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Cow Creek Band of Umpqua Tribe of Indians

Peace Pole Dedication Ceremony September 22nd

September 2007

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The 2007 Tribal Family Picnic was a success with a total of 90 tribal members and families attending the event on Saturday, September 1st, at the K Bar Ranch Park near Myrtle Creek, Oregon.

Tribal member Dan Nichols opened the afternoons festivities with a prayer. Stacey Dompier officiated the children's three-legged race, play dough contest and water balloon toss. The afternoon ended with the door prize give-a-ways.

A Peace Pole is a hand-crafted monument that displays the message and prayer *May Peace Prevail on Earth* on each of its four or six sides, usually in different languages.

To date there are over 250,000 Peace Poles around the world, a project that began more than 20 years ago. Each pole bears the same message of peace in hopes that one day peace will not just be an artistic symbol but will encompass all of humanity.

Douglas County Democrats worked together with Cow Creek Band of Umpqua Tribe of Indians to place the Chinook Jargon translation of "May Peace Prevail on Earth", which will appear on the new soapstone peace pole. The translation will read: lasul-lth utsnu'p-gwat, which is pronounced: lashooluth ootsnoop gwath. Other languages included on the pole are - English, Japanese, Chinese, Hebrew, Arabic, Spanish, Russian, Swahili and Hindi.

The public dedication ceremony will be on Saturday, September 22 at 11a.m. in front of City Hall. The new pole will be located between the flags and the horse sculpture from Shobu. All people in the community are invited to come together to the ceremony to enjoy music and guest speakers.



A peace pole displaying the message "May Peace Prevail on Earth".



The Tribal Elders Gold Beach Mail Boat Run was held on September 8, 2007. There was a great turnout and beautiful weather for the event!

Announcements

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.

Education News

Native American College & Career Day

Lane Community College is offering a Native American College and Career Day on Friday, October 12, 2007 from 11:30 a.m. to 4:00 p.m. Native American students are invited to attend and is free and open to all Native American students in high school. If you are interested, contact Kelly LaChance, Education Director at 677-5575.

JOM Parent Committee Members Needed

The Cow Creek JOM Parent Committee is recruiting for members to be on the JOM Parent Committee. The JOM Parent Committee meets monthly and plans, coordinates and sponsor activities for Tribal youth from pre-school to the 12th grade. If you are interested attend the next meeting on October 10, 2007 starting at 5:30 p.m. The meeting will be held in the second building at the Cow Creek Government Office.

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.

Free Scholarship Information

FastWeb is a free scholarship search that offers a customized search to access 600,000 scholarships. Once a search has been established participants receive automatic email updates on scholarships coming up. Go to www.fastweb.com to start your college scholarship search.

6th Annual Fall Health Fairs Slated



Fall is just around the corner and The Cow Creek Health and Wellness Center is pleased to announce the 6th annual Fall Health Fair. The Redmond Health Fair is scheduled for October 20th from 10 a.m. to 2 p.m. It will be held at the Comfort Suites in Redmond in the Whitewater Room. Flu shots will be given, and blood pressure checks, cholesterol and blood sugar readings are being offered. Special displays are being planned with pamphlets to illustrate the displays. There will be guest speakers during the catered lunch. Letters will be mailed to each tribal member with the health Fair information and an envelope to mail back to the clinic with the information marked that the tribal member wants.

The Roseburg, Medford, Grants Pass Fall health Fair is November 3rd from 10 a.m. to 2 p.m. It will be held at the Block House behind the Seven Feathers Casino. Flu shots will be given, and blood pressure checks, cholesterol and blood sugar readings will be offered. There will be displays, and staff members will be present to discuss the items displayed. Guest speakers will give short presentations on pertinent topics during the catered lunch. Letters will be mailed to the tribal member giving the health fair information, and requesting information to be mailed back to the clinic.

Please call the Cow Creek Health & Wellness Center at 672-8533 or 800-935-2649 for more information on these events.



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.



Diabetes Self-Management & Healthy Cooking Classes

Dietician Tricia Hedges will offer Diabetes Self-Management and Healthy Cooking Classes on Thursdays during the months of October and November.

For more information contact Tricia Hedges at 677-5575.

Drug Facts

MARIJUANA

Smoking POT can lead to panic attacks, anxiety, paranoia and depression.

These problems often increase and worsen over time.

60% of teenagers in drug treatment programs are there because of marijuana.

The Cow Creek Health & Wellness Center provides assessments and treatment for a variety of problems including; stress, family conflicts, anxiety, depression, issues related to medical illness, substance abuse and domestic violence for adults, teens, and children. Sessions are strictly confidential.

To schedule an appointment, call the Cow Creek Health & Wellness Center at 672-8533 or 800-935-2649.



SAVING LIVES, SAVING DOLLARS

use disorders, as well as those of their biggest supporters.

This year's theme, "*Join the Voices for Recovery: Saving Lives, Saving Dollars*," asks you to take notice of the financial and human costs of substance use disorders, and to understand the benefits that investing in treatment can have on those who enter recovery, their families, and the larger community

The 18th annual *National Alcohol and Drug Addiction Recovery Month* is a commemoration that occurs nationwide in September in cities and towns, big and small. We celebrate and recognize the valiant efforts of people who are in recovery from substance

Upcoming Events

Saturday, September 22- A free child safety seat check-up event will take place at the Roseburg Fire Department Station on Garden Valley from 10:00 a.m. to 1:00 p.m.

The Peace Pole Dedication Ceremony will be at 11:00 a.m. in front of City Hall in Roseburg. All community members are invited.

Saturday, September 29th- A Harvest Festival will be held from 12-6 at Stewart Park in Roseburg. All Tribal families are invited and encouraged to attend and support this community function. The days activities will include a Farmers Market, Bike Ride Races, Dauschaund (Dog) Races, Pumpkin Chucking, Salmon Bake (by Tribal members Mike Hamrick and wife Lottie). For more information contact Rhonda Malone at 677-5575.

Wednesday, October 10th- The Cow Creek JOM Parent Committee will meet at 5:30 p.m. in the South Building at the Cow Creek Government Office.

Saturday, October 20th- The Redmond Health Fair is scheduled from 10 a.m. to 2 p.m. at the Comfort Suites in Redmond in the White water Room.

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.

Nesika Enrollment Information for Students

Parents of students need to supply Nesika Health Group with documentation for the children or students that are between the ages of 19 and 23 that are enrolled on your policy. Students from the age of 19 to 23 can remain on Nesika Health Group as long as they meet the following requirements:

- ◆ An unmarried student age of 19 but less than 23, if such child meets the requirements of a dependent, and is in full-time school attendance at a qualified educational institution.
- ◆ Full time school attendance means 12 hours or more per semester except for a proprietary school. In a proprietary school, "full-time school attendance" shall mean a minimum of 25 hours of classroom attendance per week on a five-day schedule.
- ◆ Documentation from the school stating that the children/students are enrolled full-time and showing the credit hours in attendance.
- ◆ Cessation of full-time school attendance shall terminate dependent status with respect to the student.

If Nesika does not receive this documentation in a timely manner, there may be a delay in paying claims, denial of claims, or the student may be terminated from the plan.

For more information contact Nesika Health Group at 677-5508 or 800- 284-9917.

15 Tips for Permanent Weight Loss

Whether your goal is to avoid a diabetes or heart disease or simply to lose some weight to look and feel better, the principles are essentially the same. Eat healthy foods, control your portion sizes and exercise regularly. To keep the pounds off permanently, you need to incorporate the new, healthy behaviors into your routine so that they become a natural part of your daily life.



Here are 15 ideas to reinforce your healthy lifestyle:

- **Exercise 30 to 45 minutes 4 to 5 times a week.** If time is limited, exercise for several brief periods throughout the day — for example, three 10-minute sessions rather than one 30-minute session.
- **Eat three healthy meals during the day, including a good breakfast.** Skipping meals causes increased hunger and may lead to excessive snacking.
- **Focus on fruits and vegetables.** Top off your morning cereal with sliced strawberries or bananas. Stir berries or peaches in yogurt or cottage cheese.
- **Don't keep comfort foods in the house.** If you tend to eat high-fat, high-calorie foods when you're upset or depressed or bored, don't keep them around.
- **Plan a family activity.** Get the family together to go for a bike ride, play disc golf or kick the ball around in the yard.
- **Eat healthy foods first.** Eat foods that are healthy and low in calories first so that when it comes time to enjoy your favorites — sweets or junk food, for example — you won't be so hungry.
- **Pay attention to portions.** Serve meals already dished onto plates instead of placing serving bowls on the table. Take slightly less than what you think you'll eat.
- **Create opportunities to be active.** Wash your car at home instead of going to the car wash. Bike or walk to the store. Participate in your kid's activities at the playground or park.
- **Sit down together for family meals.** Avoid eating in front of the television. TV viewing strongly affects how much and what people eat.
- **See what you eat.** Eating directly from a container gives you no sense of how much you're eating. Seeing food on a plate or in a bowl keeps you aware of how much you're eating.
- **Vary your activities.** Regularly change your activity routine to avoid exercise burnout. Seek out new activities — karate, ballroom dancing, cross-country skiing, tennis or Pilates.
- **Eat at home.** People eat more food in restaurants than at home. Limit how often you eat at restaurants.
- **Plan healthy snacks.** The best snacks include fruits, vegetables, whole grains & low-fat dairy products.
- **Start your day with a high-fiber breakfast cereal,** such as bran flakes, shredded wheat or oatmeal. Opt for cereals with "bran" or "fiber" in the name.
- **Walk for 10 minutes over your lunch hour** or get up a few minutes earlier in the morning and go for a short walk.

For more information on how to make these healthy habits a part of your lifestyle, please contact Bob Dunas, Lifestyle Coach for the Cow Creek Health and Wellness Center, at 677-5575 or 800-935-2649.



Contract Health News

Fall Season is upon us! CHS staff will be attending the Fall Health Fairs in Redmond and Canyonville, so be sure to stop by and meet us, and have your questions ready! The new 2008 applications will be available for you at the Health Fairs and are required to be submitted before health care can be authorized for next year. Here's our fall reminders:

- ✦ ALL 19 YEAR OLD ENROLLEES WHOSE HEALTH INSURANCE TERMINATES BECAUSE THEY ARE NO LONGER FULL-TIME STUDENTS WILL NOT BE COVERED BY CHS UNLESS THEY SUPPLY FURTHER ELIGIBILITY VERIFICATION.
- ✦ IF YOU ARE A FULL TIME COLLEGE STUDENT, THERE ARE SPECIAL ELIGIBILITY CRITERIA. CALL CYNTHIA AT (541) 672-8533, EXTENSION 1. DON'T LET YOUR HEALTH CARE BENEFIT LAPSE!!!
- ✦ APPLICATIONS WILL BE SENT TO ENROLLEES IN NOVEMBER.
- ✦ IF YOU ARE REFERRED OUT OF THE CLINIC FOR PROCEDURES, OR FURTHER HEALTH CARE, REMEMBER TO GET A PO NUMBER FROM CHS BEFORE THE APPOINTMENT.
- ✦ BE SURE TO VISIT THE ER ONLY FOR EMERGENCIES. PLEASE UTILIZE THE URGENT CARE CLINICS AS MUCH AS POSSIBLE FOR AFTER HOURS AND NON EMERGENT URGENT HEALTH CARE. IF YOU VISIT AN URGENT CARE CENTER ON A WEEKEND OR EVENING, YOU WILL STILL HAVE 72 HRS TO NOTIFY THE CHS OFFICE FOR A PO NUMBER FOR URGENT CARE.
- ✦ GET ALL NEEDED DENTAL WORK DONE IF YOU HAVEN'T USED YOUR 07 ALLOTMENT! CALL YOUR DENTIST TODAY FOR AN APPOINTMENT, THEN CALL FOR A PO NUMBER!

West Nile Prevention Tips

Although fall is approaching and the mornings are cool, it is important to remember West Nile Virus is still lurking in backyards. West Nile Virus is an illness that affects the central nervous system. Symptoms may vary. About one in 150 people who are infected will develop a severe illness. The symptoms can include high fever, headache, neck stiffness, disorientation, coma, convulsions, numbness and paralysis. Milder symptoms include fever, headache, and body aches, nausea, and vomiting, and a skin rash on the chest, stomach and back. Most people who are infected will not show any symptoms at all. People typically develop symptoms between 3 and 14 days after they are bitten by the infected mosquito. At the present time there is no West Nile vaccine available for humans.

If a person thinks they may have West Nile Virus they should call their primary care physician. If the symptoms are severe such as severe headaches or confusion, they need to go to the hospital immediately.

The important thing to recognize is how the virus is spread. West Nile virus is spread by the bite of an infected mosquito. Mosquitoes are West Nile Virus carriers that become infected when they feed on infected birds. West Nile Virus is not spread through

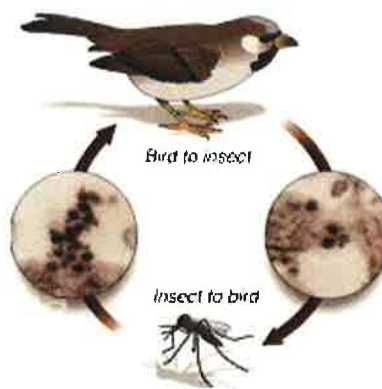
casual contact such as touching or kissing a person with the virus.

Help to prevent mosquitoes from breeding in your yard. If there is an ornamental pond in the back yard stock it with goldfish. Keep the water level up, and

remember chlorine does not kill mosquito larvae. The same goes for concrete or plastic swimming pools—operate filter and skimmer everyday to remove egg rafts and larvae.

Prevent accumulation of bilge water in boats. Store small boats upside down or cover to keep out the rain and water from sprinklers.

Clean small water dishes or troughs every week, and stock large troughs with mosquito fish. Remove and dispose of all unused containers that will collect rain or water from sprinklers.



West Nile Virus has been found in birds in Oregon. Prevention is the key to not getting the virus. Wear long shirts if walking in the early morning or early evening hours. If a dead bird is found call 800-234-0985. Cow Creek Health and Wellness Center is here to promote good health and provide care as needed. Call 672-8533 or 800-935-2649 for questions or more information on West Nile Virus.

Traditional Facts

This is an example of a peeled ponderosa pine tree similar to those documented within the traditional use range of the Cow Creek Tribe. This is one of many plant species utilized by Native peoples within this region. The

inner bark, or cambium, was gathered by the Cow Creek families for food and medicine. Cambium is rich in carbohydrates and protein, which would have been essential during years when game was scarce or the snow pack was slow to melt. The cambium bark, which was eaten raw, also provided relief for bronchial and lung ailments as well as intestinal illnesses.

The pitch of the ponderosa pine was also utilized for medicinal purposes. Dried pitch gathered in tree cuts, which has a consistency similar to gum, can be chewed to treat sore throats, mouth sores, and even worm infestations.



Columbia Condor: Forgotten Giant of the Sky

With the emphasis on increasing numbers of Condors in California to prevent their extinction and filing them into Arizona, the Pacific Northwest has virtually been overlooked as the historic residence of this species. When the Oregon Zoo recently signed up for captive breeding in the Condor Recovery Program, questions emerged about the local plight of this unique and ancient bird. Who has heard of the Condor in Oregon and Washington? What are his Indian names? What does it mean for local tribes or for the larger culture in general, to be without this conspicuous member? What about THUNDERBIRD? Is he planning to return? Answers to these kinds of questions fit together to tell the puzzling story of the NW Condor unfolding in our own backyard.

David Moen, Education graduate student in the Leadership for Ecology, Culture, and Learning program at Portland State University in collaboration with the Oregon Zoo is currently doing research on this subject and invites Tribal members to contact him with information they wish to share on this subject.

Contact David Moen, 3393 NE Hassalo, Portland, OR 97232, (503) 484-7013 columbiacondor@gmail.com.



2007 Oregon Department of Fish and Wildlife Fall Hunting Forecast

DEER

Douglas County (Dixon, southern Indigo, northwest Evans Creek, Melrose, southwest Siuslaw, eastern Tioga and northeast Power wildlife management units)

Hunters can expect a season that is slightly better than last year. Fawn production has improved during the last two years, resulting in an increase in deer populations around the county. Deer populations are slightly above last year with medium to high population levels on the Umpqua Valley floor and lower levels in the Cascades and Coast ranges. Deer Hair-loss Syndrome seems to be affecting less of our deer population, consequently fawn recruitment has improved the last two years. Buck ratios after the season last year were high enough that hunters should expect to find legal bucks if they work clear cuts and other places that provide brushy habitats.

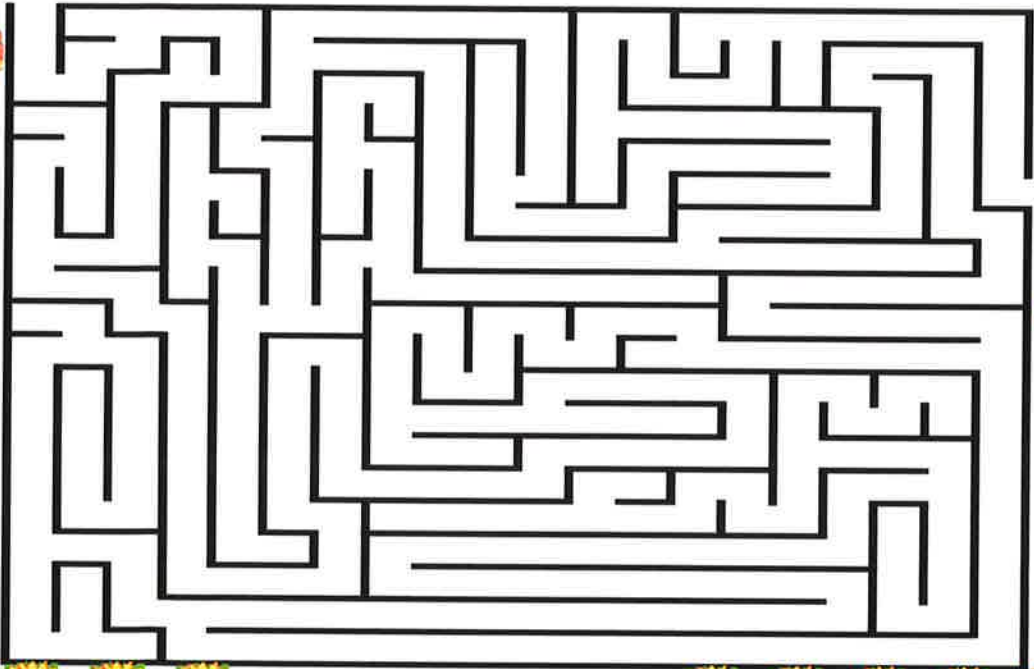
ELK

DOUGLAS COUNTY (Dixon, S. Indigo, NW Evans Creek, Melrose, SW Siuslaw, E. Tioga and NE Powers Units)

The outlook for hunters this elk season looks to be average. This prediction is a result of average bull and calf ratios, good escapement from last hunting season and another mild winter increasing elk herd survival. February aerial surveys found bull and calf ratios near our management objectives. Elk numbers are greatest in the E. Tioga, mid to high elevations of the Dixon and S. Indigo and the perimeter of the Melrose units. Some of the local private timberlands are restricting access due to the high fire danger so hunters should contact them for information on any restrictions before hunting.



This oak leaf is missing its tree! Can you help them get back together?



Paper Plate Sunflowers



- 1 Small plain paper plate
- Paper towel tube
- Green construction paper (sheet)
- Yellow construction paper (a few sheets)
- Scissors
- Pencil
- Tape
- Glue
- Stapler
- Sunflower seeds (a small handful)



Stem of the Sunflower: Use glue or tape to wrap a piece of green construction paper around a paper towel tube



The Petals of the Sunflower: Trace a child's handprints on yellow construction paper. Cut them out. You'll need about 6 handprints.



The Sunflower: Glue or staple the handprints around the small paper plate.



Put a small layer of glue in the center of the flower. Sprinkle sunflower seeds in the glue.



Staple the stem to the flower (you'll have to flatten the top of the paper towel tube in order to staple it). You now have a huge sunflower!



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.

