ODFW Umpqua watershed manager, the man responsible for the restoration project. "Sometime after Labor Day, we will make the decision as to what day we will treat the lake. The decision depends on a number of parameters including weather, wind and water temperature."

Now that the netting operation is under way, biologists are making plans to feed the resident bald eagles in anticipation of the time when there are no fish in the lake. In mid-August two feeding platforms will be placed in the lake, one in the north end and one in the south end. They will be used to train the eagles so that next spring during nesting season the birds will be familiar with using the platforms. This year there are five bald eagles and one active nest at the lake.

Marnie Allbritten, assistant district ODFW wildlife biologist, plans to put out about 11 pounds of fish every other day for the big birds. Until fish are returned to Diamond Lake, she says, "dinner's on us."

It is well established that bald eagles can be successfully fed in the wild; the ODFW plan was approved by USDI Fish and Wildlife Service and USDA Forest Service.

Thanks to a generous grant of \$276,000 of Title II funds by the Rogue/Umpqua Resource Advisory Committee (RAC) through the Secure Rural Schools and Community Self-Determination Act of 2000, we are within striking distance of the fundraising goal. To help close the gap, please visit the Restore Diamond Lake Web site to make a donation.

Enjoy fishing and camping right through the Labor Day weekend. Anglers are still pulling trout out of the lake. Forest Service crews are taking advantage of the low water level and making needed repairs to docks.

For more information contact:

Meg Kenagy
Oregon Department of Fish and Wildlife Information and Education
(503)947-6021

Cow Creek Health & Wellness Center Fall Health Fairs

The Cow Creek Health and Wellness Center is pleased to announce the Fall Health Fairs. The Redmond Health Fair is scheduled for October 21, 2006. It will again be held at the Comfort Suites from 10-2 in Redmond. The Roseburg, Medford and Grants Pass Fall Health Fair is November 4, 2006. It will be from 10-2 at the Block House behind the Seven Feathers Hotel and Casino Resort.

Lunches will be catered and flu shots will be given. Blood pressure checks, cholesterol and

blood sugar readings are also being offered. Special displays are being planned with pamphlets and guest speakers who will give short presentations on pertinent topics. Staff members will be present at the Roseburg Health Fair to discuss the displays.

Letters will again be mailed to tribal members giving the Health Fair information and requesting information to be mailed back to the clinic. The staff is anxious to share information and meet and visit with everyone again.

National Alcohol & Drug Addiction Recovery Month in September

Research shows that substance use disorders are medical conditions that can be effectively treated. Recovery does work and is a process of change toward a goal of abstinence and improved wellness. Treatment is the beginning phase of recovery.

Facts on Commonly Misused substances:

- ◆ One 12 oz. beer or a 5 oz. glass of wine has as much alcohol as one 1.5 oz. shot of liquor.
- ◆ Alcohol increases the risk of cancer of the liver, throat, esophagus and larynx.
- ◆ Alcohol dependence is the 4th leading cause of disability worldwide.
- ◆ Cocaine is powerfully addictive and *directly* affects the brain.
- ◆ Freebase cocaine has been treated with an acid.
- ◆ The most common drug-related deaths involve the use of alcohol and cocaine together.
- ◆ Ecstasy is a synthetic drug that causes hallucinations.
- ◆ People who take ecstasy may experience brain damage.
- ◆ Using ecstasy in hot environments or during exertion risk dehydration, hyperthermia and heart and kidney failure.
- ◆ Heroin is processed from morphine.
- ◆ Heroin use is associated with fatal overdoses, spontaneous abortion, collapsed veins and infectious diseases.
- ◆ Inhalants included more than 1,000 different household and commercial products that are inhaled through the mouth and/or nose for the purpose of getting intoxicated.
- ◆ Inhalants are found in adhesives, lighter fluids, cleaning solutions, paint products, canned whipped topping, and some magic markers.
- ◆ Users of inhalants can suffer nausea, vomiting, damaged lungs, paralysis and death.
- ◆ Marijuana is the most commonly used illicit drug .
- ◆ Heavy marijuana use critically lowers learning and intellectual functioning.
- ◆ Methamphetamine is a stimulant that is ingested, snorted, smoked, injected or inhaled.
- ◆ Meth can cause heart failure, brain damage, stroke and death.
- ◆ Increased anger response, panic, paranoia, hallucinations aggression, murder and suicide can result from using meth.

For more information on recovery treatment, please contact the Cow Creek Health & Wellness Center at (800) 935-2649 or (541) 672-4993.

Annual Tribal Picnic Slated for September 2

The Seventh Annual Tribal Family Picnic will be held at the K-Bar Ranch 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 672-9405 or (800)929-8229 for directions or to make a reservation.

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 a 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

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.

are not living in their households also should make sure their children's updated addresses are on file with the Tribal Government Offices.

Reminder:

All Johnson O'Malley functions are smoke free.

