

# KIUYUM-ID

Cow Creek Band of Umpqua Tribe of Indians

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## Seven Feathers Hotel Addition Opens

*By Michael Rondeau*

Eighteen months of construction has resulted in the opening of an additional 154 hotel rooms at the Seven Feathers Hotel and Casino Resort bringing the total number of rooms to 298. On June 1, 2009, guests arriving to stay at the resort were redirected to the new hotel entrance and lobby for check-in. In addition to the new deluxe rooms, expanded reception area and concierge desk, the hotel will also include a business center and two additional conference rooms that will accommodate 90 people in each room. There are also outdoor patio and

courtyard spaces for parties and other social events.

Coming later this summer are more results of the year and a half construction project with the opening of two food outlets and a spa. "The Gathering Place Buffet" featuring a variety of international cuisine as well as American food has seating capacity for up to 250. Also, to replace the temporary coffee shop located in the former hotel lobby, "The Kabe Café" (Kabe, a Chinook Jargon word for coffee pronounce Kaw-be) will feature a variety of coffees, pastries and ice cream. The "River Rock Spa," a

full service salon, will introduce a whole new experience at the resort. Included in the services available will be massage, body treatments, facials, manicures, pedicures, spray tanning, both wet and dry sauna, soaking tub, and a cold rinse rain shower.

During a press conference with the local media on June 18, 2009, unveiling the new hotel, three former Mayors of the City of Canyonville as well as the current Mayor, were in attendance to show their support of the economic efforts of the Cow Creek Tribe.

### Special points of interest:

- Culture Camp 2009
- Standing Strong Video Production
- Umpqua National Forest Camping Passes
- CCH&W Satellite Clinic to begin construction
- Cow Creek Band of Umpqua Tribe of Indians 32nd Annual Pow wow
- 1st annual Chief Miwaleta Day Celebration

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## Tribal Announcements



### 2009 SUMMERTIME MOVIE CLUB

It's Summertime Movie Club time of year again. This year's Movie Club dates are June 30, July 7,

July 28, and August 4, 2009, which are all on Tuesdays. After the August 4th movie we will be meeting for pizza. All participants must arrive at the theatre by 8:00 a.m.

with the program beginning at 8:15 a.m. For more information and to sign up contact Rhonda Malone at 541-677-5575 or 1-800-929-8229.

## 32nd Annual Tribal Pow Wow 2009

*By Rhonda Malone  
and Janet Cooper*

This year's Pow wow will be held July 17th, 18th, and 19th at South Umpqua Falls. The falls are located 20 miles east of Tiller, Oregon. Directions are available at the Government Office Front Desk at 1-800-929-8229.

**Reminder:** Friday, July 17<sup>th</sup> is the annual Pow wow

family dinner, scheduled to begin at 7:00 p.m. This is a potluck dinner. Please bring a dish to share.

**Reminder:** Pow wow raffle will be held Sunday, July 19<sup>th</sup> at 10:00 a.m.

If you wish to make a donation of a native handcrafted item and plan to attend the Pow wow, please bring the item to the raffle booth. If you do

not plan to attend please mail or deliver your donation to Tammy Woodruff or Rhonda Malone by July 13<sup>th</sup>, 2009 to 2371 NE Stephens Roseburg, OR 97470.

For more information contact Rhonda Malone or Tammy Woodruff at 1-800-929-8229.

*"Mark your calendars  
for the annual Tribal  
Elder's Hell Gate Jet  
Boat Excursion on June  
27th".*

## Culture Camp 2009

*By Sherri Shaffer, CEO*

The 7th Annual Cow Creek Culture Camp was held June 19, 20, & 21 with the largest attendance of Tribal Members to date.

The camp, which was held at Bare Ranch in Myrtle Creek, offered classes in basketry, rock art, archery, flint knapping, a children's table, rattle making, and

deer skin bags.

Drumming was provided by "Counting Coup" and storytelling by Earl Huit.

Activities began Friday evening with a Chili Feed. A Sunrise Salmon Ceremony was held on Saturday. Salmon runners were Blake Van Norman, Thomas Sertain and Cougar Buschman.

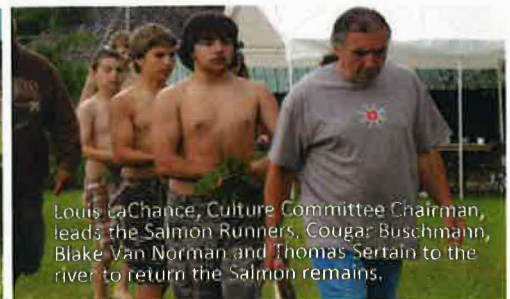
Saturday morning's sunrise services and the Traditional Salmon Ceremony were conducted by Spiritual Elder Clara Seele. Clara gifted the tribe with an album chronicling the Salmon Ceremony from its beginning to present. Each year names and pictures of participants and activities will be added.



Mike and Lottie Hamrick prepare the salmon for the Salmon Ceremony.



Robert Van Norman assisting Victoria Nichols with leather punch.



Louis LaChance, Culture Committee Chairman, leads the Salmon Runners, Cougar Buschmann, Blake Van Norman and Thomas Sertain to the river to return the Salmon remains.



## Standing Strong - The Tribal Nations of Western Oregon

### Western Tribes Celebrate Oregon's 150 With Video Production

By Janet Cooper and  
Siobhan Taylor



In celebration of Oregon's sesquicentennial, Oregon's five federally recognized Western Oregon Tribes produced Standing Strong, a video that tells the combined stories of The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, Coquille Indian Tribe, Cow Creek Band of Umpqua Tribe of Indians, Confederated Tribes of Grand Ronde Community Oregon, and the Confederated Tribes of Siletz Indians. The five western tribes collaborated for approximately 15 months to produce this outstanding video.

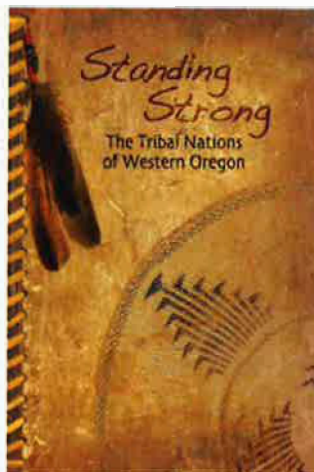
Standing Strong was

produced by Creative Images, one of the Cow Creek Tribe's subsidiaries. Through this video the Tribe hopes to educate Oregonians on the sovereignty and government status of the Tribes. The video also reminds all Oregonians that Oregon's history did not start on February 14, 1859. Native Americans have lived in the land now known as Oregon since time immemorial. There were people with their own unique culture living here long before the arrival of European explorers.

The video made its debut at the "Gathering of Oregon's First Nations" celebration in Salem on January 31, 2009. Approximately 5,000 people attended the celebration. The local debut on April 11, 2009

was held at Seven Feathers Hotel and Casino Resort. It was very well received with approximately 325 people attending the event.

Copies of Standing Strong are now available for \$20.00 each plus shipping and handling. For more information on purchasing a copy contact Donna Fields at the Cow Creek Government Offices at, 541-672-9405 or 1-800-929-8229.



"Through this video the Tribe's hope to educate Oregonians on the sovereignty and government status of the Tribes".

## Camping Passes

### Umpqua National Forest Administrative Passes

By Steven Rondeau,  
Natural Resources Director



USFS Umpqua National  
Forest Administrative

Passes for campsites and fee trailheads are available at the Tribal Government Offices front desk. If you want to make reservations, call and provide the date and campsite you wish to reserve as far in advance as possible to ensure site availability.

Please be sure to read the

program requirements that come with your passes. For more information contact Janice at 541-672-9405 or 1-800-929-8229.



## Drug Facts

### Prevention Services

*By Oregon Department of Human Services/Don Gilbert, A&D Counselor*

Oregon has one of the highest 8th grade alcohol use rates in the country. Both chronic and occasional drug use can result in serious medical conditions. Chronic drug use can lead to dependence and serious medical conditions. Research shows that adolescent drinkers perform worse in school and have an increased risk of social problems, depression, suicidal thoughts and violence. Even occasional heavy drinking injures young brains. Oregon has a goal of reducing 8th grade alcohol use to less than 17 percent by 2010. Prevention programs are

effective and help prevent the negative effects of substance use. Services are critical for young people who frequently are presented the opportunity to drink in spite of their age. Oregon has instituted two nationally recognized prevention programs. These programs are helping Oregon see positive results on our prevention efforts.

Prevention is a sound investment in the health and wellness of Oregonians. For example, it has been shown that for every dollar invested in the research-based Life Skills Program (LST) for students in 6th–8th grades, there is a return of \$25.72 in lower substance abuse, reduced crime, improved education outcomes such as test scores and graduation rates

and other key outcomes. This is a benefit of \$808 per student after deducting the cost of the delivery of LST.

Based on a federal report, delaying the age of first alcohol and drug use by just two years through school based prevention efforts can create a significant cost offset for states and local communities. For Oregon, the savings would be roughly \$15.3 million including costs associated with juvenile justice, education, and healthcare compared to the cost of the prevention service.

For more information contact Don Gilbert, A&D Counselor at the Cow Creek Health and Wellness Center at 541-672-8533 or 800-929-8229.

*“Prevention programs are effective and help prevent the negative effects of substance use.”*

## Summertime Teen Activity Tips

*By Janet Cooper*

Summer is officially here June 21st. Does your teen have plans for the summer? Research shows a bored teen may be at a higher risk of using alcohol, tobacco, or illegal drugs. Here are some positive activities your teen can get involved in.

**Sports:** Encourage your teen to join a local team or shoot some hoops with you. This also allows you to spend more quality time with your teen.

**Volunteering:** Your teen can make a difference and learn responsibility through helping others. Check with your local

nursing home, animal shelter, homeless shelter, etc. for volunteer opportunities.

**Outdoor Activities:** Camping, fishing, hiking, and swimming are activities you and your teen can enjoy together. These are also great activities for your teen to do with friends.

## Health Matters

### SUMMER FOOD SAFETY

By *Tricia Hedges, RD, LD, CDE*

Food borne illnesses increase during the summer, and the answer appears to be twofold. First, there are the natural causes. Bacteria are present throughout the environment in soil, air, water, and in the bodies of people and animals. These microorganisms grow faster in the warmer summer months. Most food borne bacteria grow fastest at temperatures from 90 to 110 °F. Bacteria also need moisture to flourish, and summer weather is often hot and humid.

Given the right circumstances, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick.



Second, there are the "people" causes for the upswing in summertime food borne illnesses. Outside activities increase.

More people are cooking outside at picnics, barbecues, and on camping trips. The safety controls that a kitchen provides — thermostat-controlled cooking, refrigeration, and washing facilities — are usually not available.

Fortunately, people seldom get sick from contaminated food because most people have a healthy immune system that protects them not only from harmful bacteria on food, but from other harmful organisms in the environment. People who are dealing with a chronic medical condition such as diabetes are at even higher risk due to their compromised immunity.

#### Clean:

#### **Wash Hands and Surfaces Often.**

Unwashed hands are a prime cause of food borne illness.

#### Separate:

**Don't Cross-Contaminate.** Cross-contamination during preparation, grilling, and serving food is a prime cause of food borne illness.

#### Cook:

#### **Cook to Proper Temperatures.**

Food safety experts agree that food is safely cooked when it is heated for a long enough time and at a high enough temperature to kill

harmful bacteria that cause food borne illness.

#### Chill:

#### **Refrigerate Promptly.**

Holding food at an unsafe temperature is a prime cause of food borne illness. Keep cold food cold.



#### **Leftovers?**

Food left out of refrigeration for more than 2 hours may not be safe to eat. Above 90 °F, food should not be left out over 1 hour. Play it safe; put leftover perishables back on ice once you finish eating so they do not spoil or become unsafe to eat.

**If you have any doubts, throw it out.**



*"Given the right circumstances, harmful bacteria can quickly multiply on food to large numbers."*



## First Annual Chief Miwaleta Day Celebration



Dan Nichols models the hat that was given to participants

*By Rhonda Malone*

The first Annual Chief Miwaleta Day was held on June 13, 2009 at Galesville Dam located near Azalea, Oregon. Approximately 60 people attended the day long event that included Mid-Oregon Bass club. Victor Fejeran, Employee Training and Development Director organized the boats, fishermen and youth who were excited to be out on the lake. The club provided boats and drivers complete with the necessary fishing gear and knowledge of hot fishing spots. Many participants caught and released fish back into Galesville Lake.



Ty Hoodie and Izick Parks take their turn on the drum.

Activities were held at the pavilion in Chief Miwaleta Park. Cow Creek Tribes own drumming group, Thundering Water, demonstrated drumming and played several songs including a flag honoring song and honor song for Chief Miwaleta and the generation of people who lived in the 1850's and on up through

today's families. The drum group consisted of Del Ansures (Lead), Robert VanNorman (elder), Rhonda Malone, Shila Crothers, Cougar Buschmann, Teri Hansen, Kelly Rondeau, Stacy Dompier and Ty Hoodie.

Teri Hansen gave a brief history about Chief Miwaleta and read about George Riddles account of meeting Chief Miwaleta during the 1800's near Riddle, Oregon.

Bob Dunas, Health Educator for Cow Creek Tribe lead a nature walk near Galesville Lake. The group carried insect catching containers, magnifying glasses and explored the near by wilderness catching a big spider, snake and several insects.

A presentation was made to the group by Steven Rondeau about the local natural resources, history of the areas forests and about the fish in the lake.

Steven talked about the importance of tribes and tribal member's individual responsibility to keep our earth resources in balance.

Don Gilbert provided the Mountain Man Rumble Treasure Hunt. Participants were asked a number of questions and when answers were provided they were rewarded at the end with a very nice "head-lamp" for night time hiking excursions. No one went away empty handed. Participants in this day long activity also were gifted with a black baseball cap embroidered with the word Miwaleta in honor of the Chief.

Seven Feathers Hotel and Casino Resort Catering staff provided a very nice buffet lunch. The day ended with the last fisherman, Jay Buschmann coming in empty handed.

## Cow Creek Health & Wellness Clinic Expands

*By Sherri Shaffer, CEO*

Visitors to the Cow Creek Health & Wellness Clinic will notice some changes very soon.

The tribe received \$105,000 through stimulus funds from the Indian Health Service Recovery Act that provided

\$500 million for construction, equipment and improvements to health care facilities.

An additional exam room will be created, which will also allow space for the Joslyn Vision Network, a diagnostic eye screening program the tribe

enlisted in a partnership with the Phoenix Indian Medical Center.



## New Clinic To Begin Construction

*By Sherri Shaffer, CEO*

Plans for a new clinic in Canyonville are underway.

The Cow Creek Health & Wellness Satellite Clinic will inhabit the former office space located at 220 Gazley Road, adjacent to Seven Feathers Hotel &

Casino Resort.

The clinic will offer a smaller version of Cow Creek Health & Wellness Center in Roseburg. It will feature a lab, three exam rooms, a triage area and meeting space. In addition to regular family medicine, services

planned include mental health, dietetic services, podiatry and drug & alcohol.

The renovation of the clinic was made possible through an Indian Health Service Small Ambulatory Grant. Construction is slated for early summer.

## JOM Program Changes

By Rhonda Malone

Minor adjustments have been made to the JOM Youth Program affecting tribal youth ages 3-18. A reward system has been voted on by the JOM Committee and approved by Administration, in an effort to get youth active, involved and enthusiastic about their tribal government and functions.

A "reward" trip will be offered to youth who actively participate in 4 tribal functions per year. A sign-up sheet will be available at tribal functions and must be signed by youth to be counted towards the requirement fulfillment. Many opportunities exist such as:

- Any Tribal Counsel meeting (February, May, August, & November)
- Cow Creek Tribal Pow wow (July)
- Cow Creek JOM Pow wow (November)
- Culture Camp (June)
- Tribal Family Picnic (September)
- Huckleberry Gathering (August)
- Chief Miwaleta Day (June)
- Monthly JOM Committee meetings (second Monday of each month)
- Regalia classes (as scheduled)
- Pow wow drumming classes (as scheduled)
- Great Oregon Tree Plant (annually in April)
- Any JOM classes/activities
- Any other tribally sponsored activities

Only those youth who fulfill the "4 activities per year" requirement will be sent the packet of information and registration forms for the 2010 reward trip to Willamette Pass Ski resort.

If you have questions please feel free to contact a committee member (Rhonda Malone, Stacy Dompier, Linda Van Norman, Polly Rondeau, Teresa Courtney, Janet Lam or Kelly Lachance) at 1-800-929-8229.

***"A Warrior is challenged to assume responsibility, practice humility, and display the power of giving, and then center his or her life around a core of spirituality. I challenge today's youth to live like a warrior."***

*~ Billy Mills ~*

## Fireworks Safety

***Tips for a Safe  
4th of July Celebration***

The 4th of July is rapidly approaching. Here are some tips from the National Council on Fireworks Safety site. Their mission is to educate the public on the safe and responsible use of consumer fireworks so as to eliminate injuries. Everyone is encouraged to review this site for safety information at:

[www.FireworksSafety.org](http://www.FireworksSafety.org)

### ***Safety Tips:***

- Use fireworks outdoors only.
- Obey local laws. If fireworks are not legal where you live, do not use them.
- Always have water handy.
- (A hose or bucket).
- Only use fireworks as intended. Don't try to alter them or combine them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Alcohol and fireworks

do not mix. Have a "designated shooter."

- Only persons over the age of 21 should be allowed to handle sparklers of any type.
- Do not ever use homemade fireworks or illegal explosives: They can kill you! Report illegal explosives to the fire or police department in your community.

Please enjoy your 4th of July celebration Safely.

***The Fourth of July is traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885".***



**Cow Creek Government Office**  
2371 NE Stephens Suite 100  
Roseburg, OR 97470

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

### **TRIBAL IDENTIFICATION CARDS**

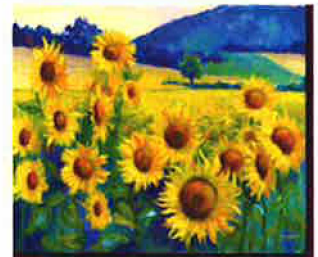
Tribal Identification Cards are available to all tribal members upon request. To obtain an I.D. card, contact Janet Cooper at the Cow Creek Government Offices at 800-929-8229. You will be sent an application which you should fill out and sign. Enclose a photo and mail the material back to the Tribal Government Offices for processing.

Properly filled out applications will be processed with the Tribal Chairman's signature and will be mailed back to you.

### **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.



**Reminder:**

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



**We are on the web at**  
**[cowcreek.com](http://cowcreek.com)**

