



April 2008

Inside this issue:

Announcements	2
Transporting local firewood	3
Upcoming Events	3
Contract Health News	4
Diabetes Update	5
Child abuse awareness	6
Kids Corner	7

Election Reminder

The last day to register to vote for the upcoming election on August 10, 2008 is May 16, 2008. Tribal members need to be at least 18 years of age by August 10, 2008 in order to vote.

Voter registration forms may be picked up at the main office at 2371 Stephens St., Roseburg or call 800-929-8229 to request a form by mail.

KIUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians

Exciting Steelhead Release into Canyon Creek



Above: Steelhead trout are released into Canyon Creek.

On April 1, 2008, approximately 5,000 hatchery-raised steelhead trout were released into Canyon Creek. The trout spent approximately three weeks in the acclimation pond located on tribal property behind the Seven Feathers Hotel and Casino. The Cow Creek Tribe, Oregon Department of Fish and Wildlife, Umpqua Fishermen's Association and several wonderful volunteers all teamed up to make this venture possible.

The released steelhead are descended from 75% native or wild stocks that were harvested from Canyon Creek, the South Umpqua River and the South Umpqua Falls. These fish were transferred to the Rock Creek Fish Hatchery, located up the North Umpqua, where they proceeded to breed. It is their brood that were transferred and eventually released at the Canyon Creek acclimation pond.

Prior to their release, 250 steelhead were netted, weighed and measured for length. Most of the fish were smolts and almost all had their dorsal fins clipped. Dorsal fins are clipped so that hatchery-raised fish are not confused with wild steelhead. Hatchery raised fish make up the majority of the sports fishery present within the Umpqua River system. In fact, 95% of the steelhead populations that return to Canyon Creek are hatchery-raised.

Steelhead trout have always been an important food resource for Cow Creek people. There were times throughout history that a good run of steelhead may have provided the additional nourishment our ancestors needed to make it through a long winter season. The trout once helped us and it is time now for us to help them.



Left: Local volunteers net fish to measure and weigh. Right: Greg Huchko with the Oregon Department of Fish and Wildlife measures a steelhead smolt. The fish are sedated during this process so they are easier to handle.

Announcements

Cow Creek Culture Camp

The Cow Creek Culture Camp is scheduled for June 20, 21 and 22, 2008. The applications will be sent out the second week in May. If you have any questions, contact Louis LaChance at 541-677-5575.

In need of new address changes

Any adult or child Tribal member that has moved or changed their mailing address needs to contact Janet at Cow Creek Government Offices 541-677-5575.

Free Salmon

There is a limited amount of left-over frozen salmon from the 2007 Cow Creek Tribal Powwow. 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 Nicole Linton at 839-1280 to schedule a time for pick-up.



Tribal Information Day

The Legislative Commission on Indian Services and the Nine Federally Recognized Tribes of Oregon will host the 2008 Tribal Information Day at the State Capital!



Tribal Information Day will be On Friday, May 16, 2008 from 9 a.m. – 1 p.m. Questions? Please contact the Legislative Commission on Indian Services at Cassandra.webber@state.or.us.

5th Annual Truth, Lies and Videotapes Awards Slated

The 5th Annual Truth, Lies & Videotapes Awards will be held at Roseburg High School's Rose Theatre on Thursday, April 24, 2008 from 6:00 p.m. -8:30 p.m.

Truth lies & Videotapes is a youth media project of the Douglas County Communities Aligned to Prevent Substance Abuse (DCCAPS).

DCCAPS promotes healthy lifestyles through collaborative efforts designed to involve the community in preventing tobacco, alcohol and other drug abuse.

For more information contact Don Gilbert, A & D Coordinator at 541-672-8533.

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. Tribal members must request a new pass every year. The passes are available at the Cow Creek Government Main Office. 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 672-9405.



Moving firewood can spread insects and diseases that kill trees!

Buy firewood where you camp! Use firewood in the area where it was cut.



When heading for the lake or escaping to the woods this summer, don't take firewood with you. When starting home, don't bring firewood back.

Forestry departments across the continent are begging campers and homeowners to avoid transporting firewood out of the area where it was cut.

Transporting firewood is a perfect way to carry tree diseases and pests to new places.

Here's a short list of some killer tree problems that are known to spread through firewood:

- Pine pitch canker
- Oak wilt
- Gypsy moth
- Sirex wood wasp
- Dutch elm disease
- Emerald ash borer
- Various other borers
- Sudden oak death
- Beech bark disease
- Asian longhorn beetle
- Various fungi and rots

Buy firewood that was grown as near as possible to the place where it will be burned, or better yet, look around for dry dead wood on the ground that can be used. If buying firewood, don't buy more than you can burn, and be sure to burn all that you buy. Please help spread the message to other campers.



30,000 hardwoods already destroyed to control the Asian Longhorn Beetle.



20,000,000 ash killed by the Emerald Ash Borer.

Upcoming Events

Friday, April 25th— Winter steelhead smolts will be released near Seven Feathers Hotel and Casino. Tribal members are encouraged to attend. Contact Jay Walters at 677-5575 for additional information

Saturday, April 26th— The breakfast and tour of Tribal properties will be at Seven Feathers. Pick-up will be at the resort with breakfast beginning at 10:30 a.m. A property tour guide with Mike Rondeau will follow. Space is limited. Elder's must R.S.V.P to Rhonda Malone by Thursday, April 24, 2008 at 541-677-5575.

Saturday, May 3, 2008— The JOM Parent Committee is sponsoring the JOM Youth Mini Pow-wow for JOM youth and families at Seven Feathers Convention Center. There will be an Elder speaking to JOM youth on Pow-wow protocol from 3:00 pm to 4:30 pm. A dinner will be served from 4:30 pm to 5:30 pm. Grand Entry will be at 6:00 pm. Contact Kelly LaChance for further information at 541-677-5575.

Saturday, May 17th— The dinner program starts at 6:30 pm and will be held at the Seven Feathers Convention Center. If you are a 2007 or 2008 graduate, contact Kelly LaChance, Education Director at 541-677-5575. Graduates from a GED program, high school, college, certificate or vocational program will be honored.

Sunday, May 18th— 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, OR. Tribal members not registered to vote may call the main office at 672-9405 to request a form.

Contract Health News

Contract Health Services (CHS) has had some changes to our staff this month. Amy Layfield, will be joining Elizabeth in the CHS office starting in April, after we say goodbye to Haven Lahman. We are happy to have Amy aboard.

The weather is warming up and people are going outdoors picnicking, hiking, biking, riding and taking vacations. It is important to get your 2008 CHS application in if you have not done so to help keep your eligibility current to ensure CHS benefits are available for you in case of an emergency or accident. Remember, that a pre-authorized purchase order (PO) is required for each visit to the doctor or dentist.

If you live in this area and have not signed up to be seen at the clinic, call for a new patient packet to get one sent to you right away! We encourage all members in the area to utilize the medical services, counseling, nutritional and other programs that are available to you.

Drug Facts

RX Drugs

Kids don't need a drug dealer to get high

While illicit drug use by teens is declining, the newest threat is from the family medicine cabinet- the abuse of prescription and over-the-counter drugs. But parents and caregivers can help to stop this dangerous trend.

What you can do:

- * Safeguard your prescriptions
- * Set clear rules for teens
- * Be a good role model
- * Properly dispose of old medicine
- * Reach out to friends and family



To talk with our new Alcohol & Drug Counselor Don Gilbert, call the Health & Wellness Center at 541-672-8533.

Home Safety Tips

COW CREEK HEALTH AND WELLNESS CENTER

For most of us, our home is our safe haven. There are many simple things that can be done to help save lives and prevent injuries and disasters. Located at Cow Creek Health and Wellness center they provide a Top Safety Pamphlet that includes steps and information regarding home safety. Below are some basic things to have done to the home which will help prevent disaster from striking.

- ◆ **Smoke detectors** – install smoke detectors on every floor and outside each bedroom. Test them regularly.
- ◆ **Fire extinguishers** - keep extinguishers in your kitchen and garage. Most fire extinguishers are combination Class ABC types. Class A puts out fires of ordinary combustibles. Class B is used on fires involving flammable liquids such as oil. Class C is used on electrical fires.
- ◆ **Carbon monoxide detectors** – carbon monoxide is odorless and colorless. Carbon monoxide can be fatal unless detected. Place a detector outside of all bedrooms in the home.

- ◆ **Ground fault circuit interrupters (GFCIs)** – use GFCIs throughout your home, especially in the kitchen, bathroom and laundry room. A GFCI protects against electrical shock in case you come in contact with a live wire.
- ◆ **First-aid/emergency kit** – store antibiotic ointment, bandages, adhesive tape, cold packs, antibacterial hand cleaner, scissors, tweezers, eyewash and a flashlight in an easily accessible place.

For more information about safety in the home please contact Andrea Davis, CHR at 541-677-5575.



Diabetes Update

There are about 21 million diabetics in the U.S. There are approximately 56 million pre-diabetics. Pre-diabetics are people with elevated blood sugars who will most likely develop Type 2 Diabetes in the future without some form of intervention. More than 1,500,000 new cases of diabetes are diagnosed each year.

Some results of diabetes include:

~ Diabetes is the leading cause of non-traumatic amputations. More than 224 lower limb amputations **each day** occur in people with diabetes.

~ More than 20,000 people a year or 60 each day develop blindness as a result of diabetes.

~ One in three people born in the United States in 2000 are projected to develop diabetes in their lifetime.

~ The incidence of Type 2 diabetes in children and adolescents has increased significantly over the past 20 years.

~ Native Americans are on an average, two to three times as likely to develop diabetes.

~ Diabetics are two to four times more likely than non-diabetics to suffer a fatal heart attack or stroke.

~ At least one third (7 million) of the people with diabetes do not know that they are diabetic.

~ Many more of the 56 million pre-diabetics are unaware that they are on their way to developing full

blown diabetes or that it is preventable.

Lifestyle changes (eating healthy, getting a moderate amount of exercise) are much more effective than medication in the prevention of diabetes. The Cow Creek Health and Wellness Center has a program in place specifically to help Cow Creek tribal members and other Native Americans prevent diabetes. The program is free and includes pre-diabetics screening, classes, materials (notebooks, pedometers, and scales) and other benefits. Participants will have a coach/personal trainer to support, encourage and train with as they make the lifestyle changes necessary to prevent this devastating disease.

For more information on the classes or to be screened, please contact Bob Dunas, Health Educator at the Cow Creek Health and Wellness Center at 677-5575.



Get In Shape for the Summer— Join the Diabetes Prevention Program!

Are you frustrated in your efforts to lose weight or at risk for diabetes? Take off pounds and keep them off with customized weekly classes from your own personal lifestyle coach!

We've all joined programs, attempted "quick fix" diets and bought the latest fad diet books. These methods may work for a while, but if habits and behaviors are not changed, you'll soon lose interest, quit the program and gain back any weight you have lost. The Diabetes Prevention Program is designed to help you overcome obstacles and make lifestyle changes that last. This will enable you to make and maintain healthy lifestyle choices about eating and physical activity. For more information about the Diabetes Prevention Program, contact Bob Dunas, Lifestyle coach, at 541-677-5575 or 800-935-2649.

Healthy Cooking Classes

Cooking is something everyone has to do, so why not make it healthy? These classes are going to teach you what you need to know about cooking great healthy meals. The cooking classes are held on Thursdays from 4:00 pm - 6:00 pm at the Block House located behind Seven Feathers Hotel & Casino Resort. There will be no class on April 24th. For more information call: Tricia Hedges, RD, Cow Creek Health & Wellness Center's nutritionist and diabetes program coordinator @ 541-677-5575 ext. 5512.

April is National Child Abuse Prevention Month

Every day in the United States more than 4 children die as a result of abuse and neglect. More than three quarters of those children are under age 4.

Homicide is the leading cause of injury deaths in babies under 1 year of age. Almost 3 million reports of possible maltreatment involving children are made to protective services yearly and the actual incidence of abuse is estimated to be 3 times more than what is reported; only 1 in 3 people reported abuse when confronted with a situation.

Nearly half of all reported cases of child abuse and neglect involve the parental use of alcohol or drug abuse. The impact doesn't stop here, over 33% of women in prisons and jails report childhood abuse, as do 14% of men.

Cultural Impact: Abused Native Americans are twice as likely to abuse alcohol.

Recent research suggests that tribe members that were abused are more likely to have problems with alcohol later in life; across seven tribes in Oregon, Wisconsin, Oklahoma, Maine, and Arizona an average of 30% of men and 18% of women were diagnosed with alcohol dependence and reported that at least one of their parents abused alcohol. Physical neglect and abuse were the most widely reported negative childhood experiences.

Risk factors were reduced when close tribal connections existed and the need for decreasing childhood exposure to adult drinking was enforced.

Some Signs and symptoms of Abuse:

Neglect is suspected when children are not dressed appropriately for weather conditions, they are dirty or un-bathed, they are extremely hungry, and supervision is lacking or poor. Failure of a parent to provide shelter and medical care is abusive whether or not the child is injured.

Emotional abuse is suspected when children present as depressed, hostile, apathetic, find concentrating difficult, and often have eating disorders.

Physical abuse is suspected when children fear adults, have school problems, are anti-social, have unexplained burns, bites, cuts, bruises, or welts in the shape of objects. Also, corporal punishment that results in trauma, willful cruelty, and unjustifiable punishment are abuses.

If you suspect abuse, call child protective services. You may, also, call the police, school personnel, or clergy.

In most states, callers don't even have to provide their names. If you do give your name, it will be protected.

What you can do to help:

- Teach children their address and phone numbers.
- Never go anywhere alone
- Yell, run, and tell a trusted adult if they are frightened.
- Do not keep bad secrets.
- Tell them that they own their body and their private parts and they don't ever have to touch anyone else's privates.

When you suspect any abuse on a child, you are to report it. This means any bruises, cuts, burns or other visible marks on the child. Ask parents about their stress levels and offer to help them. Get involved. Volunteer your time and support legislation that protects children. Educate yourself and others in parenting skills and anger management. Teach children that they have a right to be safe and mean it. Support Child Abuse Prevention Month by wearing a blue ribbon.

Resources: Child help USA @ www.childhelpusa.org; National Clearinghouse on Child Abuse and Neglect Information @ <http://nccanch.acf.hhs.gov/index.cfm>; Association for Marriage and Family Therapy @ <http://www.camft.org/PressRoom/PressReleases/April>

Lee Van Beuzekom, LMFT

Cow Creek Health and Wellness Center



Earth Day is April 22, 2008



Earth Day Every Day



Recycling Paper Facts

The most important way to save valuable resources such as paper is to use as few as possible. Recycling and using recycled products is one great step to help our environment stay green. Here are the facts:

- 75% of each tree that is cut down for paper is not used in a paper product
- 98 tons of various resources are required to make one ton of paper
- Paper made from recycled paper uses 70% less energy.

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

AIR
ANIMALS
CARE
CLEAN
ENERGY
FUEL
HOME
LITTER
PEOPLE
PLANTS
REUSE
SOIL
WATER
WORLD

Rain or Shine Weather Mobile

Supplies

- Markers
- Washable Watercolors
- Watercolor Brushes with Plastic Handle
- Glue Sticks
- No-Run School Glue
- Pointed Tip Scissors
- recycled newspaper
- Party Express paper plates
- String
- paper towels
- Container of water



1. On the back of a sturdy paper plate, draw with markers a simple sun (or any other weather symbol you wish). On the back of another plate, draw a cloud. Poke a hole in the center of these symbols with scissors and cut out the centers of your designs.
2. Cover your art area with newspaper. With watercolors and watercolor brushes, color the plates. Dry.
3. Use one plate as a template to trace two circles of construction paper. You will use these to fill in behind the cutouts, one for the sun and another for the cloud. Place several pieces of string between the two circles. Have some pieces dangling down to hold sunbeams and raindrops or snowflakes. Put one loop at the top for hanging. Glue the two circles together with a glue stick. Dry.
4. Insert the construction paper circles between the paper plates. Glue them together with school glue. Dry.
5. Cut out double sets of raindrops/snowflakes and sunbeams from leftover construction paper. Glue them like bread on a sandwich onto the strings hanging down. Dry.
6. Listen to weather forecasts, read the paper, observe nature, even turn to weather lore to make your predictions-you can be a meteorologist, too! Display your mobile to show your weather forecast.

Steven James Rondeau
P.O. Box 1223
Forks, WA 98331
USA

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 Janet Cooper at the Cow Creek Government Offices at 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.**

