



KIUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians

Comments Invited: Formosa Mine Proposed for National Priorities List

April 2007

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- The Education Honor Dinner is scheduled for June 21st, starting at 6:30 p.m. The event will be held at the Bare Ranch Park in Myrtle Creek.
- The 4th Annual Truth, Lies & Videotapes Awards, will be held at Roseburg High School's Rose Theatre at 7:00 on April 20th.
- A Yurok gambling drum is the Artifact of the Month.



This old mine on BLM land was not sealed. Acid Mine Drainage is flowing freely into the South Fork Middle Creek watershed.

The U.S. Environmental Protection Agency (EPA) is proposing to add the Formosa Mine to the National Priorities List (NPL), also called the Superfund list. This 76-acre site is on Silver Butte in Douglas County, Oregon, about 25 miles south of Roseburg. Past mining for copper, zinc, and thorium (used for computer chips) caused releases of

heavy metals to the head waters of Middle Creek and the South Fork of Middle Creek. The site is still releasing contaminants, which have severely degraded

18 miles of stream habitat, including portions of Cow Creek. These contaminants threaten fish and other aquatic life, and pose a health risk to people eating the fish. An NPL listing notifies the public that EPA believes the site requires further study and possible cleanup under EPA's Superfund program.

Sixty-Day Public Comment Period March 7, 2007 - May 7, 2007

EPA will consider all public comments on the proposed listing received March 7 through May 7, 2007. You may review materials supporting EPA's proposal at the EPA Region 10 Records Center, 1200 6th Avenue, 7th Floor, Seattle, WA. Call 206-553-4494 for an appointment. *Continued on page 2*



A warning near the pipes that drain the acid mine discharge.



Left: Acid Mine Discharge flows out of the leaky seal on the mine opening and flows down the mountain into Middle Creek. **Right:** Catch basins have been installed to intercept the flow, but after time they leak and overflow.

Announcements

Free Salmon

There is a limited amount of left-over frozen salmon from the 2006 Cow Creek Tribal Pow-wow. They will be given out on a first come first serve basis and will be limited to **ONE** per family/household.

Families interested in receiving a fish **MUST** be 18 and complete a form. To have a form mailed to you, contact Tammy Woodruff at 672-3861.

The fish will be available for pick up at Seven Feathers Casino Monday through Friday. Contact Shelly Harkins at 839-1280 to schedule a time for pick-up.

Culture Camp 2007

This years Culture Camp is scheduled for June 22, 23 and 24, 2007 at the Bare Ranch Park.

The salmon ceremony will be on Saturday, June 23rd. The ceremony will start with a sunrise prayer and will conclude at the evening meal. The evening meal will feature baked salmon and other traditional foods. Classes are scheduled for Friday, Saturday and Sunday.

Culture Camp applications will be arriving in the mail after the first week in May.

Indian Education Opportunity

The South Umpqua School District has applied for a Title 7 Indian Education grant. The South Umpqua School District serves Myrtle Creek Elementary, Tri-City Elementary, Canyonville Elementary, Coffenberry Middle School and South Umpqua High School.

Parents that have children attending these schools, contact Rick Burton, at 863-3272 to fill out a 506 Form.

New Employment Center Web Address

The online employment center address has changed from www.sevenfeathers.com/employment to <https://uidchr.com>.

Cow Creek Tribal members wishing to explore options for employment can go to the website and view current job openings or apply online.

Accepting Rental Applications

The Cow Creek Housing Program is accepting applications for the Tribe's low-income rental homes located in Tri-City, Oregon. This program is federally funded through the Housing and Urban Development (HUD), Indian Housing Block Grant and is administered by the Tribe.

The program assists eligible tribal members living in or who are willing to relocate to the seven county service area.

To apply for a rental home, contact Carol Ferguson at 677-5575.

Education Honor Dinner Slated for June 21

The Education Honor Dinner is scheduled for June 21st, 2007 starting at 6:30 p.m. The event this year will be held at the Bare Ranch Park.

Students that are graduating in 2007 with a high school diploma, GED, bachelor's, master's or doctorate degree, may contact Kelly LaChance, Education Director, to be put on the 2007 graduate list. Students and families that plan to attend should RSVP by May 11th.

Directions from the north to the park:

Take the Clarks Branch Road exit 113, turn right at the stop sign and then an immediate left at the next stop sign (this is Dole Road and next to a small market/motel). Follow the road behind the market to the K-Bar Ranch sign at 5719 Dole Road. Turn right, go over the railroad tracks and follow the road to the park.

Directions from the south to the park:

Take the Clark Branch Road exit 113, turn left at the stop sign and left again at the next stop sign (this is Dole Road and next to a small market/motel) and follow the above directions.



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Materials are also at the Roseburg Library and the Canyonville Library.

Submit your comments, identified by FDMS Docket Number EPA-HQ-SFUND-2007-0079

By postal mail:

Docket Coordinator, Headquarters
U.S. EPA CERCLA Docket Office
(Mail Code 5305T)

1200 Pennsylvania Ave. NW
Washington, DC 20460

To submit your comments electronically, follow the steps at <http://www.regulations.gov> or e-mail: superfund.docket@epa.gov.

For questions on the listing proposal, call Ken Marcy, 800-424-4372, x2782, or marcy.ken@epa.gov. To be added to the mail list, contact Debra Sherbina at 800-424-4372, x0247, or sherbina.debra@epa.gov.

Drug Facts

INHALANTS

Inhalant use can cause nausea, nosebleeds, liver, lung, and kidney problems.

Many who abuse inhalants lose their sense of smell!

Long-term and chronic use can lead to muscle wasting and greatly reduced muscle tone and strength. Nearly 600 common household, workshop and office products are dangerous when inhaled.

For more information or to set up a confidential meeting call Mark MacDonald, Alcohol & Drug Counselor, at 672-8533 or 800-935-2649.



Lower Table Rock Preserve: Tribal History and Culture Hike Scheduled for April 29th

Join Bob Dunas, Health Educator for the Cow Creek Health and Wellness Center, and Lifestyle Coach for the Diabetes Prevention Program, for a nature/history hike to Lower Table Rock Preserve : Tribal History and Culture, on Sunday, April 29th at 10:00 a.m.

There will be a discussion about the history and culture of ancestral tribes and how they moved from the Rogue Valley and other parts of western Oregon to the Siletz Reservation. A presentation of traditional basketry and regalia in the parking lot will be followed by a stroll to the top.

Hikes are free, but reservations are required. Groups are limited to 30 individuals per hike. Hikes range from three to five miles roundtrip along a moderate grade trail and last three to five hours.

Hikers should dress for the weather and bring lunch and something to drink. (Drinking water is not provided.) Restrooms are available at the trailhead.

To help protect this special place and its inhabitants, dogs are not allowed on the trail.

This will also be a great opportunity to ask Bob

Upcoming Events

Friday, April 20- The 4th Annual Truth, Lies & Videotapes Awards, will be held at Roseburg High School's Rose Theatre at 7:00 p.m. Doors open at 6:00 p.m. Tribal members and guests are welcome to come and celebrate the important work of our Tribal Youth for their effort in making the Public Service Announcement (PSA).

For more information contact Mark MacDonald, A&D Coordinator, at 541-672-8533.

Saturday, April 28 - The 28th Annual South Umpqua Pow-wow will be held at South Umpqua High School in Myrtle Creek. Doors open at 12:00 p.m. The public is invited and there is no charge for the event. For more information call 672-0314 or 863-3272.

Wednesday, May 2 - An Employment Opportunities Open House will be held from 1:00 p.m. - 4:30 p.m. at the Cow Creek Tribal Government Office South Building. Human Resource Representatives will be onsite to discuss employment opportunities available at the various tribal businesses. Please call 541-492-5277 if you have questions regarding this event or employment.

Sunday, May 20- The Tribal General Council Nominations meeting will be held at 10:00 a.m. at the Tribal Government Offices, located at 2371 NE Stephens St., Roseburg, Oregon. Tribal members not registered to vote may call the main office at 672-9405 to request a form.

questions about the Diabetes Prevention Program. Other hikers who have gone through the program can tell you firsthand what it is like and how they have benefited.

Since group size is limited to 30 people, early registration is encouraged.

For more information, contact Bob Dunas, at 677-5575.

Directions from I-5 North of Medford:

- Take the Central Point Exit (Exit 33) east about 1 mile to Table Rock Road
- Turn North (left) onto Table Rock Road
- Proceed 7.6 miles, passing Tou Velle State Park
- Turn west (left) onto Wheeler Road and continue approximately 1 mile to the signed parking lot. The 2-mile trail to the top of Lower Table Rock begins there.

Contract Health News



Maternal/Child Health Grant

Cow Creek Health & Wellness has applied for a grant from the State of Oregon that will enhance services to pregnant women, new mothers and infants. The grant will address the dental health of these enrollees, and will follow them through pregnancy and early childhood. It will include management of pre-natal dental care for the mother, early dental care prevention, and cooperation with other agencies within our 7 county service area.

Early research into this project included working with local and tribal pediatric dentists who have already offered information and data for grant support. Some of the activities of this grant will include: fluoride supplements, hygiene education for the prenatal period, newborns and post partum, referral to other services, and continued dental care for both mother and child.

If awarded, this grant will be managed through the Contract Health Services Office. Tribal members who are pregnant, or planning on becoming pregnant, should inquire about this beneficial program.

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

CHS Dental Tip!

"Immediately after nursing or feeding your newborn, use a dampened soft cloth to wipe the baby's gums. Doing this before laying the baby down to sleep helps prevent future dental problems."



Health & Wellness Center Offers Vaccine to Prevent Cervical Cancer

Genital human papillomavirus (HPV) infection is a sexually transmitted disease that can infect the genital area of men and women. Most people who become infected with this virus will not have any symptoms and will clear the infection on their own. However, when the HPV virus does not go away and infects a woman's cervix, it can lead to cellular changes and possibly cancer.

Approximately 14,000 cases of cervical cancer are diagnosed in the United States yearly and over 5,000 of those will die. Cervical cancer is the second leading cause of cancer deaths among women in the world.

Cow Creek Health & Wellness Center has obtained the newly licensed HPV vaccine called Gardasil. This vaccine is highly effective in preventing cervical cancers and genital warts in females that are caused by certain types of HPV.

Ideally, females should get the vaccine before they are sexually active. The vaccine is most effective in females who have not yet acquired any of the HPV types covered by the vaccine.

Females who are sexually active may also benefit from the vaccine. Gardasil is for use in females between ages 9-26 years. Federal health programs will cover the HPV vaccine free of

charge to children and teens under 19 years of age who are either uninsured, Medicaid-eligible, American Indian or Alaskan Native.

Since the vaccine will NOT protect against all types of HPV that cause cervical cancer, females will still need regular well woman exams when they become sexually active to ensure no other medical problems are detected.

For more information about this important vaccine or to schedule an appointment, contact the Cow Creek Health & Wellness Center, at 672-8533 or toll free at 800-935-2649.

CHS Reminder!

ALWAYS call the CHS office to get a purchase order number before appointments. If services are ordered by the Tribal Clinic, such as x-rays or outside labs, be sure to get a PO# **before** the appointment. Remember to call the office within 3 days of an emergency room or urgent care visit.

Issuing a purchase order does not guarantee payment, but not having one will result in the claim being denied. Obtaining a PO# prior to your visit will ensure the visit will be considered for payment, if eligibility and medical priority requirements are met. Call 672-8533 or 800-935-2649 for your PO#.

Addiction: A Choice or Disease?

The question of whether addiction is a choice or a disease is something that can bring up heated debate and opinions. People see addiction as either a disease or as a failure of will power.

It is true that initial drug use is voluntary, but once addiction develops the brain takes control and choice is taken away. "Drug addiction is a brain disease". This is why early education and prevention about the risks of drugs and alcohol is so very important. It is never too early to educate our youth on the importance of preserving their cultural identity. Addiction can steal everything of value, internal and external.

Addiction is a chronic disease much like other chronic diseases like cardiovascular and Type II diabetes. Addiction should be looked at as a chronic recurring illness. Some addicted persons may gain full control over their drug use after completing a treatment program, but many have relapses. Repeated treatments are usually required to increase the time between and diminish the intensity of relapses, until the person is able to achieve abstinence. Relapse does NOT have to be part of recovery and treatment as so many teach in lineal treatment programs. Applying Native American ways and tailoring treatment to the individual is a very successful approach. "Cookie Cutter Treatment" may work for some, yet experience has proven treatment must be individualized and be culturally specific for increased success.

Experience, personal clinical observation, and formal research studies support the view that, once addicted, the person has moved into a different state of being. Uncontrollable, compulsive drug craving, seeking, even when it negatively affects health and family, is the essence of addiction. Not everyone who uses drugs becomes addicted. This is why people that have been able to quit on their own, or have never used drugs, have a hard time understanding why addiction is a disease.

The American Psychiatric Association and the American Medical Association agree that addiction is a disease. Addiction is a brain disease expressed in the form of compulsive behavior.

ADDICTION IS A TREATABLE DISEASE. The first step in addressing the problem is becoming willing to seek help. Recovery is only possible through hard work, education and action.

To set up a confidential meeting call Mark MacDonald, Alcohol & Drug Coordinator, at 672-8533 or toll free 800-935-2649.

*Volkow MD.

* McLellan et al



Indoor Asthma Triggers- Secondhand Smoke

Asthma is one of the most common chronic diseases in the United States and has a major impact on the quality of life of those individuals who have it, their families, friends, and society as a whole. Although no cure for asthma exists, it can be controlled with high quality medical care and a good self management plan, including awareness of asthma triggers.

Environmental tobacco smoke is a leading environmental asthma trigger and has been linked to the development of asthma in children and adults. Among people with asthma, cigarette smoking decreases lung functioning, increases the risk of asthma related hospital admissions, asthma related health care use, and the risk of death from asthma. Cigarette smoking has also been associated with an impaired therapeutic response to corticosteroids among people with chronic asthma.

In Oregon, 9.2% of the adult population has

asthma. Approximately 7.3% of Oregon children have asthma, and approximately 2500 asthma-related hospitalizations occur in Oregon each year.

Despite the solid evidence that tobacco smoke is detrimental to the health of people with asthma, data shows that 31% of Oregon adults with asthma smoke cigarettes.

Oregonians who smoke and have asthma report more severe asthma symptoms than Oregonians with asthma who do not smoke. Smokers have more activity limitations, miss more work and school, and seek urgent medical care more often.

For information on the management of asthma, visit the Center of Disease Control website at www.cdc.gov. For help with tobacco cessation, call Cow Creek Health & Wellness Center, at 672-8533 or the quit line at 1- 800-quitnow.

Artifact of the Month

This month's artifact is a gambling drum made by a Yurok Tribal member and was used to keep the beat during gambling games.

The drum was made by stretching two buck skin hides over a square maple wood frame and then stitching them together with sinew. It has a braided leather handle on the top, measures approximately 1 and ½ ft square by 6 inches wide and shows signs of use (staining) on the surface. The drumstick is made of hazel wood with a leather head and is 16 inches in length. The spiral shape is created by wrapping a vine around a small branch of hazel and letting the wood grow around the vine for a couple of years. When the vine is removed, it leaves the spiral design behind in the hazel wood.



A gambling drum made by a Yurok Tribal member.

Celebrate Earth Day: Conserve Energy with Compact Fluorescent Bulbs



On April 22, 1970, 20 million people across America celebrated the first Earth Day. It was a time when cities were buried under their own smog and polluted rivers caught fire. Now Earth Day is celebrated annually around the globe. Earth Day is a time to celebrate gains we have made and create new visions to accelerate environmental progress. It is a time to unite around new actions and to act to protect our planet. Through the combined efforts of the U.S. government, grassroots organizations, and citizens, what started as a day of national environmental recognition has evolved into a world-wide

campaign to protect our global environment

In honor of celebrating Earth day on April 22nd, here is a simple tip that is environmentally friendly and saves on energy consumption. Compact fluorescent light bulbs are set to replace standard incandescent light bulbs in the near future.

A Standard light bulb will last typically between 500 to 2,000 hours; while the fluorescent bulb is guaranteed to last for 8,000 hours. The most astounding comparison comes from Energy Star, a program initiated by the U. S. Environmental Protection Agency and the U.S. Department of Energy to provide cost effective options to consumers that help to protect our environment.

"If every American home replaced just one light bulb with a Compact Fluorescent bulb, we would save enough energy to light more than 2.5 million homes for a year & prevent greenhouse gases equivalent to the emissions of nearly 800,000 cars." -Energy Star website.

Fluorescent light bulbs offer many different sizes, shapes and colors just as standard bulbs to fit into indoor and outdoor light fixtures. The fluorescent variety also generates 70% less heat than standard light bulbs. Compact fluorescent bulbs do produce a different type of light, but efforts are underway to make the light appear more like traditional light bulbs. Although fluorescent bulbs cost more upfront than standard light bulbs, your money will be matched once the bulb is used for 500 hours.



Change light bulbs to compact fluorescent bulbs to reduce energy bills and emissions from power plants.



Spring Word Search

O	M	G	O	R	A	I	N	B	O	W	S	T	H	G
E	N	I	H	S	N	U	S	F	Z	Y	P	E	S	Y
J	D	A	L	V	B	N	J	C	K	S	O	K	A	S
G	N	I	T	L	E	M	I	P	V	T	R	C	L	P
E	M	I	T	G	N	I	R	P	S	O	O	A	P	R
G	A	D	A	F	F	O	D	I	L	O	N	J	S	O
O	N	L	S	E	I	Y	W	Z	H	B	I	M	E	U
R	R	I	L	P	H	O	A	E	T	R	A	T	C	T
Z	E	O	N	E	I	I	I	L	M	E	R	A	J	E
F	G	W	W	E	R	L	H	T	R	B	Z	V	J	E
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S	E	E	D	S	F	K	A	U	O	R	D	E	J	R
O	R	N	D	M	C	T	Z	G	V	U	E	A	N	F
Q	F	I	Z	W	Y	E	Z	Y	P	N	A	F	Z	P

daffodil
flower
gardening
green
growth
jacket
melting
puddle
rainbow



raindrops
rubberboots
seeds
splash
springtime
sprout
sunshine
tulips
umbrella


Spring Craft Idea- Bird Biscuits!

Supplies

- Flat wooden heart (or any wooden shape)
- Peanut butter & Birdseed
- Drill
- Approximately 4 feet of 1/4 inch wide ribbon



Instructions

-  Drill one small hole in each side of the heart - same distance from the top so that the heart is not lopsided.
- Cover the wooden heart completely in peanut butter and then place the heart in a bowl of bird seed.
- Cover the entire area of the heart with the birdseed making sure no bald spots are left anywhere on the heart.
- Cut two lengths of ribbon each 2 feet long and run one length of ribbon through each hole.
- Tie all ends of the ribbons together in a bow or knot.
- Hang bird biscuit in a tree or somewhere birds have easy access to it.



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 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.

