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Cow Creek Band of Umpqua Tribe of Indians

Seven Feathers to Expand Resort

December 2007

Inside this issue:

Announcements	2
Nesika 2008 Pharmacy Change	2
JOM Christmas Party Pictures	3
Oregon News Briefs	4
Contract Health News	5
Traditional Facts	6
Kids Corner	7

Cow Creek Band of Umpqua Tribe of Indians jackets and beanie caps are for sale.

Various colors and sizes are available.

For more information or to order, contact Rhonda Malone, at 800-929-8229 or 677-5575.

CANYONVILLE, OR - In January 2008, construction will commence on a new addition to the Seven Feather Hotel and Casino Resort. The Cow Creek Tribal Board of Directors has approved plans for the addition to the existing hotel as well as a new buffet and full service day spa. "For some time now we have needed more rooms and additional amenities to stay competitive in the market," said Sue Shaffer, Tribal Chairman. "Additional rooms and services will benefit both the casino floor and the convention center functions."

Current hotel occupancy has hovered near 100% for some time and the addition will bring the total number of rooms from 146 to 298 rooms, which will include 12 suites.

The current hotel entrance and lobby will be relocated to the new wing of the hotel. Use of the existing lobby will serve as an espresso bar featuring specialty salads, fruits and pastries. The existing ice cream parlor will be replaced with a buffet named "The

Gathering Place" which will include a full salad, dessert bar and three separate ethnic food stations. The buffet is expected to seat 250. Bruce "Boomer" Shoneboom, General Manager for the resort is looking forward to the new food outlet. "The new buffet will no doubt help ease the customer wait times we currently experience in the Cow Creek Restaurant, and add new dimension to the assortment of foods available at the property."

A new service that will be added to the resort is the "River Rock Spa", a full service day spa, providing a hair and nail salon, 6 massage rooms, a soaking tub, both a wet and dry sauna, and will have a retail area for various beauty products. The new hotel wing will include two 40 seat meeting rooms, replacing the existing Huckleberry Room. The Huckleberry Room will be used to expand the children's arcade area.

The project is scheduled for completion on April of 2009.



An artist's rendering of the south end of (L) the existing hotel and (R) the new Seven Feathers Hotel.

Announcements

Distribution Checks Mailed for 2007

The annual distribution checks were mailed to eligible tribal members on December 10th.

Checks are mailed by the USPS and are sent certified mail with signature required. Mail delivery may be slow in some areas, so please wait at least 2 weeks before calling the office to check on potentially lost checks.

It's recommended to check with your local post office to see if they may be holding your check before calling.

Tribal Child Care Assistance Program Accepting Applications

The Tribal Child Care Assistance Program, (a federally funded program), is currently at full capacity. However, applications are still being accepted.

The Cow Creek Tribal Child Care Program is designed to assist parents who are employed full or part time, attending school or a training program. Eligibility is based on the child's enrollment status, family income and must reside within the tribal 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.

To request an application call 541- 677-5575.

Education News

Financial Aid Deadline Approaches

Any tribal member planning to attend college in the fall of 2008, will need to file 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 at www.fafsa.ed.gov or students can obtain paper applications at any college or careers office in their high school.



Children in grades K-12 who love nature and are looking for ways to express themselves are encouraged to enter the "Celebrate Wild Salmon Youth Art Contest"

hosted by the "Save Our Wild Salmon Coalition."

As a partner of National Wildlife Federation, the Save Our Wild Salmon Coalition is a national group of conservation organizations, commercial and sport fishing associations, and other advocates who work to restore healthy salmon to the waters of the Pacific Salmon States.

The contest's top 12 artists will have their art displayed in Washington, D.C. and featured in a 2009 Celebrate Wild Salmon calendar. Entries must be postmarked by January 11, 2008.

Learn more at www.ilovesalmon.org/artcontest.

Nesika Health Group 2008 Pharmacy Change

Nesika Health Group is happy to announce that as of January 1, 2008 pharmacy coverage will be changing from Kroger Pharmaceuticals to RESTAT. Nesika is very excited about the quality of service and products that RESTAT will be able to offer to all of the members.

Over the next few weeks, participants should be receiving in the mail further information about the new pharmacy company, as well as new pharmacy cards. Please don't throw away the old pharmacy card until receipt of the new card.

Bring your new insurance prescription card when going to the pharmacy after January 1, 2008. This will help in the transition and make sure that prescriptions are filled without delay.

Nesika Health Group would like to thank all members for their patience over the past year in dealing with the many pharmacy issues.

Thank you, and we look forward to providing more information in the near future.

JOM Christmas Party 2007



Monte Sertain and his grandmother, Tribal elder Joyce Sertain, decorate gingerbread teepees made by Cow Creek Health and Wellness Center's dietician Tricia Hedges.

The JOM Parent Committee sponsored a Christmas Party on December 8, 2007 for JOM students and families. The party was well attended and activities included making ginger bread teepees, holiday fruit sorbets, bird houses, moccasin ornaments, Christmas cards, and decorating Christmas cookies. Students and their families had pictures taken and then the student made a Christmas CD case with the picture.

Tribal Administration would like to thank the following people: Linda VanNorman, Polly Rondeau, Janet Lamm, Stacy Dompier, Kelly LaChance, Louis LaChance, Lee Van Beuzekom, Andrea Davis, Tricia Hedges and Jessica Bochart for helping with the activities, clean up and set up.



Tribal members and twins Jessica and Joshua Lycett stopped by the Government Offices in November. The children are from Utah and were visiting relatives with their father Kenneth Lycett.

The Cow Creek Government Offices is asking for assistance in locating the following Tribal members:

Cody James Poole
Debbra Sirena Cole
John Robert Ettensberger
Howard Shelton Haskett
Joshua Adam Kennedy
John Leroy Kenyon III
Joseph George O'Dell
Lisa Nicole Redbord

If you know the location of any of the above persons, please have them call the main office at 800-929-8229.



Taylor Rondeau building a birdhouse.



Zane Rondeau works on his gingerbread teepee.

Oregon News Briefs

LINCOLN CITY, Ore. — Storms producing high winds caused damage to the Chinook Winds Casino, owned by the Confederated Tribe of Siletz Indians. Part of the exterior siding apparently blew off the building exposing insulation and wall interiors. Winds reaching 50 to 60 miles per hour on Sunday, December 2nd caused power outages, as well as fallen trees, branches and signs. Local law enforcement issued warnings for residents to stay off roads.

FLORENCE, Ore. — The Confederated Tribes of Coos, Lower Umpqua and Siuslaw opened their new \$56 million Three Rivers Casino replacing the temporary structure that has been used since 2004. The new facility has several restaurants, a special event center, a hotel and offers 650 slots, craps, blackjack, poker, roulette, keno and bingo. (*see comparison of Three Rivers Casino to Seven Feathers Resort below*)

SALEM, Ore. — Two Oregon businessmen from Lake Oswego have filed proposed initiatives with the Oregon Secretary of State to change Oregon's constitution to allow one privately owned casino at a former greyhound track (Multnomah Kennel Club) in Wood Village near Portland, with 25% of the profits, or \$200 million to go state and local governments. The proposed casino would be comparable in size to the mega-casinos in Las Vegas and would include a hotel, restaurants, theatre and various other services. The backers of the proposed casino must garner the necessary signatures to place the initiatives on the Oregon ballot for the November 2008 Election.



High winds apparently damaged the Chinook Winds Casino in Lincoln City on Sunday.

CASINO COMPARISON

	THREE RIVERS CASINO	SEVEN FEATHERS RESORT
Customer base	Eugene/Southern OR Coast	Eugene/Medford/So. OR/No. CA
Location	Oregon Coast/Hwy 101	Western Oregon/I-5
Employment	430	950
Annual Payroll	\$12 million	\$29,680,000
Number of Slot Machine	650	1366
Square footage	90,000 sq ft	200,000,000 sq ft.
Restaurants	Five	Five
Convention size	9,000 sq ft	27,780 sq ft
Seating available	600	1750
No. Hotel Rooms	93 rooms	146 rooms
Tribal Membership	850 members	1,390 members

Contract Health News



Happy Holidays from CHS! This year has passed at an alarming rate and the New Year is fast approaching.

CHS would like to thank all members for making this a great year and helping us to provide you with the best service possible.

Please call at least one week in advance for any non-emergent surgeries, physical therapy, MRI's and bone density testing. These items require approval through the Resource Meeting Committee (RMC) who meet once a week.

Submit your 2008 Application for Contract Health Service. If your application for 2008 is not received by 12/31/07 you will not be eligible for services until we receive your application.

ER visits are for emergencies only. Please utilize the Urgent Care Clinics as much as possible for after hours and non emergent health issues. If you visit an urgent care center on the weekend or evening you will still have 72 hrs to notify the CHS office for a PO number for urgent care.



Weight Loss Tips for the New Year

2008 is almost here! During the holidays you probably indulge in turkey, stuffing, pumpkin pie and many other tempting goodies. Now, much to your dismay, you've gained a few pounds in addition to the extra weight you may have already accumulated throughout the year. How can you make this the year to slim down and keep the weight off for good?

Researchers say losing just five to 10 percent of your excess body weight can make a big difference in your health, including lowering cholesterol and reducing the risk for diabetes. So where do you start?

- **Write it down.** Writing down what you eat forces you to be aware of just how much you're eating.
- **Choose a diet low in fat, saturated fat and cholesterol and moderate in sugars.** In addition to helping you maintain a healthy weight, this will also reduce your risk of heart attack and certain types of cancer.
- **Start Exercising regularly.** For exercise to help with weight loss, experts advise regular aerobic physical activity (such as walking, biking or swimming) for at least 20-30 minutes a day, 3 to 5 times a week.
- **Get and enlist support.** Finding a support system is critical to long-term weight loss.
- **Eat your favorite foods (in moderation).** This will keep you from feeling deprived, which can lead to cravings.
- **Watch your portion size.** Most people don't realize what they're taking in.
- **Lose weight slowly (1-2 pounds per week).** Slow weight loss is important. It will be easier to keep it off. Quick weight loss is apt to come back on, leading to yo-yo dieting that has a negative impact on your long-term health.
- **Eat slowly.** It takes 20 minutes before your brain realizes it's full.
- **Keep healthy foods on hand.** Examples include fruits and vegetables, whole grains, dried beans, non-fat dairy and fish or lean poultry.
- **Keep things in perspective.** Make health, not appearance, your weight management priority. Positive thinking is a big part of it.

Any and all of these resolutions are changes which can be difficult to begin and maintain on your own. Contact Bob Dunas, Health Educator, for more information at 677-5575.

Traditional Facts

Fire was an important land management strategy utilized by Cow Creek people. Annual burning produced open meadows for deer and elk to graze, which also increased successful hunting opportunities. The reduction of the forest canopy and an increase in sunlight promoted the growth of important berry and root resources, such as huckleberry and camas.



A field of tarweed.

Each summer Cow Creek women would ignite entire valleys of sticky tarweed. These fires did not destroy the plants, but simply burned off the sticky tar. Next, the women would gather seeds by beating the tarweed stalks on the rims of their burden baskets with wooden paddles. In this fashion they were able to gather large numbers of tarweed seeds, an essential component of the Cow Creek diet.

Tribe Works with Local Agencies on Elk Creek Diesel Spill



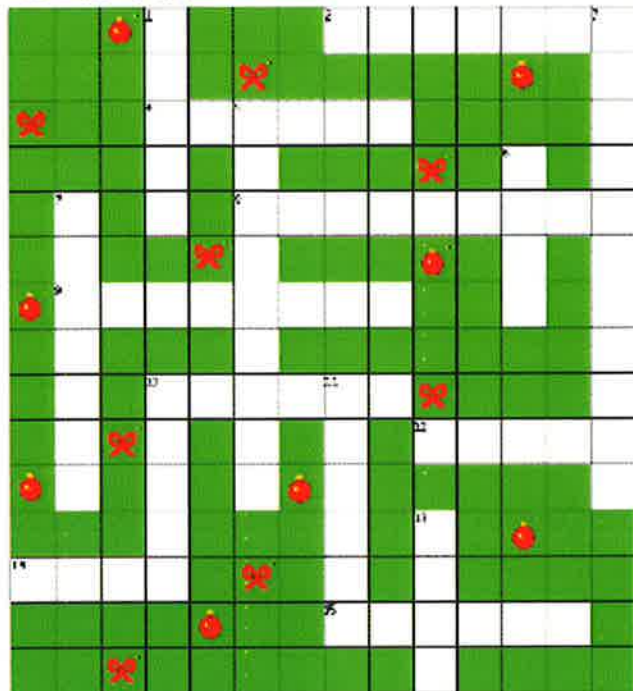
Photo Courtesy of Oregon State Police

On November 28, 2007 a semi-truck and car collided on Highway 38 in Drain. No fatalities resulted from the crash, however some diesel leaked into Elk Creek. Effects were minimized due to the quick response of the Oregon Department of Transportation and the environmental clean-up crew.

Cow Creek's veteran cultural resource monitor, Tooter Ansures, and tribal archaeologist, Jessica Bochart, were asked to monitor for

effected cultural resources during clean-up activities. Three dump truck loads of contaminated earth were removed from the spill zone, however, it was determined that there was no impact on cultural resources.

This was a great example of the Tribe working in tandem with local agencies to ensure the protection of our cultural and natural resources.



Happy
Holidays!



ACROSS

2. What you put on your gifts so you know who the gift is for.
4. ____ the Snowman (name of a song)
8. Where does Santa live?
9. What month do we celebrate Christmas?
10. ____ Bells (name of a song)
12. Who has a long beard and wears a red suit?
14. What children like to get for Christmas.
15. What Santa rides in.

DOWN

1. What do you give each other at Christmas?
3. What a Christmas house is made of.
5. Something you put on your Christmas tree.
6. If you are bad, what does Santa put in your stocking?
7. What is the name of the reindeer with a nose that glows?
10. Whose birthday is celebrated on Christmas?
11. You put these on your Christmas tree to make it glow.
13. What do you decorate with ornaments for Christmas?

Pine Cone Christmas Trees

Supplies for One Ornament:

- fully opened, dried pinecone
- assorted beads, small silk flowers or other small embellishments
- soda bottle cap or metal bottle cap
- green acrylic craft paint and a paint brush, or green spray paint
- craft glue
- tweezers

optional: glitter or glitter glue

Project Instructions:

1. Paint the pinecone completely green. If desired, you can add sparkle by dusting the pinecone with glitter while the paint is still wet. Alternatively, wait until the paint is dry, then randomly add glitter glue to the tips of the pinecone.
2. Glue the bottle cap to the bottom of the pine cone.
3. To add beads, small silk flowers or other Christmas embellishments, use tweezers to dip each piece into a small puddle of craft glue, then into a space on the pinecone. Make sure each bead or embellishments is firmly pushed into place.



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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

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:

Reminder:

All Johnson O'Malley
functions are smoke free.

