



October 2007

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October is **National Breast Cancer Awareness Month**. This month is committed to fighting this disease, raising awareness, and supporting those affected by breast cancer.

Breast cancer is the second leading cause of cancer-related deaths among American women. By making healthy lifestyle choices and exercising regularly, individuals can help reduce the risk of developing breast cancer. Mammograms, regular self-exams, and clinical breast exams are also vital because they can help doctors diagnose cancer before it has a chance to spread. When breast cancer is detected early, treatment is more effective, giving hope to patients and helping save lives.

KIUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians

Tribe Participates at Unveiling of Peace Pole



Cultural Resource Specialist & Tribal Member Louis LaChance.

On Saturday, September 22, 2007, nearly 300 people gathered at Roseburg City Hall for the long awaited peace pole unveiling. The pole is made of soapstone that came from Belgium to replace an old wooden pole that was erected in 1988.

Inscribed on the new peace pole is the phrase "May Peace Prevail on the Earth" which was translated into 10 different languages; Arabic, Hebrew, Chinese, Russian, English, Spanish, Swahili, Hindi, Japanese and Chinook Jargon. During the ceremony a native speaker for each language spoke the phrase and provided a few remarks. Louis LaChance represented Cow Creek in reading the Chinook Jargon translation.

Formosa Mine Added to EPA National Priorities List

The Environmental Protection Agency (EPA) has added the Formosa Mine site to the Superfund "National Priorities List" (NPL). The former mine is located about ten miles south of Riddle, Oregon in rural Douglas County, Oregon. The NPL is EPA's list of the most serious uncontrolled hazardous waste sites identified for possible long-term clean up action under Superfund.

"Adding the Formosa Mine site to the Superfund list means the EPA can take action to clean up this former mine site that degrades water quality in the Umpqua River basin," said Elin Miller, Regional Administrator of EPA's Pacific Northwest

Office. "We want to make sure that the water supply in Riddle and other downstream communities remains safe in the future."

EPA will work collaboratively with the Bureau of Land Management, the Oregon Department of Environmental Quality, the Cow Creek Band of the Umpqua Tribe of Indians and other community stakeholders to study the contamination and develop a long-term cleanup plan for the site. EPA is also evaluating early action that may reduce the amount of acid mine drainage flowing from the site in the short-term.

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Announcements

Over-the-Counter Claim Deadline

All requests for the Over-the-Counter Program must be received by November 15, 2007. The only exceptions to this date will be for Sonicare toothbrushes, which are available through the Health Clinic, members enrolled after November 15, 2007 and members requesting reimbursement for self-pay.

Enrolled tribal members will be able to access the Over-the-Counter program again on January 2, 2008.

For questions, 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, 2007.

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.

Call 672-9405 to update your address.

Education News

Financial Aid Workshop

Kelly LaChance, Education Director, will be hosting a financial aid workshop on November 7, 2007. The Workshop will cover steps on how to fill out a Free Application for Federal Students Aid (FAFSA), Cow Creek Education program information, scholarship information and how to apply for scholarships. The workshop is from 6:00 p.m. to 8:00 p.m. at the Cow Creek Government Office's South Building. Pizza and refreshments will be served.

To sign up call Kelly at 677-5575 or 800-929-8229.

High School Seniors

If you plan to attend college in the fall of 2008, you need to file your FAFSA (Free Application for Federal Student Aid) after January 1, 2008 and before February 1, 2008. After, February 1st, students lose priority status for being first in line to receive federal grants. FAFSA applications can be filed on-line www.fafsa.ed.gov or students can obtain paper applications at any college or careers office in their high school.

Options Counseling Offers Free Family Therapy Program

Do you know a hurting child? Do you want to help, but don't know how?

Cow Creek Health and Wellness Center is offering a program through Options Counseling Center for families who have youth at risk of failure: Failure in school, with friends and family, or just in conflict. The program is Family Helpers. Family Helpers are people specifically trained in helping families. If the child qualifies, Family Helpers will be available to the family and the child 24 hours per day, 7 days per week, for up to 6 months.

For more information call Rhonda Malone or Lee Van Beuzekom, L.M.F.T. at 672-9405.



For information on the Cow Creek Education programs, go to www.cowcreek.com. Look for this icon and click on it to receive complete information on programs offered through the Education Department. Forms on all programs can be downloaded and printed.



Formosa Mine Continued....

The Formosa mine site is a former copper, zinc and thorium mine. After mining operations ceased in the early 1990's, highly acidic storm-water from the mine became an ongoing source of contamination to the south fork of Middle Creek. Dissolved copper, zinc and other heavy metals are severely degrading aquatic habitat for fish and other stream life, including coastal steelhead trout and Oregon coastal coho salmon.

To add your name to the project mailing list contact Judy Smith at smith.judy@epa.gov or 503-326-6994. For additional information about the Formosa Mine site, including information gathered during the listing process and the final Federal Register notice, please visit: <http://yosemite.epa.gov/R10/CLEANUP.NSF/sites/formosa>.

Cultural Resource Program Hosts Brain Hide Tanning & Basket Weaving Classes

A basket weaving class taught by Sam Henny will be held at Seven Feathers Hotel and Casino on November 3rd and 4th in the Huckleberry Room. Sam has taught at Culture Camp and uses the Pendleton yarn and hemp to weave with.

Classes are scheduled for the following times:

November 3rd– 9:00 a.m. to 4:00 p.m.

November 4th– 9:00 a.m. to 2:00 p.m.

Lunch will be provided on both days.

The Cow Creek Cultural Program is hosting Brain Tanning Hide Classes on November 9, 10, and 11, 2007. The classes will be located at the Bare Ranch Park.

Classes are scheduled for the following times:

November 9th– 4:00 p.m. to 8:00 p.m. Dinner will be provided.

November 10th– 9:00 a.m. to 8:00 p.m. Lunch and dinner will be provided.

November 11th– 9:00 a.m. to 8:00 p.m. Lunch will be provided.

For directions or to RSVP for the classes, contact Amy Layfield at 677-5575 or 800-929-8229.

DRUG FACTS– ENABLING

Yes, enabling may be considered a drug as it can cause injury, Health problems, Family problems, Jails, Institutions, and even Death. All parties are affected by enabling, not just the person with a substance abuse problem. Enabling is very common and yet something that can be unlearned with the help of a professional.

For more information call Mark at 800-935-2649.

Upcoming Events

Saturday, November 3rd– The Roseburg area Fall Health Fairs will be held from 10 a.m. to 2 p.m. at the Block House behind Seven Feathers Hotel and Casino Resort in Canyonville.

Saturday-Sunday, November 3rd & 4th– The Cow Creek Cultural Department is hosting a basket weaving class at Seven Feathers in the Huckleberry Room. The class will be held from 9:00 a.m.-4:00 p.m. on the 3rd and from 9:00 a.m. to 2:00 p.m. on the 4th. Lunch will be provided on both days.

To RSVP for the class contact Amy Layfield at 677-5575.

Wednesday, November 7th– A financial Aid Workshop will be held in the South building from 6:00 p.m. to 8:00 p.m. To sign up contact Kelly LaChance at 677-5575.

Friday - Sunday, November 9th-11th– The Cow Creek Cultural program will host Brain Tanning Hide Classes at the Bare Park Ranch. To sign up for classes contact Amy Layfield at 677-5575.

Saturday, November 10th– The Annual Elders Dinner will be held at Seven Feathers Hotel and Casino Resort. The dinner is for Elders only with one guest (spouse or person of their choosing). To RSVP for the dinner, call Rhonda Malone at 677-5575 by Monday, November 5th.

Tribe Participates in Second Annual Harvest Festival



Lottie & Mike Hamrick watch over the salmon at the Second Annual Roseburg Harvest Festival.

September 29, 2007 marked the second year that Roseburg hosted the Harvest Festival which included games, festivities, a classic car show, salmon chalk art, and other family oriented activities.

The Cow Creek Band of Umpqua Tribe of Indians hosted the Traditional Tribal salmon bake and sampling. Tribal member Michael Hamrick and his wife Lottie volunteered their time to cook the salmon over cedar stakes and planking.

Tribal member, Teri Hanson and her drumming group "Good Medicine" performed several songs while Tribal member Robert Van Norman and Lottie Hamrick performed traditional dancing.

The Eight Most Fattening Foods of Fall

As the temperature drops, the leaves start turning and the cold winds blow, we start yearning for comfort foods. But as the holiday season approaches, being aware of how fattening some foods are is half the battle. Wouldn't it be nice to reach January 1st five or ten pounds lighter instead of heavier? It is possible and knowing how many calories you are eating is part of the solution. Here's a list of the worst eight:

- 1. Halloween Candy-** With all the bowls and bags of bite-size treats around the house, it's all too tempting to steal a few. Those tiny chocolate bars are more of a trick than a treat. Eat four "bite size" bars and you're up to 320 calories.
- 2. Mashed Potatoes-** They are the quintessential comfort food for fall. But watch out before taking seconds: weighed down with milk and butter, mashed potatoes usually have about 200 calories in a half-cup serving.
- 3. Venti Pumpkin Spice Latte-** Starbucks drinks are notoriously high in calories and their autumn special is no exception. The Venti Pumpkin Spice Latte weighs in at 510 calories and 20 grams of fat.
- 4. Apple Pie-** A Thanksgiving dinner is never complete without a slice of apple pie. But with more than 400 calories and 20 grams of fat, this might be one dessert you shouldn't be saving room for. Add a scoop of ice cream and you're up to 530 calories. It might just be enough to last you until next fall.
- 5. Cider -** Who doesn't love a cup of warm cider? With a sugar-laden 200 calories in 16 ounces, the sweet drink should probably be considered a dessert substitute rather than a beverage.
- 6. Stuffing-** At 358 calories and 18 grams of fat per cup, there's a reason they call it stuffing.
- 7. Nuts-** Sure they're high in protein and that makes them okay to eat by the handful – wrong! Many of us have dishes of nuts strewn around the house as treats during the holidays. A 1 ounce serving of cashews packs 170 calories and 14 grams of fat.
- 8. Turducken -** This combo wonder bird is a trendy entree you might want to forgo. It contains turkey, duck and chicken wrapped together for a new twist on the usual Thanksgiving meal. In terms of your diet, that twist may be for the worse: one serving of Turducken has 749 calories and 34.5 grams of fat. A three-ounce serving of skinless turkey has 130 calories.

"People should worry more about what they eat between New Year's and Halloween and less about what they eat between Halloween and New Year's."

For more information on what to eat or what not to eat and how to combine healthy eating with a more active lifestyle, contact Bob Dunas, Health Educator at the Cow Creek Health and Wellness Center at 677-5575.

Nesika Health Group Annual Open Enrollment

Nesika Health Group is the self-funded health insurance that is provided to all eligible employees and Tribal members that choose to participate and pay the monthly premium.

The Annual Open Enrollment month for Nesika Health Group is in the month of December.

Annual Open Enrollment is the one time of the year that you can make changes without having a qualifying event. (The qualifying events are: marriage, birth, adoption, divorce, and death.) The changes that you can make are to add or delete your spouse or dependents to or from the plan, or change the coverage that has been elected.

(i.e. you may have chosen your plan to include prescription benefits and now you do not feel that you need the prescription portion.)

Newly-elected plan coverage will become effective on January 1, 2008. Anyone enrolling at the Annual Open Enrollment may be subject to the 18-month pre-existing condition period.

For enrollment information, call the Nesika office at 541-677-508 or 800.284.9917. A packet will be mailed to you. **The required enrollment information must be returned to our office no later than December 20 for coverage to take effect on January 1, 2008.**

Contract Health News



CHS has had some changes to staff this month! Cynthia Galaktionoff has been promoted to the Clinic Director with Elizabeth Coleman becoming the Contract Health Specialist. Haven Lahmon has been added to the team as Contract Health Services Assistant. Don't be surprised to hear a new voice when calling for a PO. number. Congratulations Contract Health!

If you haven't used your 2007 dental allotment call your dentist to schedule needed dental work. Don't forget to call for a PO number after making an appointment.

CHS staff will be attending the Fall Health Fair in Redmond held this year on October 20th. The fair will run from 10 a.m. to 2 p.m., with lunch at 12 p.m. This year the staff will be holding a drawing so be sure to stop by, meet us, fill out a ticket for the drawing and have your questions ready! The new 2008 health and dental applications will be available to fill out and submit for the new year approaching. Please don't forget that the forms will need to be submitted to CHS before any health or dental care can be authorized for 2008!!

For the month of November, CHS staff will be attending the Fall Health Fair in Canyonville on Saturday, November 3rd. This fair will be located at the Block House behind the Casino starting at 10 a.m.- 2 p.m., with lunch beginning at 12 p.m. CHS will be handing out 2008 health and dental applications. Applications will be mailed to enrollees this month as well.

Flu Season Just Around the Corner

With the poison oak and the vine maples turning red, it is time to think and plan for the upcoming flu season. Influenza is a contagious disease. It is caused by the influenza virus, which is spread from person to person through coughing or sneezing.

The flu can cause fever, sore throat, chills, fatigue, cough, headache, and muscle aches. Influenza can lead to pneumonia, and is dangerous for people with heart or breathing conditions. It can cause high fever and seizures in children. Influenza kills about 36,000 people each year in the U.S., mostly among the elderly.

People at high risk for complications from influenza are: people 50 years of age and older, residents of long-term care facilities, people who have long-term health problems with heart or lung disease, people with certain muscle or nerve disorders and people with a weakened immune system.

Who should get a yearly flu shot? Those who provide essential community services. People living in dormitories or other crowded conditions need the shot. Anyone traveling to the Southern hemisphere between April and September need the shot.

The best time to get the influenza vaccines is in October or November. The Cow Creek Health and Wellness Center has Here are some tips if you get sick during the flu season. The number one tip is to wash your hands frequently. Cover your mouth while coughing. Drink lots of water, and eat your fruits and vegetables—keep your immune system up. If you are sick, do not come to work.

With the pandemic flu being planned for here are some items to include in a Basic Emergency Supply Kit from the U.S. department of Homeland Security. A. Water, one gallon of water per person per day for at least three days. B. Food, at least a three-day supply of non-perishable food. C. Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both. D. Flashlight and extra batteries. E. First aid kit. F. Whistle to signal for help. G. Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place. H. Moist towelettes, garbage bags and plastic ties for personal sanitation. I. Wrench or pliers to turn off utilities. J. Can opener for food. K. Local maps.

For more information on flu vaccinations call the Cow Creek Health and Wellness Center at 672-8533 or 800-935-2649.



Tribal Member Jack "Tooter" Ansures receives the first flu shot of the year at the Health & Wellness Center from Noreen Thompson.

Traditional Facts

This illustration of a pictograph from the Umpqua region portrays the use of the bow and arrow by our ancestors. The bow and arrow was first introduced into North America approximately two-thousand years ago. In fact, the use of this hunting technique spread so rapidly that it is impossible for archaeologists to determine which Native American groups began using it first.

The bow and arrow was one of many hunting tools used by Cow Creek people. Traditionally, bows were made of yew or oak wood split with elk horn wedges that were cut and scraped into a bow shape. In general, the bows were short and unadorned, but occasionally they were wrapped with sinew fixed firmly with fish glue. Some of the less expedient bows were painted with red, black, and white geometric designs.

Ocean spray, or arrow-wood, was the plant of choice for arrow manufacture. Arrows had wood or stone tips. The stone tips were flint-knapped out of locally available stone and to a lesser extent imported obsidian. It is said that with a bundle of sinew, oak, and some arrow wood a functional bow and arrow could be fastened within a couple of minutes.



Halloween Safety Tips



Ghost, ghouls and monsters aren't the only things to be afraid of on Halloween. Accidents and mishaps increase dramatically when children trick-or-treat.

To avoid the many dangers children face while trick or treating, use common sense. Be aware of potential Halloween hazards and take precautions to eliminate them.

Trick-or-Treating Tips:

- Carry a flashlight with fresh batteries after dark. .
- Wear identification that's easy to read.
- Always trick or treat in groups, accompanied by an adult.
- Plan your route ahead of time.
- Stay on the sidewalks and out of the streets. Cross only at intersections and designated crosswalks.
- Walk. No running.
- Trick or treat in familiar neighborhoods.
- Only visit well lit houses. Don't stop at dark houses.
- Don't enter any houses unless you know the people.
- Don't approach unfamiliar pets and animals.
- Don't cut across yards and stay out of back yards.
- Never accept rides from strangers.
- Apply reflective tape to your Halloween costumes.
- Avoid cumbersome masks. Use make-up instead.
- Wear comfortable, practical shoes. Try on costumes before Halloween to allow time for altering.
- Don't carry fake swords, guns, knives or similar accessories that look authentic. Make sure they're flexible and cannot harm anyone.





Trick Or Treat

Halloween Scrambler

| | |
|---|--|
| <p>IGNOLB NUPPIMK *CORKTIATERR THICW KEENSLOT OBO *CABALCTK</p> | <p>OSKPOS UH GLO RUDCAAL SKAFRINENTEN TASB THOSSG LADUCNOR</p> |
|---|--|

* 2 or more words combined

"A traditional Halloween treat"



Roasted Pumpkin Seeds

Ingredients

- Pumpkin seeds
- Water
- Salt
- Melted butter
- Vegetable spray

Instructions

Parental supervision needed.

Preheat oven to 350 degrees. Rinse seeds well.

For every 2 cups of seeds, put 4 cups of water and 2 tbsps of salt into saucepan. Add the seeds and simmer over low heat for 10 minutes. Drain well in strainer. Place on paper towels and pat dry.

Toss the seeds with melted butter in a large bowl until evenly coated. Spray cookie sheet with vegetable spray. Spread seeds over tray and bake for 30 minutes, stirring, & tossing occasionally.



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 Amy Layfield 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 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:

Cow Creek Government Office,
2371 NE Stephens St., Ste 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.

