



**June 2007**

**Inside this issue:**

|   |   |
|---|---|
| Announcements                               | 2 |
| Umpqua National Forest Day Passes Available | 2 |
| Upcoming Events                             | 3 |
| Contract Health News                        | 4 |
| Could You Have Type 2 Diabetes?             | 5 |
| Artifact of the Month                       | 6 |
| Kids Corner                                 | 7 |

- The Education Honor Dinner has been cancelled. If you are a graduate from college, high school or GED recipient, please contact Kelly LaChance at 677-5575 for further details.
- Culture Camp will be held at the Bare Park Ranch in Myrtle Creek, Oregon June 22-24.
- The Oregon Fish and Wildlife Commission recently approved the issuance of lamprey permits to Tribal members for personal use.

# KIUYUM-ID

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

### 30th Annual Cow Creek Tribal Pow-Wow July 20-22

The Cow Creek Band of Umpqua Tribe's 30th Annual Pow-wow will be held at South Umpqua Falls on July 20, 21 & 22. The Tribal potluck dinner will be at 7:00 p.m. on Friday, July 20.

Bob Tom of the Siletz Tribe will serve as Master of Ceremony at Saturday's Pow-wow events. The host drum will be Steiger Butte. Sunday camp break-down and clean-up begins with the raffle being held at 10:00 a.m.

Donations of Native American handcrafts are being sought for the raffle. If you would like to donate a raffle item, bring it to the raffle booth at the Pow-wow or contact Tammy Woodruff or Rhonda Malone at the government office.

All drummers, dancers, singers, and traditional crafts-people are welcome. Only Native American handcrafts are to be displayed.

All Tribal members and Pow-wow guests will be able to camp at no charge during the Pow-wow. Tribal members intending to camp elsewhere in the Umpqua National Forest during this time or other times must obtain an Umpqua National Forest Pass. (see article on page 2)

Also, as a friendly reminder, the campground must be left in the same condition as it was prior to the Pow-wow.

For more Pow-wow information contact Tammy Woodruff at (541) 672-3861



South Umpqua Falls

### Shrek III Kicks Off Free Summer Movie Club on June 19th

Free movies will be held for youth and Tribal families and will occur on June 19th and 26th, July 10th and August 7th and 14th. The June 19th movie is Shrek III, June 26th movie is Surf's Up and the July 10th movie is Ratatouille.

The movies will be held in Roseburg, Oregon. 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. People who arrive after that time will not be admitted.

Parents must attend with their children. Prior to each free movie, a short presentation will be made by a guest speaker surrounding the issues of parenting. Bullying, peer pressure, and positive parenting are the current scheduled presentations.

For those who attend, a pizza party will be held on August 14th after the movie.

Pre-register with Rhonda Malone, as space is limited, at 677-5575 or 800-929-8229.



## Announcements

### Education Honor Dinner Event Cancelled

The Education Honor Dinner has been cancelled. If you are a graduate from college, high school or a GED recipient, please contact Kelly LaChance at 677-5575 for further details.

### 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.

Persons 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.

### 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.

## Education News

### Higher Education Deadline August 1

The deadline for fall awards for the Higher Education Program is August 1<sup>st</sup>, 2007. Returning students have been sent applications for the 2007-2008 academic year. New students can call or go to the Tribal website [www.cowcreek.com](http://www.cowcreek.com) to download any education application. If for some reason you have not received one please contact the Education Department at 677-5575.

### Education Department Added to Cow Creek Website

The Cow Creek Band of Umpqua Tribe of Indians has added the Cow Creek Education Programs to its website. Go to [www.cowcreek.com](http://www.cowcreek.com) for information on available education programs, along with downloadable forms.

## Lamprey Harvest Permits Available

The Oregon Fish and Wildlife Commission recently approved the issuance of permits to tribal governments authorizing harvest of Lamprey at Willamette Falls by tribal members for personal use only.

Personal use lamprey harvest (meaning no harvest for commercial sales) is restricted to the hours of 7:00 am to 6:00 pm, Friday through Monday, between June 1 and July 31, 2007. Harvest is not allowed Tuesday through Thursdays. The open fishing area is at the east side of the falls, and the harvest method is limited to the use of hand or hand-powered tools. The seasonal bag limit has been eliminated.

All harvesters are required to record their lamprey harvest on a daily basis on an Oregon Department of Fish and Wildlife issued harvest record card. A tribal identification card will act as a 2007 permit, however you will also need a Oregon Department of Fish and Wildlife issued harvest record card, which can be obtained at the Cow Creek Tribal Government Offices or by contacting the Clackamas office of the Oregon Department of Fish and Wildlife at 17330 SE Evelyn Street, Clackamas, OR 97015 or call (971) 673-6000. Harvest records must be returned to the Clackamas office by August 31, 2007.

Contact Amy Amoroso at 677-5575 for more information.



Lamprey

## Umpqua National Forest Passes Available

The Umpqua National Forest and the Cow Creek Band of Umpqua Tribe of Indians have a Memorandum of Understanding that authorizes the Tribe to issue passes for its membership that waive fees at campgrounds and trailheads. The pass is valid only in the Umpqua National Forest and Tribal members must request a new pass every year.

The passes are currently in the process of being redesigned and will be issued as soon as they are available. Upon receipt of your Day Pass, sign it and display it on the dashboard of your vehicle whenever you are parking or camping in the Umpqua National Forest. Do not loan your pass to others and follow all campground rules.

To obtain a pass, Tribal members may apply in person at the Tribal Government Offices or call 800-929-8229 or 672-9405.



## Drug Facts

### Heroin

**Heroin** is highly addictive and presents special problems for those who inject it because of the risks of HIV, hepatitis B & C, abscesses, and other diseases that can occur from sharing needles. Heroin is introduced into the body in many ways, injecting, smoking, inhaling, and even hoping. Heroin can be easily confused with common household & garage products. Recovery from heroin addiction is possible and can be done **SAFELY**.

For more information, or to set up a confidential meeting call Mark MacDonald, Alcohol & Drug Counselor for the Cow Creek Health & Wellness Center, at 672-8533 or 800-935-2649.



### Cow Creek Health & Wellness Center Offers :

- Tobacco Cessation Classes
- One- on One Counseling
- Clinical Support
- Stress Management
- Weight Control
- Nicotine Replacement Therapy

***"Hang Tough,  
Don't Puff"***



For questions, support or information on available classes, please call Cow Creek Health and Wellness Center at 672-8533 or (800) 935-2649.



## Upcoming Events

**Tuesday, June 19**— Shrek III will start the Free Summer Movie Club. Prior to each free movie, a short presentation will be made by a guest speaker surrounding the issues of parenting. All participants must arrive at the theater by 8:15 a.m..

If you would like more information or would like to sign up, please call Rhonda Malone 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.

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

**Tuesday, June 26**— The Free Summer Movie Club will show Surf's Up. Call Rhonda Malone at 677-5575 to pre-register.

**Tuesday, July 10**— The Free Summer Movie Club will present Ratatouille. Call Rhonda Malone at 677-5575 to pre-register.

**Friday - Sunday, July 20-22**— The 30th Annual Cow Creek Tribal Pow-Wow will be held at South Umpqua Falls. The Tribal potluck dinner will be at 7:00 p.m. on Friday, July 20th.

For more Pow-wow information, contact Tammy Woodruff at (541) 672-3861.

### 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 5th.

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.

## Contract Health News

### How Does Fluoride Work?



Fluoride is a natural element found in the earth's crust as well as in water and air. It's also considered a nutrient because our bodies need fluoride to grow and develop properly. Decades ago, scientists discovered that kids who naturally had more fluoride in their drinking water had fewer cavities. In the mid-1940s, communities started to put more fluoride in their water supplies to protect people against tooth decay.

Fluoride helps when teeth are growing because it mixes with tooth enamel - that hard coating on your teeth. This prevents tooth decay, or cavities. Fluoride can help even after your teeth are formed. It works with saliva to protect tooth enamel from plaque and sugars. By using fluoride toothpaste, for instance, everyone can enjoy some cavity protection. Fewer cavities means healthier teeth when you're an adult - and less chance of having to wear false teeth (dentures) when you're old!

So how do you get **your** fluoride? Ask your dentist the next time you have an appointment. In addition to fluoride toothpaste, he or she might recommend a mouthwash that has fluoride in it. And if your drinking water doesn't have fluoride in it, your dentist might suggest supplements - which are like vitamins containing fluoride. How effective is fluoridated water? Thanks to it, dentists say half of kids between 5 and 17 have **never** had a cavity in their permanent teeth.

Brought to you by Contract Health Service, sponsor of the Maternal Child Health Dental Grant 07! Remember to call in for purchase orders before any and all appointments.

For questions, call Cynthia Galaktionoff at 672-8533.

## Take the Bite Out of Mosquitoes and Avoid the West Nile Virus

Summer is right around the corner, and that's prime time for mosquitoes, which can carry West Nile virus. The CDC is encouraging people to brush up on their efforts to avoid West Nile virus.

### Tips to Avoid West Nile Virus



Here are the CDC's tips on preventing West Nile virus infection:

- Use mosquito repellents. Those containing DEET, picaridin, or oil of lemon eucalyptus provide protection against mosquito bites, according to the CDC.
- Avoid being outside when mosquitoes are most active (usually from dusk to dawn).
- Make sure your window and door screens are intact so mosquitoes can't get inside.
- To get rid of mosquito breeding grounds, empty standing water from flower pots, buckets, and barrels.
- Change the water in pet dishes and replace the water in bird baths weekly.
- Got a tire swing? Drill holes in it so water drains out.
- Keep kids' wading pools empty and on their sides when not in use.

### West Nile Virus Symptoms

West Nile virus usually doesn't cause severe illness. Most people who are infected don't show any symptoms.

Mild symptoms may include fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach, and back. Those symptoms may last for a few days or several weeks.

## SDPI DIABETES PREVENTION PROGRAM

### Could You Have Diabetes and Not Know It?

There are 18.2 million Americans with Type 2 Diabetes - and nearly one-third of them (or 5.2 million people) don't know it! Take this test to see if you are at risk for having Type 2 Diabetes. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

To find out if you are at risk, write in the points next to each statement that is true for you. If a statement is *not* true, write a zero. Then add all the points to get your total score.

|  | <b>Yes</b> | <b>No</b> |
|--|------------|-----------|
| 1. My weight is equal to or above that listed in the chart below?                        | 5pts       | 0pts      |
| 2. I am under 65 years of age <u>and</u> I get little or no exercise during a usual day? | 5pts       | 0pts      |
| 3. I am between 45 and 64 years of age?  | 5pts       | 0pts      |
| 4. I am 65 years old or older?   | 9pts       | 0pts      |
| 5. I am a woman who has had a baby weighing more than nine pounds at birth?              | 1pts       | 0pts      |
| 6. I have a sister or brother with diabetes?   | 1pts       | 0pts      |
| 7. I have a parent with diabetes?  | 1pts       | 0pts      |

#### Total Points:

#### Scoring 3-9 points

You are probably at low risk for having diabetes now. But don't just forget about it – especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.

#### Scoring 10 or more points

You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

#### Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. It kills almost 210,000 people each year.

Some people with Type 2 Diabetes exhibit symptoms, some do not. If you have any of the following symptoms, contact your doctor:

- Extreme thirst
- Frequent urination
- Unexplained weight loss

For more information on pre-diabetes or the Diabetes Prevention Program, call Bob Dunas, Lifestyle Coach, at 677-5575 or 800-935-2649.

| Height in feet and inches without shoes | Weight in pounds without clothing |  |
|---|-----------------------------------|--|
| 4'10"                                   | 129                               |  |
| 4'11"                                   | 133                               | If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes. |
| 5'0"                                    | 138                               |  |
| 5'1"                                    | 143                               |  |
| 5'2"                                    | 147                               |  |
| 5'3"                                    | 152                               |  |
| 5'4"                                    | 157                               |  |
| 5'5"                                    | 162                               |  |
| 5'6"                                    | 167                               |  |
| 5'7"                                    | 172                               |  |
| 5'8"                                    | 177                               |  |
| 5'9"                                    | 182                               |  |
| 5'10"                                   | 188                               |  |
| 5'11"                                   | 193                               |  |
| 6'0"                                    | 199                               |  |
| 6'1"                                    | 204                               |  |
| 6'2"                                    | 210                               |  |
| 6'3"                                    | 216                               |  |
| 6'4"                                    | 221                               |  |



## Artifact of the Month

This month's artifact is a tool making kit. This kit would have been an essential item in any hunter's quiver along with his arrows and other small items (knives, utensils, etc). All the items shown above were kept in the handy leather pouch so a person could easily locate them.

The pieces of antler are tools used as flint knapping platforms or to break off pieces of stone. These tools enabled the craftsmen to easily hold a flake while working on it without injuring himself or ruining the tool. The piece of antler and bone tied together created a wedge into which a stone tool could be placed during knapping.

The round basalt cobble is a universally useful tool and could have been used for many purposes, only one of which is as a hammer stone for breaking off pieces of rock for tool manufacture.

The small stick with the black end was for handling pitch while making tools. The stick would be used to stir the pitch and charcoal mixture and then assist in attaching points to the ends of arrow shafts. The point would be tied to the end of the arrow with sinew which was then covered in the pitch/charcoal mixture creating a hard, water proof shell holding the sinew and point in place.

This tool kit included several stones (usually of chert or jasper) ready for tool manufacture at the hunter's convenience, a bundle of sinew for attaching the tools and a strip of leather for making thongs as needed.



Tool Making Kit

## Enabling Hurts the Ones You Love

One of the biggest challenges for a counselor is educating family and friends on how enabling hurts the substance abuser's chances of getting better. Seeing someone we care about suffer with substance abuse is not easy, yet there have been many substance abusers enabled to death. Successful treatment must include education and training to help family and friends set healthy boundaries.

Enabling gives us a false sense of control. We do what society tells us a "good" father, mother, husband, wife, son, daughter or friend should do, but we are not getting the results we desire. We feel frustrated and resentful. Because the substance abuser's behavior does not change, we think we have failed.

Here are a few questions that might help determine the difference between helping and enabling the substance abuser in your life:

*Have you accepted part of the blame for their drinking/drugging or behavior?*

*Have you avoided talking about their drinking/drugging out of fear of their response?*

*Have you ever "called in sick" for the substance abuser, lying about their symptoms?*

*Have you bailed them out of jail or paid for their legal fees?*

*Have you paid bills that they were supposed to have paid themselves?*

*Have you loaned them money?*

*Have you tried drinking/drugging with them in hopes of strengthening the relationship?*

*Have you given them "one more chance" and then another and another?*

*Have you threatened to leave and didn't?*

*Have you "paid" them to just go away and leave you alone?*

If you answered "yes" to any of these questions, you at some point in time have enabled the substance abuser to avoid their own responsibilities. Rather than "help" the substance abuser, you have actually made it easier for them to get worse. Enabling is very common and yet something that can be unlearned with the help of a professional.

Our treatment and prevention programs consider family education a vital part of the recovering person's success. Consultations, assessments, interventions and treatment is free for all Tribal members and families.

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



## Buggin' Out

Find all the different kinds of crawling critters in the search below - you can go up, down, backwards, and diagonal. Have fun!

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



MAYFLY  
TARANTULA  
BUTTERFLY  
WASP  
LADYBUG

WHIP SCORPION  
PRAYING MANTIS  
COCKROACH  
BUMBLEBEE  
CATERPILLAR

CENTIPEDE  
GRASSHOPPER  
CRICKET  
DRAGONFLY  
TIGER MOSQUITO

## Homemade Bubble Recipe

When the weather is warm, these bubbles are great for outdoor fun. But don't let the weather stop you — these bubbles can be used indoors as well. Use a slotted spoon or a fly swatter as a dipper, or for really large bubbles, cut the ends off a frozen juice can. Dip one end in the bubbles and blow through the other.

In addition, while babies love bubble play, be careful around your baby's eyes. You can try substituting the soap in these recipes with a baby shampoo or baby wash for tear-free bubbles.

### Best Bubble Solution

- 1 Cup Water
- 2 Tablespoons Light Karo syrup or 2 Tablespoons Glycerin
- 4 Tablespoons Dishwashing liquid

Mix together and have fun!



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.**

