

KIUYUM-ID



July, 2001

Cow Creek Historical Markers To Be Dedicated July 28

Two historical markers on Cow Creek history will be the first markers on tribal history to be dedicated on I-5. The dedications of these beautiful panels titled, "Cow Creeks: A Land of Strong Recovery" and "Homeland of the Cow Creeks," will take place on Saturday, July 28.

Dr. Stephen Dow Beckham, Ph.D. and ethno-historian/author, will speak about the significance of these markers in the homeland of the Cow Creek Tribe at the two dedications, one occurring at 10 a.m. at the I-5 southbound South Umpqua Rest Area, south of Roseburg, and the other at 11:15 a.m. at the northbound Cow Creek Rest Area, north of Glendale. The dedications are hosted by the Cow Creek Band of Umpqua Indians and the Oregon Travel Information Council. After the ceremony, the Cow Creek Band will host a reception at Seven Feathers Convention Center. If you plan to attend the reception, please let Seven Feathers know by calling 1.866.839.1107 by July 24.

Cow Creeks: A Tale of Strong Recovery

The story of the Cow Creek Band of Umpqua Tribe of Indians is a tale of perseverance and strong recovery in the face of great loss. Epidemics and hostilities with miners led to large population declines. The tribe entered into a treaty with the United States in 1853, and ceded nearly 800 square miles for less than three cents and acre. This treaty left them without access to traditional hunting and gathering areas or a land base to build upon.

Despite a treaty with the U.S. Government — one of Oregon's first — clearly defining boundaries of their homelands, a federal program of Indian removal attempted to forcibly remove the Cow Creeks to reservations in northwest Oregon. Many members eluded capture by hiding in remote parts of the region — seven core families maintained a continuous presence in the area. The U.S. Government ceased pursuing them by the 1870s, and tribal families began gradually returning.

The 1853 treaty provided for various services that the U.S. Government disregarded for nearly 130 years.

The Cow Creeks sued the United States for restoration of federal recognition in 1982, and a monetary settlement of \$1.25 per acre for lands ceded (1855 prices) was awarded in 1984. The tribe placed the entire settlement in an endowment account using interest earnings for economic development and tribal programs. In 1992, the Cow Creeks began a substantial economic development program in Canyonville with economic self-sufficiency as their goal.

Homeland of the Cow Creeks

This portion of southwest Oregon is homeland to the Cow Creek Band of Umpqua Indians. They thrived here for thousands of years before contact with Euro-Americans. Living in plank-house villages, they followed a seasonal round of resource use. Moving from summer camas meadows and salmon fisheries along the rivers to the high country, they picked huckleberries and hunted for deer in the fall. By late fall they returned to the valleys to collect acorns and prepare for winter.

A rapid influx of miners and settlers after the discovery of gold in 1851 forever changed the Cow Creek world. Critical food sources declined and the newcomers brought infectious diseases — Chief Miwaleta was among the casualties. Within a few years the tribe was reduced to starvation. The loss of land and resources led to violent confrontations throughout the region.

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Make Sure Your Child's Health is Ready for School!

Physicals for Tribal children are available at the Cow Creek Health and Wellness Center at no charge. Services available include:

- Well child physicals for infants and pre-school age children including developmental, speech, vision, and hearing evaluations as appropriate.
- Pre-entry physicals for kindergarten students including speech, hearing, and vision evaluations.
- School, camp, and sports physicals for older tribal children.

Immunizations are available for Tribal children at the Cow Creek Health and Wellness Center at no charge. New immunization requirements for school year 2001/02 are:

- Children in daycare need hepatitis B series vaccine as well as a varicella (chicken pox) vaccine or the child must have had the chicken pox disease
- Kindergarten children must have the varicella vaccine or have had the chicken pox disease
- Kindergarten, first grade, and second grade children must have a hepatitis B series vaccine and a

second dose of the measles, mumps, and rubella vaccine (MMR).

- Seventh grade children need a hepatitis B series vaccine as well as a second dose of the measles, mumps, and rubella vaccine (MMR), as well as a second dose of the varicella vaccine. If a child has had the chicken pox disease, they do not need the varicella vaccine.

Physicals and immunizations are available at the Cow Creek Health and Wellness Center by appointment. Please call 672.8533 or 1.800.935.2649 to make an appointment.



First Alert Announces Recall on Fire Extinguishers

First Alert Company, manufacturer of fire extinguishers, has announced a recall on some of their model number FE1A10G extinguishers. The model number is located on the extinguisher's label along with the serial number. If you have a First Alert fire extinguisher, check the model number. If you own the FE1A10G model, you must then check the serial number. Serial numbers that start with the following combinations of two letters: RH, RK, RL, RP, RU, OR RW indicate extinguishers that are

being recalled. Please call the First Alert Company at 1.866.669.2736 for a refundable coupon.

It's important to have a fire extinguisher that works in your home. Most fires double in size every second. Once a house fire begins, you usually have less than five minutes to vacate your entire family. It's important to have a plan of evacuation, to practice that plan, and to have a predetermined place to meet in order to make sure everyone is out of the house safely.

"Learn to Save a Life"

CPR and First Aid courses are available at the Cow Creek Health and Wellness Center. For more information, call 672.8533.

Meet Mike Nolte, Tribal Drug and Alcohol Program Counselor

Stop in and meet Mike Nolte, the new Tribal Drug and Alcohol Program Counselor at Cow Creek Health and Wellness Center. Mike was previously an outreach worker in HIV and STD prevention with Douglas County Health and Human Services. Mike is developing a certified outpatient drug and alcohol program for the Health and Wellness Center as well as a program for youth education/youth activities. With fourteen years experience in drug and alcohol treatment, Mike is well qualified to handle all drug and alcohol information inquiries, issues of family assistance, and treatment referrals. **All inquiries are held in the STRICTEST of CONFIDENCE.**

Mike is the father of four grown children and a traditional dancer. He is also a veteran of the Vietnam War.

Medimpact Prescription Cards

Recently, Tribal members eligible for contract health received I.D. cards to be used to have prescriptions filled. These cards DO NOT replace any primary insurance you might have. Please continue to use your primary insurance when you need prescriptions filled, and contract health will pay your co-pays.

If you do not have other insurance, you need to take your Medimpact I.D. card to the pharmacy in order to have your prescriptions filled. If you have any questions, please contact Linda Rondeau at the Cow Creek Health and Wellness Center at 672.8533 or 1.800.935.2649.

Strengthening the Next Generation

The Cow Creek Health and Wellness Center is offering another workshop for parents and families. The focus of the workshop is on parents helping each other with the challenges of raising children, developing new skills, and strengthening family bonds. The program is open to anyone involved in raising children. Grandparents, aunts and uncles are welcome. In addition, because a supper is served at each class, participants get a night off from cooking. Free childcare will be provided by workers trained in infant/child CPR and includes fun activities the children will enjoy. See the information below for specifics:

WHO: All Tribal families are invited to participate

WHAT: A Tribal program called, Strengthening the Next Generation

WHEN: Every Thursday night, from August 9 through September 27, from 6 to 8 p.m. Supper is provided just prior to class, from 5:30 to 6 p.m., in the Board Room.

WHERE: Cow Creek Health and Wellness Center
2371 NE Stephens, Suite 200
Roseburg, Oregon 97470

WHO DO I CONTACT?: For more information or to register, contact Rhonda Malone at 672.9405 or 1.800.929.8229 by JULY 30.

Graduation Awards Dinner will be held on the night of the last class, September 27.



JOM (Johnson O'Malley) Cow Creek Day Culture Camp

Due to unforeseen circumstances, the Culture Camp that was scheduled for August 17 – 19 at Kellogg Camp has been changed. The JOM Parent Committee has changed Culture Camp to a one day Culture Camp at the K-Bar Ranch Park on August 11. The camp will be held from 9 a.m. until 8:30 p.m.

Celebrate Life! 19th Annual Conference on Aging Held at UCC on August 30

Elders of the Cow Creek Tribe should know the 19th Annual Conference on Aging will be held at Umpqua Community College on Thursday, August 30. For those who pre-register, conference admission is free. Welcome to the conference and the opening presentation are scheduled for 8:30 a.m. The keynote address will be given at 1:15 p.m. by Priscilla Ebersole, RN, Ph.D. Dr. Ebersole is an award winning leader in the field of geriatric nursing. Her presentation will emphasize the value of reminiscing.

For information, please call Rhonda Malone at 672.9405 or 1.800.929.8229.

JOM Sweatshirts (Tobacco Free) for Sale

Sweatshirts are still available to purchase at a price of \$24. There are still plenty of sizes available from children's up to XXL. Consider purchasing one (or two) as gifts or treat yourself to this vibrant, richly designed, red sweatshirt. Call Kelly Strickler, Education Director at the Cow Creek Government Office, 1.800.929.8229, to place your order. If your sweatshirt order requires mailing, Kelly can give you shipping prices. For those who have already purchased a sweatshirt, call Kelly and let her know if you're enjoying your purchase.



BIA Housing Improvement Program

The BIA's Housing Improvement Program (HIP) is accepting applications for housing assistance. HIP is a Bureau of Indian Affairs (BIA) federally funded program contracted and administered by the Tribe. The program can assist eligible Tribal members living within the seven county service area with housing needs such as repairs, rehabilitation (roof repairs, weatherization, window installations, door installations, structural repairs, electrical needs, plumbing repairs, etc.) or replacement housing. Priority is given to families with the greatest need as determined by income, family size, age, and other factors.

For more information on the program described above, contact: Carol Ferguson, Housing Director at the Tribal Government Offices. She can be reached at 1.800.929.8229.

Keep Your Address Current!

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 should make sure their children's updated addresses are on file with the Tribal Government Offices.

If you know of any Tribal members who have not been receiving correspondence from the Tribal Government Offices, please recommend that they call the toll free number (1.800.929.8229) or write to the Cow Creek Tribal Office, 2371 NE Stephens Street, Suite 100, Roseburg, OR 97470.

Tribal Identification Cards

Tribal Identification Cards are available to all Tribal members upon request. To obtain an I.D. card, contact Carol Ferguson at the Cow Creek Government Offices at 1.800.929.8229. You will be sent an application with an I.D. card. Fill out the application, sign the I.D. card, enclose an appropriately sized photo, and mail the material back to the Tribal Government Offices for processing.

PLEASE DON'T FILL IN ANYTHING ON THE I.D. CARD EXCEPT YOUR SIGNATURE.

Properly filled out applications and signed I.D. cards will be processed with the Tribal Chairman's signature, laminated, and mailed back to you.

Tribal Jobs Line

Tribal members interested in employment opportunities at any of the following Tribal businesses can call the Tribal Jobs Line at 1.800.676.0854 to hear a pre-recorded listing of openings.

**Seven Feathers Hotel & Casino Resort
Seven Feathers Truck & Travel Center
Umpqua Indian Foods
Valley View Motel
Riverside Lodge
Canyon Cubbyholes**

**K-Bar Ranch
Cow Creek Gaming Commission
Cow Creek Tribal Government Offices
Cow Creek Health and Wellness Center
Nesika Health Group**

**The Tribal Jobs Line is updated on a weekly basis and provides instructions as to where and how to apply.*

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

Phone: 1-800-929-8229
Fax: 1-541-673-0432

