



Cow Creek Band of Umpqua Tribe of Indians

KIUYUM-ID

JUNE 2008 Volume 18 Issue 6



31st Annual Cow Creek Tribal Pow-wow

The Cow Creek Band of Umpqua Tribe's 31st Annual Pow-wow will be held at South Umpqua Falls on July 18, 19 & 20. The Tribal potluck dinner will be at 7:00 p.m. on Friday, July 18. Please bring your favorite dish or dessert to share with all.

Bob Tom of the Siletz Tribe will serve as Master of Ceremony at Saturday's Pow-wow events. Steiger Butte will be the host drum. 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 craftspeople 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 however, Tribal members intending to camp elsewhere in the Umpqua National Forest during this time or other times must obtain a day pass. Also, as a friendly reminder the campground must be left in the same condition as it was prior to the Pow-wow. This means, if you build a fire pit or move a picnic table, please put everything back as it was. **THIS SAVES SOMEONE ELSE FROM HAVING TO DO IT!!** No drugs or alcohol will be allowed at the Pow-wow. For more Pow-wow information, contact Tammy Woodruff at (541) 672-3861.



Celebrating 150 Years

Canyonville kicked off a summer long celebration of activities at Pioneer Park on Saturday, May 17, 2008. The Lions Club cooked up some tasty buffalo burgers. The Native American drum group Good Medicine played for the crowd in the afternoon. There were Dutch oven cooks that began cooking at 9:00 a.m. with a demonstration on Dutch oven cooking who then spent the better part of the day cooking different recipes and offering samples to the crowd.



Good Medicine Drum Group

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Announcements

Employment Opportunities

Cow Creek Band of Umpqua Tribe of Indians have many job openings available. Call the job hot line at 800-548-8461 for all current job listings or visit online at www.UIDCHR.com which also has employment details. There are needs for telecommunications people. Call Ruth Ann Liles at the Human Resources offices at 541-492-5277 for any other additional

Movie Club

The summertime

movie fun is about to get started on June 24 and July 1, 2008. Free movies will be held for the youth and Tribal families at Cinema Seven in Roseburg. You must call Rhonda Malone the day before the movie event to reserve your spot at 541-677-5575.

All About Food and Cooking Classes

Registered Dietician and Certified diabetes Educator Tricia Hedges will be teaching cooking classes June 19th and 26th, 2008 at 4:00 p.m. at the Block house in Canyonville. Learn to cook and eat low fat and high fiber foods. Contact Tricia at 541-677-5575 or 800-929-8229 for more information on the class.



GIS Helps Locate Basket Materials

The Tribe's geographic information systems, or GIS, software is being used to help identify prime locations for collecting basket-making materials. It has long been known that hazel and other native shrubs that resprout after a forest fire make for better basket materials. To help zero in on these burned areas-turned-basket material gardens, Cultural Resource Specialist Louis LaChance and GIS Coordinator Jay Walters worked together to acquire historical forest fire data and build a map showing recent forest fires on national forest lands. The GIS-created map, along with good old-fashioned field reconnaissance, will give basket makers more of the best materials in a shorter amount of time.

Traditionally, Tribal members intentionally burned forests and prairies to encourage the growth of food plants, eliminate pests, improve habitat for deer and other animals, and reinvigorate the growth of plants used for baskets and other items for daily living. These "prescribed" fires were no longer allowed after the mid-1930s. Wildfires provide these same benefits, too, though fires of natural origin can easily become catastrophic in size because of the heavy fuel loads. Today, the U.S. Forest Service and other land management agencies are using prescribed fires to reduce uncharacteristically-heavy fuel loads

and provide other positive outcomes of burning the forest. In addition to hazel, other native plants desired for their basket-making qualities include bear grass, maidenhair fern, and willow. According to Louis LaChance, "After a light to moderate fire, these plants sprout back with supple, new growth that is easier to work than the older, tougher material. Baskets and other goods woven from the new growth last longer than those made from older vegetation."

GIS software is used to read, analyze, and display spatial data such as areas burned by wildfire. Spatial data can be thought of as electronic "maps" tied to their correct locations on the earth. For example, GIS data for the 2002 Boulder Fire in the South Umpqua River drainage includes the fire perimeter – all spatially correct and tied to the correction location on the ground – and "attribute" data such as the start date, cause, size, and cost of fighting the fire.

Future plans call for integrating wildfire data with Tribal traditional use areas, all in GIS format. With this revealing combination of data, Tribal members can further focus their energies on just those areas within recent wildfires where they or their ancestors traditionally collected basket materials.

Career Fair

The UIDC Human Resource Department is planning the recruitment for our new buffet at Seven Feathers Hotel & Casino Resort. The expansion of the hotel will open in 2009 and

we start recruiting in early 2009. We are holding a career fair that is open to all Tribal members and the public. The Career Fair will occur on July 30, 2008 from 11am-7pm at Seven

Feathers. We will have computers available for use to fill out online applications or you may bring your resume and fill out a paper application. Visit us on the web at www.uidchr.com.

Diamond Lake Event

The 2nd Annual Outdoor Recreation and Boaters Safety Day was held on June 7, 2008 up at Diamond Lake. There were approximately 45 attendees at the lake. Northstar Busline provided the transportation for Tribal members. The Mid Oregon Bass Club partnered with the Cow Creeks by having their boats readily available for assisting Tribal members onto the lake to go fishing. They also provided all the fishing poles and fishing gear for the day. It was free fishing day all across the State of

Oregon. There was a continental breakfast, and BBQ lunch for those who participated. Diamond Lake hosted the BBQ lunch.

There were many children and adults who partook in the birdhouse building activity. Rhonda Malone and Jessica Bochart assisted with the activity. Don Gilbert was the wilderness speaker who shared information about dog care and what to do if you are in the woods and encounter a bear or cougar. He also brought his trustworthy hunting

dogs along for show.

Victor Fejeran was very instrumental in getting the Mid Oregon Bass Club involved to help with the event. Andrea Davis enjoyed leading the fun bike rides all around the lake.

There were many laughs, many boat rides and many sturdy birdhouse's made at Diamond Lake. We are looking forward to holding the same event at Galesville Reservoir next year in June.



Mya Malone



Teri Hansen



Andrea Davis & Angie Steinhoff



Andrew Davis



Rhonda Malone & Joyce Sertain



Nathan Steinhoff & Chris Van Norman

Traditional Facts

Many species of woodpecker are significant to the culture of Northwest Indian people. The Pileated Woodpecker is arguably the most sought after, because of the vibrant red color of its scalp. The scalp was a valuable trade item and is associated with power and wealth.

To catch a Pileated Woodpecker our ancestors would observe when this bird flew into a hollowed out tree. Next, they would take a woven cone made of willow that was wider at the base and narrower at the neck. The unsuspecting woodpecker would exit the tree cavity only to see daylight all around. As the woodpecker forced itself into the smaller portion

of the willow trap it was unable to turn around and get back out. In the state of Oregon it is illegal to hunt, trap, or shoot Pileated Woodpeckers. Thankfully, they are not endangered, but it is important that their population levels do not decline. The large abandoned cavity nests, excavated by Pileated Woodpeckers, provide essential habitat for mammal and bird species to raise their young.



Trail Celebration

On June 7th the Umpqua National Forest celebrated the reopening of the Medicine Creek Rockshelter. The opening of this trail coincided with National Trails Day and the centennial celebration for the Umpqua National Forest. The Trail consists of a smooth 0.2-mile long, wheelchair accessible trail, and a small bridge.

Representatives of the Cow Creek's Cultural Resource Department attended the Trails Day Celebration and discussed additional methods for protecting and preserving the Rockshelter's remaining pictographs.

COW CREEK HEALTH AND WELLNESS CENTER

Bicycle Safety

With the promise of summer in the air, the Wellness Center wants to promote exercise and safety. The Douglas County Health Services has provided some good tips to prevent brain injury from wheeled sport crashes. Safe Kids reports that helmets can reduce the risk of brain injury by as much as 88%. Fewer than one in four Douglas County 8th graders report wearing a helmet when riding a bike. Helmet use does go down as kids get older.

Teaching kids to wear a helmet is one of the most important things parents can do to protect their children from a life threatening injury. So make a safety pledge to gear up for safety every ride, every time. Say to your child—no helmet, no ride. It is important to have a helmet that meets U.S.

Consumer Product Safety Commission standards. Learn how to fit and wear a helmet correctly.

Everyone who rides a bike needs to know the rules of the road. One rides on the right, in the same direction as the traffic. The law is that children age 15 and younger are required to wear a helmet when riding a bike, skateboard, scooter, or in-line skates in public places. Failure to wear protective headgear carries a fine of \$25.00. Have a great summer, and get outside!



All Children Need to Hear About When They Do Well

Hints on ways to praise:

I knew you could do it You little darling *Brilliant!* You go to the top of the class

That's wonderful work **Amazing** You rock! *You're doing better than I am* That's so creative

Well done GREAT Fantastic You're so smart! *wonderful* That's sensational You're a

STAR You've made my day You are my sunshine CLEVER GIRL/BOY I'm so proud of
you **BEAUTIFUL** That's my boy/girl! That is really neat **WOW** Super I'm really

pleased with you Splendid You have done

really well! You deserve a prize *What a great helper!* Terrific Marvelous FIRST-CLASS

WORK stupendous **You've worked really hard** COOL Out of this world

What a Sweetheart A gold star for you **I love it when you do that** far out SUPERB First-
rate I think you're really good at..... *That's incredible!* What an Achievement I'm so Glad Everyone will
be proud of you *Awesome* *You must be really pleased* EXCELLENT *Very nicely done* Ex-

quisite job *I love you so much!*

For more information on parenting please call Lee Van Beuzekom at the Cow Creek Health and Wellness Center at 800-935-2649 or 541-672-8533.

Fetal Alcohol Syndrome: The preventable birth defect

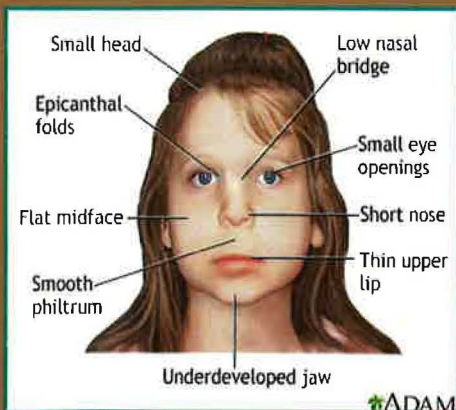
Fetal alcohol syndrome is one of the top three known causes of birth defects with accompanying retardation and the only preventable cause among the three. FAS is a group of physical and mental birth defects that may include growth deficiencies, central nervous system dysfunctions, craniofacial abnormalities and behavioral maladjustments. FAS can be prevented by the mother abstaining from alcohol consumption during pregnancy.

Facts on FAS:

- Nearly 5,500 babies, one in 75 are born with FAS every year. A less severe form of Fetal Alcohol Syndrome, Fetal Alcohol Effect will impact 36,000 more.
- No amount of alcohol consumption during pregnancy is known to be safe. Even a single episode of drinking is enough to damage the fetus.
 - * It is the leading cause of mental retardation.
 - * FAS produces irreversible physical and mental damage.
 - * It crosses all socio-economic groups and affects all races.
- The estimated cost for healthcare for a patient who has FAS is \$2,200.00 a lifetime.
 - * FAS costs the American taxpayers \$342 million every year.

Individuals with FAS between the ages of 11-51:

- * 95% will have mental health problems.
- 56% will be confined in prison, treatment centers or mental institutions.
 - * 62% will have trouble with the law.
 - * 53% will exhibit inappropriate sexual behaviors.
 - * 83% will not live independently.
 - * 70% will have problems with employment.
- More than 50% of males and 70% of females will have alcohol or drug problems.



Fetal alcohol syndrome is prevalent in 1.3 to as high as 10.3 of every 1,000 American Indians. Variance is based on which tribe you poll. Some tribes have particularly higher risk. The best advice for pregnant women is to abstain from alcohol consumption during pregnancy. Women who breastfeed should continue to abstain from drinking alcohol until their babies are weaned completely.

Seven Ways To Stay Motivated During Workouts

Motivation is an essential part of long term weight loss success. Everybody loses motivation to exercise from time to time, and it is often a result of a lack of variety in their routine. The key is to know how to respond. Below are suggestions of ways to increase your variety and motivation.

Find An Exercise Partner: Those who have an exercise partner increase their adherence to their routine by almost 90 percent. Choose someone who has similar goals and is at a similar fitness level. Make a commitment to each other to show for workouts. Your workout partner will provide accountability, will push you to do more than you would on your own, and can also help you stay on track with your nutrition.

Get Outdoors: If you have been exercising inside through the winter and spring, now is a great time to make a change and take your workouts outdoors. Whether it is walking, resistance training or some combination of both, moving your exercise location is a good way to add variety.

Meet With A Pro: We can all get into a rut doing the same old thing. Getting together with a professional exercise specialist can help you fine tune your goals and provide alternatives for different types of exercises that you might not have access to on your own. They will also be able to show you proper form and coach you on intensity and duration, two impor-

tant factors when planning an exercise program.

Exercise Videos: The biggest problem with an exercise video is that most people never use them! Whether you purchase them, or borrow them from your local library, videos can be a great way to add variety to your exercise program. Try exchanging one day at the gym for a home exercise video workout.

Cut Your Time: Spend less time at the gym, but do the same workout. So if you have a set walking routine, stay with it, but complete the distance in a shorter amount of time. It will be a change not just for your body, but also for your mind. Try completing the same distance that you normally do on the treadmill or elliptical for 45 minutes in just 30 minutes. Increase your intensity, and reduce your time.

Do The Opposite: If you have been weight training via a total body routine, break up your workouts into upper body and lower body. If you have been breaking up your body parts, try training the whole body in one routine. If you perform aerobic exercise and weights in the same workout, try doing workouts that are either just aerobic, or just weights. If you normally stay on one machine for your aerobic workouts, mix it up by using 3 different machines in one workout session. These changes in your workout routine will give your mind a much needed break, and will also give your body a much needed change as well.

Change Your Workout Time: Try

going to the gym at a different time of day. If you normally exercise in the mornings, switch to afternoons or evenings and vice versa. Seeing different people can make a big difference in your motivation. It will be like being a different gym!

Motivation is the result of having an interest in what you are doing. If you have been doing the same exercise routine and you notice your motivation slipping, mix it up! A little change can go a long way. Changing your routine for just one week can make a big difference in your enthusiasm, and who knows, you might find that you like the new routine better than your old one!

For more information on exercise programs, how to get started, etc. Contact Bob Dunas, Cow Creek Health and Wellness Educator, at 677-5575.



Sniff out various types of pets listed below in this special pet-themed word search:

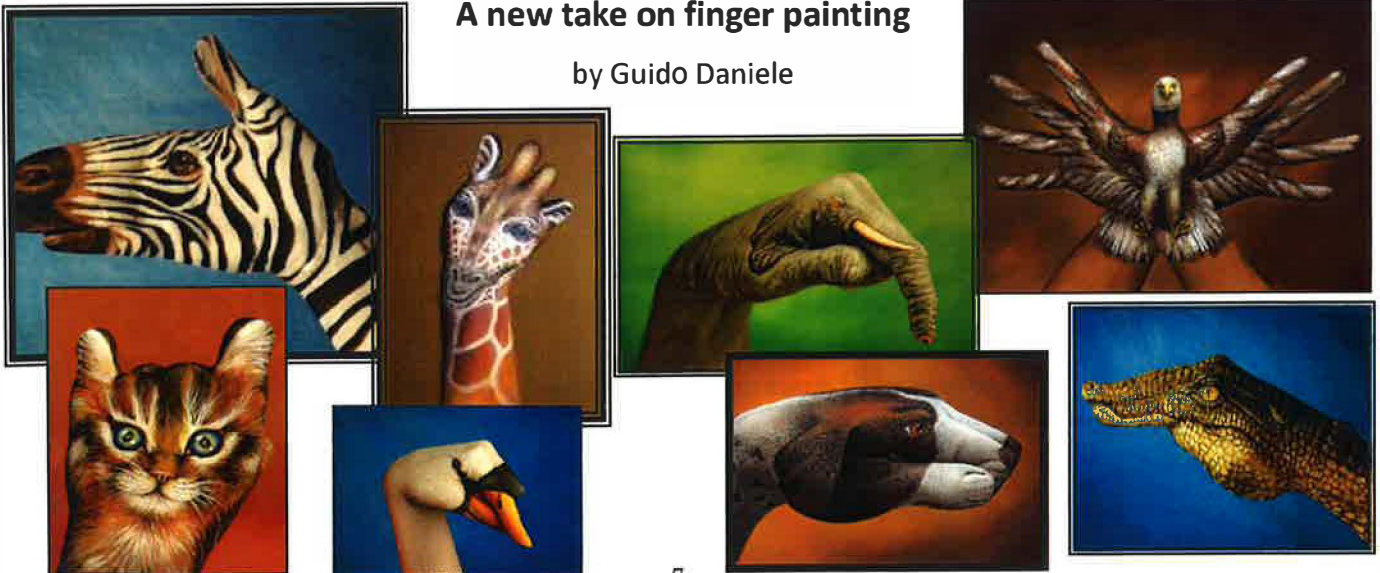
A	S	D	I	W	S	S	Y	B	C	M	D
J	E	S	O	E	N	L	W	O	A	O	C
M	F	S	N	G	P	S	X	G	T	U	Q
G	E	C	K	O	A	N	A	U	H	S	S
S	X	F	Q	L	R	A	R	I	R	E	T
K	A	E	L	D	R	K	R	N	A	I	U
I	R	R	Y	F	O	E	F	E	B	H	R
H	E	R	M	I	T	C	R	A	B	F	T
O	O	E	G	S	W	H	O	P	I	M	L
L	A	T	M	H	E	T	G	I	T	O	E
H	C	A	N	A	R	Y	T	G	S	Z	F
L	H	O	R	S	E	I	K	P	S	R	P

Dog	Guinea pig	Gecko	Hamster	
Cat	Goldfish	Mouse	Rabbit	
Ferret	Snake	Turtle	Canary	
Hermit crab	Parrot	Horse	Frog	

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A new take on finger painting

by Guido Daniele



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Toll Free: 800-929-8229



COW CREEK BAND OF UMPQUA TRIBE OF INDIANS

**We are on the
web!
cowcreek.com**

Reminder:

**All Johnson O'Malley
functions are smoke free.**



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 are not living in their households also should make sure their children's updated addresses are on file with the Tribal Government Office. 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 800-929-8229.

