



Cow Creek Band of Umpqua Tribe of Indians

September 2006

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- ◆ All requests for the Over-the-Counter Program must be received by November 15, 2006.
- ◆ The Cow Creek Health & Wellness Center will be having a Fall Health Seminar on Saturday, September 23, at the Block House.
- ◆ The flu vaccine will be available starting October 1, 2006, at the Cow Creek Health & Wellness Center.
- ◆ Parents of students need to supply Nesika Health Group with documentation for the children or students that are between the ages of 19 and 23 that are enrolled on your policy.

2006 Tribal Family Picnic

The 2006 Tribal Family Picnic was a success with a total of 149 people attending the event on September 2nd at the K Bar Ranch Park near Myrtle Creek, Oregon.

Lunch was served by the catering staff of Seven Feathers Hotel and Casino Resort. The children and some

adults participated in games such as: throw me the chicken, mosquito tag, shark tag and water balloon toss. The highlight of the afternoon games was the newly introduced tug-o-war with everyone pulling to win!

The afternoon ended with the door prize give-a-ways.

Cow Creek Culture Camp 2006

On June 24, 2006, for the first time in over 150 years, the Cow Creek people held an Honoring the Salmon Ceremony. Agnes Pilgrim, an Elder from the Confederated Tribes of Siletz, attended Culture Camp this year to share this ceremony with the Cow Creek people. Clara Seele, an Elder from the Cherokee Nation, attended and helped Agnes with the ceremony.

The ceremony started at sunrise with Agnes leading prayer and traditional songs sung by Louis and Kelly LaChance. Agnes shared with everyone that the ceremony "honors the salmon people spiritually and the life they give to the people." Young men are a part of the ceremony and needed to be the swimmers who take the bones, skin and left over flesh to be buried at the bottom of the river. Three young men, all Cow Creek tribal members, stepped forward to accept the honor of being the very first swimmers in this historical event. , Alex Hamrick, son of Michael and Lottie Hamrick of Roseburg, OR, Riley Rice, son of Doug Rice and Megan

Munson of Myrtle Creek, OR and Zane Rondeau, son of Michael and Tammy Rondeau of Roseburg, OR

Louis LaChance held a purification sweat for the young men and their fathers. After purification, the young men each received a blessed cedar bough and the special salmon remains that held the people's prayers. Each person in camp received a piece of the special salmon to eat and prayed with the remains that would be taken to the river by the young men. (continued on page 6)



The swimmers and their families from left to right: Louis LaChance, Michael Hamrick, Alex Hamrick, Clem Rice, Doug Rice, Riley Rice, Michael Rondeau, Zane Rondeau and Tom Rondeau.

Announcements

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.

Seven Feathers RV Resort Grand Opening

The Seven Feathers RV Resort, located along the banks of Jordan Creek, celebrated its Grand Opening on Thursday, September 14, 2006.

The RV resort has 191 full hook-up sites, individual showers, restrooms, indoor heated pool and spa, fitness center, play area for children and valet parking.

Veteran's Outreach Program

Tribal members who are veteran's of war and who need assistance in applying for services at the Roseburg Veteran's Hospital, now have a Native American contact person at the VA Medical Center.

Various services are available such as: assistance with filing for veteran's claims, dependent claims, death benefits, disability benefits, vocational rehabilitation, etc.

For questions or additional information, please contact Rhonda Malone, at 677-5575 or (800) 929-8229.

2006 Graduates

Congratulations to Dylan Rondeau who graduated from Port Angeles High School in Port Angeles, Washington. Dylan graduated number 7 out of 370 in his graduating class.

Nesika Enrollment Information for Students

Parents of students need to supply Nesika Health Group with documentation for the children or students that are between the ages of 19 and 23 that are enrolled on your policy. Students from the age of 19 to 23 can remain on Nesika Health Group as long as they meet the following requirements:

- ◆ An unmarried student age of 19 but less than 23, if such child meets the requirements of a dependent, and is in full-time school attendance at a qualified educational institution.
- ◆ Full time school attendance means 12 hours or more per semester, except for a proprietary school. In a proprietary school, "full-time school attendance" shall mean a minimum of 25 hours of classroom attendance per week on a five-day schedule.
- ◆ Documentation from the school stating that the children/students are enrolled full-time and showing the credit hours in attendance.
- ◆ Cessation of full time school attendance shall terminate dependent status with respect to the student.

If Nesika does not receive this documentation in a timely manner, there may be a denial of claims, delay in paying claims or the student may be terminated from the plan.

For more information, contact Nesika Health Group, at 677-5508 or (800) 284-9917.

2006 Fall Health Seminar

The Cow Creek Health & Wellness Center will be having a Fall Health Seminar on Saturday, September 23 at the Block House, located behind Seven Feathers Hotel & Casino Resort, from 10 a.m.- 2 p.m. in Canyonville.

The seminar is an opportunity for people to come and hear information and ask questions on a variety of topics ranging from diabetes prevention, how to become more active, healthy eating, a cooking demonstration and weather permitting, a short but energizing walk.

This event will be a time of learning, support, encouragement and relaxing and visiting with others. Food and drinks will be provided.

Attendees interested in walking should bring a comfortable pair of shoes.

For more information, please contact the Cow Creek Health & Wellness Center, at 677-5508 or (800) 935-2649.

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 16th from 10-2. 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!

For more information call Cow Creek Health & Wellness Center at 672-8533 or 800-935-2649.

Upcoming Events

Wednesday, October 25— Fraud-Busters:

Prevention of Scam and Abuse of Elders training class will be offered to elders, Tribal members and families at the Cow Creek Government Office from 11:00 a.m. - 1:30 p.m.

The speaker will be Aileen Kaye from State of Oregon Senior Service. Lunch will be provided.

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

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.

Jordan Creek continued from page 1

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 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.

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.

Morning classes now available for the "All About Food and Cooking" series



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.

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 classes will take place at the Block House, located behind Seven Feathers Hotel and Casino Resort in Canyonville and 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

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

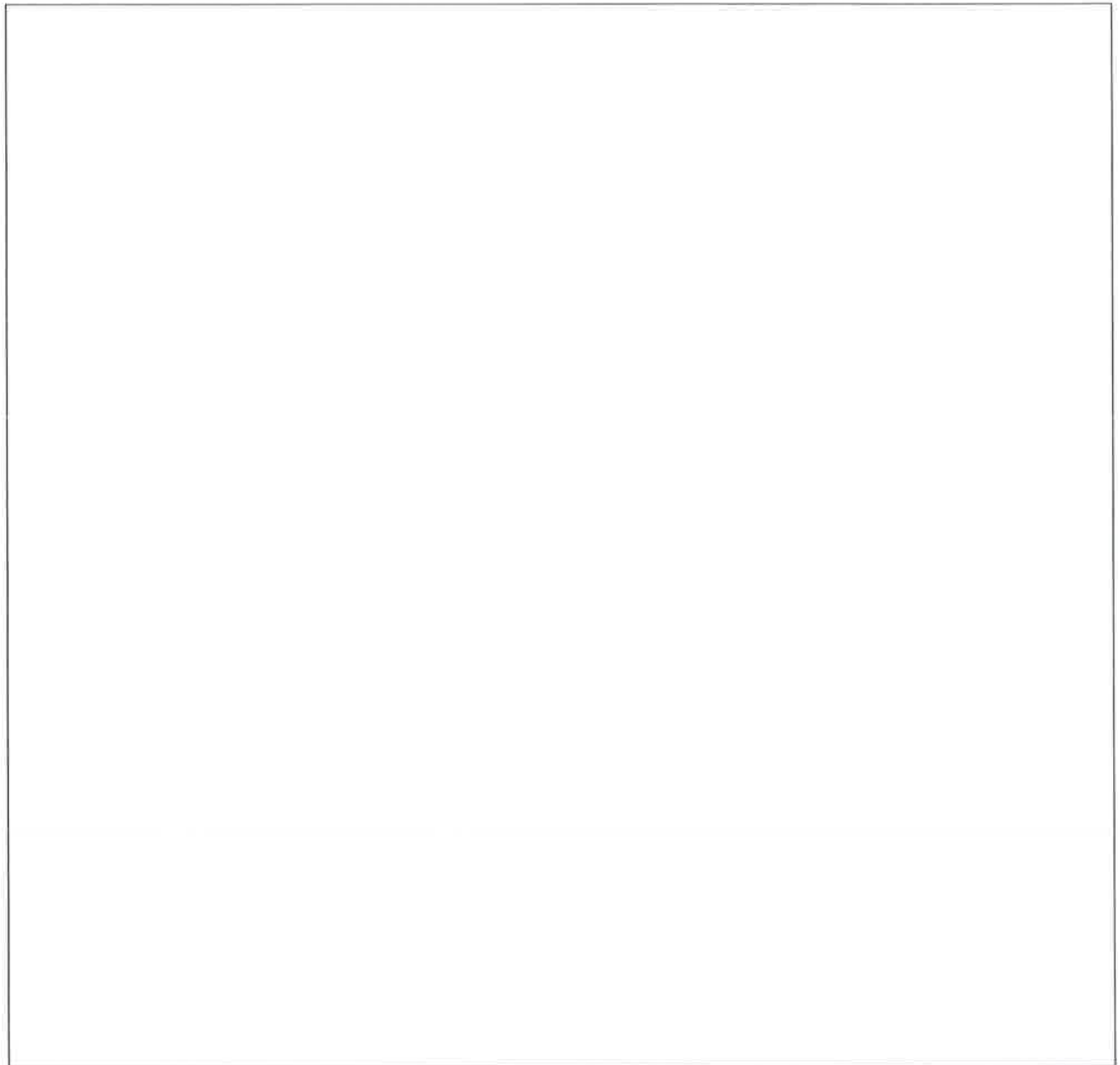
For questions or information, contact Bob Dunas, Health Educator, at the Cow Creek Health and Wellness Center at 677-5575 or 800-294-9917..



Creating Edible Art

Tribal members; Clem Rice, Ernie Volkman and Corinne Hill show their creative talents in a Diabetes Prevention Program activity. Ernie proudly shows off creation, a watermelon Viking ship.

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



Weirs Installed For Fish Passage on Jordan Creek

On September 6, Oregon Department of Transportation (ODOT) installed notched weirs to facilitate the passage of fish into the Jordan/Alder Creek drainage in the Creekside Development project located in Canyonville.

The weirs were constructed out of high density polyethylene (plastic) and are anchored 10 feet apart to the box culvert floor.

Until the construction of Interstate 5, Jordan Creek was a fish bearing stream.

The Tribe and ODOT will monitor the presence or absence of fish this coming winter.



Weir underneath Interstate 5 on Jordan Creek.



Jordan/Alder Creek map show the placement of notched weirs underneath Interstate 5 to facilitate the passage of fish.

Oregon Archaeology Festival Celebrates The Past

For the entire month of September, the state of Oregon is devoting time to history.

The Oregon Archaeological Festival occurs every year and offers tours, lectures and learning in subjects from the "History of Hops" to hands-on-excavations. Exhibits are on display throughout the state, with many different locations to learn about local history and traditions.

This years' festival is especially important, as it marks the 100th birthday of the American Antiquities Act. The American Antiquities Act was created by President Roosevelt to protect America's cultural resources from being

destroyed and has been used over a hundred times to preserve public lands.

The Cow Creek Band of Umpqua Tribe of Indians is a contributor to the celebration. By helping to preserve resources and educate the public, it ensures that these resources and traditions will continue to exist for future generations.

The Oregon Archaeology Festival officially starts September 16, 2006. Persons interested in the festival may pick up a brochure at the Cow Creek Government Offices. The flyer has dates, times and locations for all activities and events.

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.

Reminder:

All Johnson O'Malley
functions are smoke free.

