



**May 2007**

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- Outdoor Safety and Survival Day will be held from 10-4 p.m. for Tribal families on June 2nd at Diamond Lake Lodge
- Culture Camp will be held Friday-Sunday, June 22-24, at the Bare Park Ranch in Myrtle Creek, Oregon
- Summertime Movie Club will show movies, along with parenting information, this summer for youth and Tribal Families.

# KIUYUM-ID

## *Cow Creek Band of Umpqua Tribe of Indians*

### **Cow Creek Band of Umpqua Tribe of Indians Participates In OR-150 Celebration**

Chairman Sue Shaffer has been appointed by the Governor as one of the citizens to sit on the Board of Directors for the Oregon Sesquicentennial Celebration. The 150<sup>th</sup> year of Statehood marks the Oregon 150 kickoff with various activities and events across the State to include all communities in the celebration. The grand kick-off celebration is set for February 14, 2009 and will continue through September 2009.

OR-150 is a non-profit corporation formed to provide fundraising and policy direction for the sesquicentennial celebration. Meetings at Cow Creek Band of Umpqua Tribe of Indians Tribal Office are already underway and in the beginning stages of planning for OR-150 in Douglas County. Committees are being organized for duties such as fundraising, marketing, public presentation and people to man OR-150 booths at community events. The meetings have included mayors of all communi-

ties in Douglas County, representatives from local historical societies, county museums, and a historian from Umpqua Community College.

Look for promotions of OR-150 at local community events beginning this summer. Through a cooperative team effort of the Tribe and State, Douglas County representatives & Chairman Sue Shaffer promise "We will make Douglas County Shine!"

Visit [www.oregon150.org/index.html](http://www.oregon150.org/index.html) for a calendar of events and other information regarding our state's 150<sup>th</sup> birthday!



### **Nominees Selected for 2007 Tribal Election**

Nominations for the Tribal Board of Directors were taken at the May 20, 2007 General Council Meeting held at the Tribal Government Offices in Roseburg. Chairperson Shaffer opened the floor for nominations for three positions open for the 2007 Annual Tribal Election. Six tribal members were nominated before a motion was made to close nominations.

The nominee's for the 2007 Election will appear on the ballot as follows:

- Kelly Rondeau
- George T Rondeau
- Steve Jackson
- Luanne Urban
- Ernest Volkman
- Loretta Corbett

At the Tribal Board's request, the Siletz Agency of the Bureau of Indian Affairs will have oversight of the Tribal Election. *Continued on page 2*

## Announcements

### Chief Miwaleta Park 20th Anniversary

May 30, 2007 marked the 20<sup>th</sup> year anniversary of the dedication of Chief Miwaleta Park, located at Galesville Reservoir, 14 miles east off I-5 at exit 88. When the park was originally dedicated in 1987, Senator Mark Hatfield, along with Tribal Members and Public Officials, were present to honor the Cow Creek Tribe and an important man in local history, Chief Miwaleta.

The Plaque is located in the middle of the park and reads "This park is dedicated to the memory of Miwaleta, Chief of the Cow Creek Band of the Umpqua Indian Tribe in the 1850s. A man of peace and friendship." The park is located in the aboriginal homeland of Oregon's first ratified treaty tribe.

### BLM Seeks Survey Monitor

The Bureau of Land Management in Roseburg is continuing to monitor freshwater mussel populations in the Umpqua River Basin in 2007. This year, the BLM has a grant for \$2500 available to fund a member of the Cow Creek Band of Umpqua Indians to assist with this effort. Surveys will be conducted three to four days per week in August, usually six hours per day, including driving time. Surveys consist of snorkeling designated stretches of both the North and South Umpqua, searching for beds of live mussels and documenting the extent and density of those populations. All work will be done under the supervision of BLM staff, with the assistance of other surveyors. Contact Nancy Duncan at 541-464-3338, for more information.

### Construction Jobs Available

Hamilton Construction Company has an employment opportunity for several positions. Work will begin soon on the ODOT-I-5 Weaver Bundle, Myrtle Creek and HWY 99 Winchester Bridge and McKenzie River to Goshen, Oregon Projects. The jobs are expected to last from March 2008 to November 2009. If you are interested in further information please contact Rhonda Malone at 677-5575.

### Stix Sports Bar Expansion Underway

The Stix Sports Bar, located inside Seven Feathers Resort, will be closed from April 12<sup>th</sup> to July 1<sup>st</sup>, 2007. The bar has been in operation for over three years and opened originally with approximately 1,400 square feet of space. When the bar re-opens it will double in size to about 2,650 square feet.

The remodeling project will include eight more flat screen televisions and a larger kitchen area to accommodate additional guests. The new kitchen will provide eight new positions for employment and expand menu options.

Once the Stix expansion is completed, construction will begin with a new wing of rooms to the Seven Feathers Hotel and an upscale spa.

## Summer Time Movie Club Starts in June



Movies will be held for Youth and Tribal Families and will occur on June 19<sup>th</sup> and 26<sup>th</sup>, July 10<sup>th</sup> and August 7<sup>th</sup> and 14<sup>th</sup>.

Prior to each free movie a presentation will be made by a guest speaker surrounding the issues of parenting for one hour. Bullying, peer pressure, and positive

parenting are the current scheduled presentations.

Each participant will get a free popcorn and drink to enjoy with the movie. All participants must arrive at the theater by 8:15 a.m. and be in the building by 8:25 a.m. All sessions will be completed by 11:30. Parents must attend with their children. Upon pre-registration for the movie you will be informed of the theater location the movie will be held at and what movie is playing.

If you would like more information or would like to sign up please call Rhonda Malone at 677-5575.



## All About Food and Cooking Classes Slated

Registered Dietician and Certified Diabetes Educator Tricia Hedges will continue her "All About Food and Cooking" classes through June and July.

Classes will take place on Thursdays from 10:30a.m. until 1:00p.m. and 4:00p.m. until 6:30 p.m. at the "Block House" behind Seven Feathers Hotel and Casino. Classes will not be held on July 5<sup>th</sup>.

Classes consist of health education videos, lectures, food preparation demonstrations, hands-on cooking, recipes, support and guidance and physical activities.

To register contact Tricia Hedges at 672-8533.

### Nominations Continued From Page 1

Ballot packets, including instructions, will be mailed out to registered voters of the Tribe from the Siletz Agency no later than July 20, 2007. If you are a registered Tribal voter and do not receive a ballot, you must contact the Tribal Office at 1-800-929-8229 or 1-541-672-9405. Ballots are to be returned to the Siletz Agency and must be received by the Agency no later than 4:00 p.m., August 10, 2007.

The Annual Election Meeting will be held at 10:00 a.m. on August 12, 2007, at the Tribal Government Office, 2371 NE Stephens Street, Roseburg, Oregon.



## Drug Facts

### Over the Counter Drugs

Abuse of over the counter drugs, such as cough medicines, is out of control in many communities. The latest data shows that one in ten kids abuse cough medicine alone.

"ROBING, TUSSING, ROBO-COPPING", are just three of the many names that kids use regarding abusing cough medicines. Even over the counter drugs can cause addiction.

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



### World No Tobacco Day May 31

World No Tobacco Day is observed around the world every year on May 31. The member states of the World Health Organization created World No Tobacco Day in 1987. It draws global attention to the tobacco epidemic and to the preventable death and disease. It aims to reduce the 3.5 million yearly deaths from tobacco related health problems. Tobacco use is the single most preventable cause of death and disease in our society. Without effective international tobacco control programs, the death toll will increase to as many as 10 million people by 2030. 7 million of these deaths will occur in developing countries.

It's never too late to quit tobacco. Within the first 24 hours after quitting, a smoker's carbon monoxide levels will drop to normal. Breathing becomes easier and circulation improves. Not only can smokers help themselves, they help the ones they love, such as children or a partner that breathes the second hand smoke. Second hand smoke that has been passed through a smoker's lungs is a finer smoke, so it goes even deeper (than the first inhalation) in the non-smoker, which makes it even more difficult to expel from cilia lining the lungs.

Quit for yourself or for the ones you love. Honor May 31<sup>st</sup> Quit for a Day. Who knows, maybe the second day will come even easier! It may be the beginnings of a new you.

For help with quitting, come to cessation classes at the "Block House" on the river behind Seven Feathers off Wartahoo lane. For information on these classes or to get individual help, call 541- 677-5575 or 800-935-2649.

## Upcoming Events

**Saturday, June 2nd-** Outdoor Safety and Survival Day will be held at Diamond Lake Lodge for Tribal families from 10-4 p.m. There will be speakers on subjects of what "first responders" see at rescue sites, how to better prevent injuries, first aid, dog rescues and an herbalist will share plant knowledge.

Drum and prayer will open and close the day's activities. Youths ages 14 and younger can fish for free during lunch time.

The Northstar bus line will be providing transportation to and from Diamond Lake. However, riding the bus is not necessary to participate in the day's activities.

Please call Rhonda Malone at 677-5575 by June 1<sup>st</sup> to sign up so that a sufficient amount of food and drinks can be purchased.

**Saturday-Sunday, June 16 & 17-** The Elder's Crooked River Dinner Train Ride will be held in Redmond, Oregon. Transportation will be provided by North Star Bus Line. Lodging and meals are included.

Please call Rhonda Malone, at 541-677-5575, by May 31<sup>st</sup> to reserve your space and to receive the pick up time and location, as seats are limited.

**Thursday, June 21st-** The Education Honor Dinner will start at 6:30 p.m. and 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 at 677-5575.

**Friday- Sunday, June 22-24-** Culture Camp will be held at the Bare Park Ranch in Myrtle Creek, Oregon.

The salmon ceremony will be on Saturday, June 23<sup>rd</sup>. 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 need to be returned by June 5th, 2007.

For more information contact Kelly LaChance, at 677-5575 or 800-929-8229..

## Contract Health News

### Tribal Dental Health Plan '07



The Tribal Dental Health Plan is in full swing for 2007.

The program has a \$1,500 limit for 2007. The Dental Health Plan helps pay for routine dental care including: cleanings, exams and x-rays, fillings, crowns, root canals and dentures.

To be eligible for this program you must be a Tribal member with an application on file and get a PO # before every visit.

Call 672-8533 or 800-935-2649 ext. 1 for your PO#.

### When Will My Child Get Teeth?

Children have their own schedule for teething. Most children begin teething at about six months and most "baby" teeth are in by three years of age. The bottom front teeth usually appear first, followed by the top front teeth.

Cow Creek Contract Health Services has been successful in obtaining the Maternal Child Health Care Grant for prenatal/infant and expectant mother dental care!

Please contact the CHS office at 672-8533 ext. 1, to participate in this program!

First Teeth Upper		When Teeth Come In	When Teeth Fall Out
central incisors		7 - 12 mos.	6 - 8 yrs.
lateral incisors		9 - 13 mos.	7 - 8 yrs.
canines (cuspid)		16 - 22 mos.	10 - 12 yrs.
first molars		13 - 19 mos.	9 - 11 yrs.
second molars		25 - 33 mos.	10 - 12 yrs.
Lower			
second molars		20 - 31 mos.	10 - 12 yrs.
first molars		12 - 18 mos.	9 - 11 yrs.
canines (cuspid)		16 - 23 mos.	9 - 12 yrs.
lateral incisors		7 - 16 mos.	7 - 8 yrs.
central incisors		6 - 10 mos.	6 - 8 yrs.

## Binging Drug Abuse Up On School Campuses

Graduation is not the only thing students may be planning on celebrating with a party.

The latest data shows that more students are risking more than just their educations by abusing alcohol and drugs.

- "The percentage of kids who drink and binge drink is essentially the same between 1993 and 2005, but the intensity of the drinking has dramatically changed." NCASA
- Binge drinking is defined for males as consuming five or more drinks in a row at one sitting, party, or gathering.
- Binge drinking for females is defined as consuming four or more drinks.
- Underage drinking rate for girls in Oregon is increasing twice as fast as the rate of boys.
- A culture of excessive consumption is flourishing on campuses, and calls on parents and educators to take bolder stands against it.
- Alcohol causes brain shrinkage, more in females than males.
- Substance abuse is thought by many to be a rite of passage.
- 68% of students drink and 40% binge drink. Most report getting drunk three or more times a month.
- The proportion of students using marijuana daily has more than doubled.
- Prescription drug abuse is rising faster than all other illegal substances combined.
- College students have triple the amount of substance abuse and dependence than the general population.
- Too many students are getting the message that it is their right to abuse drugs and alcohol.
- More kids are drinking themselves to death, often combined with drugs.
- Many feel that if this trend continues, we're going to destroy our best and brightest.



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



## An Interview with Bob Dunas, Lifestyle Coach for the DPP (Diabetes Prevention Program)

Over the course of the last several months, it has been my privilege to highlight a few of the people who have decided to become involved in the Diabetes Prevention Program (DPP). For this month's article, I have decided to interview myself, Bob Dunas, the Lifestyle Coach for the DPP, to give you the "insider" perspective on the program.

**Q: Can you tell us what a Lifestyle Coach does?**

Bob: The first thing a good Lifestyle Coach does is help you clearly define your goals. The major goal of the DPP Program is to prevent Type 2 diabetes. However, there are some short term goals that we focus on. First, we want to lose weight. How we help people lose that weight is related to our other goals; such as making changes in eating (shopping, cooking, etc.) and being more active. Then we come up with strategies on how to make those goals attainable.

**Q: Bob, can't people do those kinds of things on their own?**

Bob: It's possible, but not likely. Changing behaviors, especially those related to how we eat, are difficult since eating patterns were probably established years ago and have become strong, negative habits. The idea is to help people get off to a good start, to equip them with new skills and to work with them as they practice those skills until they become new, healthy habits. In general, participants supply the "want to" (motivation) and I supply the "how to" (teaching new skills).

**Q: "Program" sounds so official. What is the "program" like?**

Bob: It is a series of sixteen 1 1/2 hour classes, spread over a six month period. Classes are held in Roseburg and Canyonville, daytime or evening, depending on what works for the class. The first eight classes are one week apart and the last eight classes are two weeks apart. By that time, people know how to apply the skills learned.

At each class, people weigh in, turn in their Keeping Track books (journals of what they have been eating), share successes and challenge stories and have a lesson. Shopping, cooking, and eating differently, as well as how to make activity and exercise part of our lives, make up the classes. Support and encouragement are essential to success. We also enjoy a meal together... something different I prepare for every class. Most of my meals have been well received and as far as I know, no one has gotten sick yet!

**Q: How has the program done so far? How many people? How much weight lost?**

Bob: To date we've had 12 people go through the program. Three of those were relatives of folks in the program. To be "in" the program officially, a person needs to be "pre-diabetic", which means they are "on the way" to becoming diabetic. However, even if a person is tested and is not pre-diabetic, they can still come to the

classes if they are interested in learning how to make changes for the better. The 12 people have lost a total of 150 pounds. Nine people have reached their goal weight of 7% weight lost. Most have set new weight loss goals and continue to lose more weight.

**Q: What happens once the 16 classes are over?**

Bob: We all know people, probably even ourselves, who have lost weight and then gained it back because they went back to old eating habits and stopped exercising. That's why we stress that this is a "lifestyle change". Out with the old, in with the new! Keeping weight off is as hard or even harder than it is to lose it in the first place. We continue to work together in our "after-core" classes to keep strengthening those good habits and to support and encourage one another on the journey. We meet, in general, once a month as a group and participants are also encouraged to meet with me individually.

**Q: Do you have any last words for someone who might be "on the fence" about joining the program?**

Bob: I tell everyone to have their blood sugar tested. Depending on the results, they can make an informed decision about being in the program or not. Some of us take better care of our cars than we do our bodies and you can always get another car! The body you have now is the only one you're going to get! Type 2 Diabetes is not only a very serious disease; it is also very preventable. If your eating and activity habits are unhealthy, what are your children learning? This is your chance to start teaching them how to take care of their bodies at an early age.

For more information on the DPP Program, call Bob Dunas at 677-5575 or 800-935-2649.



Bob Dunas, Health Educator and Lifestyle Coach for the Diabetes Prevention Program.

This month's item is a medium sized burden basket, which was used to store food and other household items. It is a light straw color with a medium/dark brown migration pattern on the side and a dark tan rim and bottom. The basket is made from Hazel shoot, Bear grass, Maidenhair fern and Woodwardia fern and measures about eight inches in diameter.

Commissioned by Louis LaChance from Verna Reese



Acorns and Camas were common items that were stored in a burden basket.

## Artifact of the Month

Burden Basket used to store food stuffs and other household items.



## Diamond Lake Restoration Update

In September 2006, the Oregon Department of Fish and Wildlife successfully treated Diamond Lake with rotenone, a safe and effective pesticide derived from plant roots, to rid the lake of an estimated 90 million tui chub. The treatment goal is to restore the lake's water quality and recreational trout fishery.

The successful treatment was the culmination of years of effort and collaboration between ODFW, the Umpqua National Forest, Oregon Department of Environmental Quality and other agencies in the Diamond Lake Working Group. State Representative Susan Morgan kicked off this effort in 2002.

The treatment project cost close to \$6 million in federal, state, county and private contributions. The Oregon Wildlife Heritage Foundation and many private donors helped with fund-raising efforts.

Diamond Lake first was treated with rotenone in 1954 when tui chub, a minnow native to the Klamath Basin, decimated the recreational rainbow trout fishery. That treatment rid the lake of chub and resulted in decades of high quality trout fishing until the minnows again were discovered in the lake in 1992. ODFW officials believe tui chub were illegally used as live bait.

Since their discovery in 1992, the tui chub population climbed rapidly to an estimated 8 million adults and 90 million juveniles. The rainbow trout fishery collapsed and water quality deteriorated, resulting in toxic algae blooms that closed the lake to water contact for portions of the summers of 2001, 2002 and 2003.

Now that the lake is free of tui chub, water quality, zooplankton, and benthic (insect) populations already are on the rebound.

Anglers can once again fish Diamond Lake beginning in spring 2007 when ODFW stocks it with 50,000 – 100,000 fingerlings and 10,000 – 25,000 catchable-

sized trout. A minimum of 50,000 put-and-take rainbow trout will be stocked pending funding.

Some of the larger-sized trout will be a predacious variety to help minimize the danger posed by any tui chub or other small fish that may be illegally introduced into the lake. The numbers of fingerling trout released will gradually increase over the next few years, in concert with the recovery of the lake's health.

Diamond Lake will be closely monitored for years to come by ODFW, the Umpqua National Forest, and Oregon Department of Environmental Quality.

These agencies will monitor water quality in both Diamond and Lemolo lakes and the North Umpqua River, and check fish species composition in Diamond Lake.

The future of Diamond Lake is in the hands of everyone who enjoys it. Keeping tui chub – and other invasive species such as zebra mussels and noxious weeds – out of Diamond Lake is critical to its future.

You can help by NOT transporting or using live fish for bait. It IS the law and it is NOT good for the environment or the fishery. Boat-ers can help by emptying their bilge

water and checking their boats for invasive species before they launch into the lake.



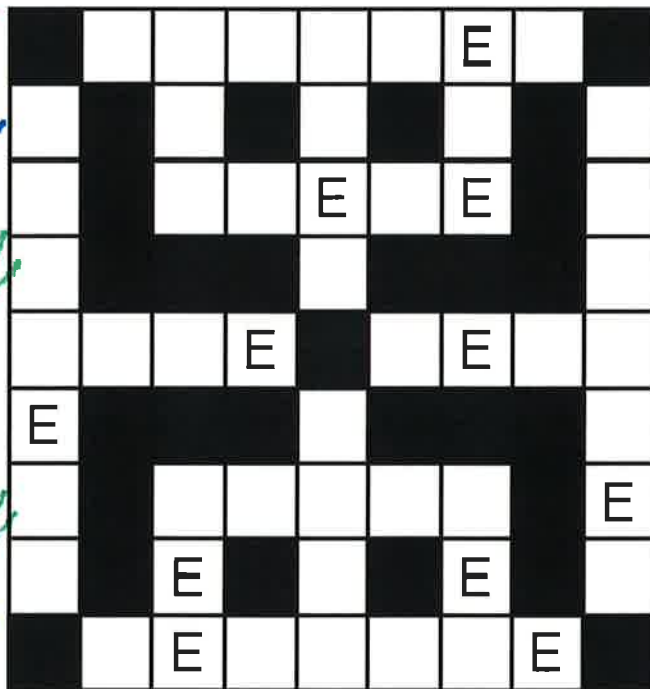
Diamond Lake





## CROSS-WISE

There are no clue numbers in the grid. Use your powers of deduction to put the right words in the correct positions in the grid. All the **E**'s have already been filled in.



1. One of the two horizontal 7-letter words is a month of the year and the other is a planet.
2. One of the two vertical 7-letter words is a large female feline and the other is parts of an hour.
3. One of the 5-letter words is a fragment and the other is a compass direction.
4. The 4-letter words are opposite of shut; female relative; number between 1 and 10; list of meals available at a restaurant.
5. The two 3-letter words on the left are drinking vessel and observe.
6. The two 3-letter words on the right are the night before and female chicken.

## Baby Food Jar Garden

These pretty little flower gardens are perfect for gifts or just to celebrate springtime. Make one for your teacher, too!

### Supplies

- Baby food jar with lid
- Small silk flowers
- Rolling pin
- White craft glue or hot glue gun
- Green play dough or green modeling clay



### Instructions

1. Roll out the play dough or clay with rolling pin.
2. Using the mouth of the jar as a cookie cutter, cut out a circle. If you use the lid as the cookie cutter you will not be able to close your jar when the time comes.
3. Glue the play dough or clay into the lid.
4. Stick flowers into the dough or clay. If using play dough, set lids aside to dry and harden over night.
5. Screw the lid onto the jar, carefully inserting the flowers into the jar.
6. Decorate the lid however you like. String, felt, ribbon or beads work well.

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.**